

Care Resources

WMB has many resources we are very happy to share with you. We are here to provide guidance as you care for those you are in relationship and proximity with. Please feel free to call or email the WMB Staff any time. We are here to support you!

Ways You Can Care

The following resources are meant to support and equip you to care for others with confidence.

Share Scripture

The Word of God is powerful. Share favourite verses that mean something special to you or hold words of comfort. Some Scriptures of comfort and hope: Deuteronomy 31:6, Psalm 18, Psalm 23, Psalm 40:1-3, Psalm 142, Psalm 143, Isaiah 43:1-3, Zephaniah 3:17, Matthew 5:4, Luke 12:22-32, 2 Corinthians 1:10-11, Ephesians 3:20-21, Philippians 4:4-7

Pray

The gift of prayer is powerful. God listens to your prayers as you intercede on behalf of others. Pray with them and also let them know when you are praying for them from afar.

Visit, Phone, Email, Text

A personal visit can lift the spirit, and a simple phone call, email or text can make a big difference for people. Individuals often feel alone when going through trials and a personal connection can make a difference.

Food

There is a reason why sharing food is the classic "good neighbour gesture:" It is appropriate for a wide range of relationships, from best friend to the neighbour up the street. It is a way to let people know you care while providing for their practical needs. Make a meal and drop it off, or help coordinate the food-bringing efforts of your group or neighbourhood using www.mealtrain.com.

Talk and Listen

Express your concern. Let them know that you want to help and support them. People often have difficulty asking for help because they don't want to be a burden. Provide the opportunity to open up by letting them know that you are there to listen and respect their wishes for confidentiality. Listening, without trying to solve their problems, is a great gift.

Lend a Hand

When people experience a crisis, they are often overwhelmed and simple tasks can become a challenge. Mowing the lawn, painting a room or grocery shopping are all excellent ways to help.

Take Them Out

When faced with an illness or crisis, people need the opportunity to get out and relieve stress. Take them out for coffee or dinner, for a walk or to see an uplifting movie.

Childcare

Spend time with their children or drive kids to events so that spouses can have much needed quality time.

Practical acts of kindness can easily be coordinated using the following websites:

<http://www.carecalendar.org> and www.mealtrain.com.

WMB Care Teams

Prayer Chain Team – a large group of people who pray for the concerns of our church family and community. Members receive email prayer requests and faithfully pray for them.

Wellness Team – offers ongoing care, support, advocacy and friendship to adults (many of whom are seniors) at risk of isolation due to widowhood, physical and/or other life circumstances. Team members visit and encourage those they care for and offer quarterly events to form community. The Wellness Team, in partnership with Gareth Goossen, Director of Seniors Ministry, determines care recipients based on knowledge of circumstances.

Blue Christmas Team – organizes and hosts a Blue Christmas service (which is held before the Christmas season) for people who are grieving a loss whether recent or long ago. Losses include a death, accident, loss of ability or any other loss. This service provides a place for people to grieve and prepare for the Christmas season. Resources are shared.

Meals for Encouragement Team - members prepare and deliver fresh and frozen meals to those going through a difficult time, and to new moms. Frozen meals are available from our WMB freezer to be distributed as needed. Contact Bonita Eby, Pastor of Connections for more information.

Pastoral Staff

In times of crisis, our pastoral staff is here to help and support you, and then help you make connections with others for ongoing relationship. Call our church office during regular office hours, and after hours our voicemail has directions on how to contact our Pastor on Call.

Our pastors are happy to share resources and guidance for you and those you care for.