



# Congregational Care



*We are an open, compassionate and caring faith community.  
We encourage and serve each other  
with unconditional, non-judgmental love  
as we strive to meet each other's needs.*

Reaching out, supporting, encouraging and compassionately caring for one another is part of being a faith community. Sometimes, regardless of age or life stage, we all need help and support to get through life's challenges. And so we serve one another through kindness, humility, patience and gentleness - always aware of God's great love.

Our Congregational Care Team invites you to reach out for our confidential spiritual and compassionate care.

## Spiritual Care



### Strength in Prayer

- Whether you are asking for help or expressing gratitude you will be able to share your concerns, joys and heartaches in a safe and confidential manner. Team members on our email prayer chain will pray for you. Your privacy will be protected.
- Simply fill out a prayer request card located on the back of the chairs in the sanctuary and place it in the offering plate or email [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net).



### Healing Ministry

- Our Healing Pathways Ministry Team offers Christ-centered, nurturing and calming restorative sessions for all ages to restore harmony and balance to body, mind and spirit.  
Contact Gisela Dyck at 403 938-2506

**"Never stop doing little things for others.  
Sometimes those little things occupy the biggest part of their hearts."  
Anonymous**

## Compassionate Care



### Visiting

- We want to stay connected and create meaningful relationships. If you or someone you know is feeling lonely, is not able to attend or has not been to church in a while, is discouraged or would simply enjoy a friendly visitor or phone call - whatever the situation - we want to hear from you. Email [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net). Our ministers, Rev. Julia Kimmett and Rev. Jonelle McLean, are also available for hospital and hospice visits.



### Food for the Soul

- We have a group of congregants who like to share their cooking skills. They are available to prepare and deliver meals, baking – whatever is needed to lighten your load and lift your spirits. Email [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net)



### Card Ministry

- With caring and creative hands, our Card Ministry Team prepares and writes hundreds of cards each year. If you or someone you know could use a note of support or encouragement contact Amy Mounkes at [amounkes@hotmail.ca](mailto:amounkes@hotmail.ca), Sharon Campbell at [gg.campbell@shaw.ca](mailto:gg.campbell@shaw.ca) or Marie Cuda at [jcuda@telus.net](mailto:jcuda@telus.net)

## We are here for you

Would you like to receive visits, phone calls, meals, prayers, prayer shawls, healing pathways ministry or caring cards for yourself or for those in need?

- Contact [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net)
- or the church office at 403 938-4357
- or anyone on the Congregational Care Team whose information is listed in this brochure. Orientation and training workshops along with ongoing support are offered for our caregivers throughout the year.

**All members of the Team are required to sign a confidentiality agreement and obtain a criminal record check where applicable.**

## You can help

If you are interested in helping with Congregational Care or creating new ministries, contact [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net)

**Not all of us can do great things, but we can do small things with great love.**

**Mother Teresa**