



## HELPING OTHERS

**FEEL VALUED,  
CARED-FOR,  
AND UNDERSTOOD**



Humber Valley is a Stephen Ministry congregation. This means our members, adherents, elders, pastoral care team and ministerial staff actively support the invaluable work of our Stephen Ministers.



*Humber Valley*  
UNITED CHURCH

76 Anglesey Blvd.,  
Etobicoke ON M9A 3C1  
416-231-2263  
www.hvuc.ca  
stephenministries.org



There are many people in our congregation and community who are going through a life crisis and would

## Benefit from a Stephen Minister.

The purpose of this brochure is to encourage you or someone you know to explore whether a Stephen Minister might be appropriate.



Bear one another's burdens and in this way you will fulfill the law of Christ.

*Galatians 6:2*



# Stephen Ministers. Who are we?

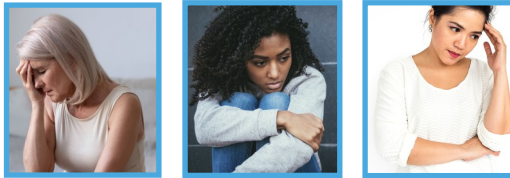
We are congregational members of Humber Valley United Church who have received special training to provide one-to-one, Christian, compassionate, confidential care to those experiencing a difficult time. This may include:

- ▶ The loss of a parent, spouse, sibling, child or other loved one
- ▶ A medical crisis, operation, injury or disability
- ▶ Marital or parental stress
- ▶ Loss of a job, job stress or financial challenges
- ▶ Transition to a senior's residence or assisted living facility

Whatever the reason, and whether it is you or someone you know experiencing a difficult time, we are here to help — to meet, listen and offer confidential, one-on-one Christian care.



**STEPHEN  
MINISTRY**



**I am hurting, or  
someone I know is  
hurting, but I'm not  
sure a Stephen  
Minister is  
appropriate.**

## Your First Step

**Most people who are experiencing life difficulties won't ask for help and don't know anything about Stephen Ministry. We get it. That is why we have a confidential process that will help in deciding whether a Stephen Minister is right for you or someone you know.**

**A Stephen Leader or a member of our HVUC Ministry will meet promptly with you to answer your questions and assess what kind of care you or someone you know needs, either a Stephen Minister or another type of care.**

**Speak with a Stephen Leader or a member of our Ministry team or submit the detachable panel.**

**Yes, I would like to  
explore further  
whether I,  
or someone I know,  
may benefit from a  
Stephen Minister.**

I understand the referral process is confidential. I have indicated below who I would like to contact me for a referral meeting.

[ ] **David Lang**  
HVUC Stephen Leader  
416-605-2637

[ ] **Lynn Manning**  
HVUC Stephen Leader  
647-893-8130

[ ] **Rev. Anne Hines**  
HVUC Minister  
416-231-2263 ext. 23

My Name

My phone

My email

Please detach this panel and deliver it personally to David Lang, Lynn Manning or Rev. Anne Hines.