



## Serving on a Care Committee

It's an honor to be trusted with someone's story. Doing the work of discernment may contribute to your own sense of spiritual development. Serving on a Care Committee can be a very rewarding experience.

At the same time, this work will probably require you to relinquish some habits — including habits that serve you well in other areas of your life. We're all trained to be "problem solvers." Being on a Care Committee isn't about solving problems; it's about creating space for God to work. You are helping someone else do the work of discernment.

### Listen

Listen to the Focus Person in order to understand.

- What do you notice about the Focus Person's choice of words?
- As he speaks, when is the Focus Person most animated or subdued? What emotions do you notice?
- When does the Focus Person speak with certainty? When does her clarity waver?

Listen to the Focus Person for what's happening beneath the surface:

- Do you sense that something important was left unsaid?
- What do you notice about the values that are guiding the Focus Person's choices?
- Where do you sense God's presence in the Focus Person's story?

Listen for what might be getting in your way:

- What assumptions are you inclined to make?
- What is making you feel impatient (or anxious or defensive)?
- Do you need to relinquish your "Oh, that happens to me, too!" stories & anecdotes?
- Do you need to relinquish your desire to give advice?
- Have you made up your mind, or are you still open to surprises?
- Are you letting people (especially the Focus Person) move at a pace that might be different than yours?

Listen for God's direction:

- How is God leading you to hold the Focus Person in the Light?
- Do you sense God's presence in a particular question or observation?
- Has God revealed something important to you that is only for your own edification?

### People are best able to practice discernment when they feel safe.

When we're anxious or defensive, we're more likely to *cover* than to *uncover*. As a member of someone's Care Committee, you can help create a safe and respectful environment. Come to the Care Committee with the heart of a servant.

- \* Pay attention.
- \* Listen without judgment.
- \* Ask questions because you're sincerely interested in the answer.
- \* Allow uncertainty to exist without needing quick resolution.
- \* Remember this is not your problem to solve.
- \* Remember that God is part of this story; more is happening than we can see or know.
- \* Wait for God's guidance before speaking.
- \* Respect the need for confidentiality.

*At some point, you may feel the need to talk about the work you are doing. Maybe you are deeply concerned for the wellbeing of the Focus Person. Or maybe you have a question about process. If you need to talk, please communicate with a pastor or the Care Committee Coordinator.*



Interconnection, Ron Waddams