



## Requesting a Care Committee

You will always be the leader of your own Care Committee; when it comes to seeking God's guidance and care, no voice has more authority than your own. While the Care Committee may suggest looking in one direction or another, you *hold the lens*.

If the Care Committee was a submarine, you'd be the *one person* with access to the periscope. Your vision is the guide. Until you are clear, there is no clarity. Until you have direction, there is no direction. You must keep talking about how things look to you, so other people on the Committee can respond.

### **When you are ready for a Care Committee, please talk to a pastor or Care Committee Coordinator. You will be asked these questions:**

Who are 3-5 people whose spiritual discernment you admire? Maybe you know these people well. Maybe you've heard them speak in worship. Or maybe they resonate with you for reasons you can't really explain.

What's a good time to meet? Can you identify a recurring time slot on your calendar (e.g. "First Mondays, after 7:00pm" or "Sundays between 2:00 and 3:30pm")?

What specific question or situation would you like to bring before a Care Committee? Please write a brief letter to explain your situation (see additional queries to the right). A copy of this letter will be provided to everyone on your Care Committee (along with a reminder about confidentiality).

Would you like members of your Care Committee to communicate their support before your group gathers for the first time? What sort of support would you appreciate between Care Committee gatherings?

How long will it take you to journey through this question or situation? Do you expect resolution in three months? If you don't have closure after 6 months, does it make sense to lay the Care Committee down and reconvene around a new question?

Remembering that a Care Committee supports the work of spiritual discernment, what other resources do you need for this time in your life? Would it be helpful to find a therapist? Would it be helpful to find a financial counselor? A lawyer?

### **Why are you convening a Care Committee at this time?**

Please write a brief letter to explain your situation. As you articulate your sense of leading, please consider these specific queries:

- \* What's sapping your energy, or giving you energy?
- \* Where do you sense God's presence or absence?
- \* What touches your heart of hearts?
- \* What makes you anxious (fearful, excited, worried)?
- \* What gives you a sense of your own strength in this process?
- \* Where do you feel stuck? Where do you feel unclear?
- \* What will it look like to get to the other side of this question or situation? How will it feel?
- \* How will you measure progress?

*Confidentiality is an essential value in this process. At the same time, those doing this work may feel the need for more guidance. A member of your Care Committee may communicate with a pastor. If you have concerns about this level of communication, please talk to your group.*



**Interconnection**, Ron Waddams