**CYM Module 6**

**Pastoral Care**

**Group task – to define what Pastoral Care is.**

**Group 1**

It is the conscious awareness of someone’s well-being, holistically & spiritually.

To maintain an overview of their needs and act/listen/advise impartially with empathy and love – sensitivity is key.

Pastoral = shepherding.

Key Words – challenges, balance, struggles, worries, self-esteem, conduct.

**Group 2**

Trustworthy

Listening

Empathy

Non-judgemental

Safe-guarding and alert

Awareness of someone’s needs and well-being

Shepherding

Opportunities to share

Nurturing

Approachable

Reaching out and supporting

Guidance in choices and in faith

**Group 3**

Allowing the opportunity to share concerns and experiences

Empathetic listening, offering non-judgemental guidance on spiritual, personal, social issues.

Being a trusted listener (confidentiality and approachable)

All ages (no boundaries), cultures, religion, diversity & equality.

**Group 4**

Offer support

Reaching out

Practical, emotional, spiritual.

Bringing faith to people

Extend the priests’ duty by parish playing a part

Looking after the vulnerable

Creating and fostering a community

Daily accompaniment - e.g life, food banks (not just for Sunday)

Bringing youngsters up in the faith

Family network.