

Can A Befriender Help Me?

"I didn't know what to expect from my Befriender, but he put me at ease. I had a friend I could trust and who really cared about me. My helper showed me how to work things out for myself and had the patience to let me do it."

"When I really needed a friend, my Befriender was there. We cried together, prayed together, talked, and now we laugh together."

"I wanted answers and she asked questions. She knew how to see things a new way and her questions helped me find my own answers. I thought God had forgotten me, but my Befriender helped me to grow close to God. She loves me. So does God. So do I."

"I wish the whole world was made up of people like my Befriender. Christians with God's own heart."



Christ Caring for People Through People

My Lord God,

I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope that I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

THOMAS MERTON
-Thought on Solitude



Is Anybody Listening?



Befriender Ministry

*St. Elizabeth Ann Seton
Catholic Parish
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Hastings, MN 55033*

651-437-4254

www.seasparish.org

Do I Really Need Help?



- Am I confused about events in my life?
- Do I feel like I have lost control of my life and my problems?
- Am I hurting?
- Do my job worries seem too great to handle?
- Am I feeling lonely? Do I often wish I had someone to share my thoughts with?
- Have there been changes in my life that have caused readjustments in my life-style?
- Am I having difficulty making decisions and finding answers?
- Have I recently suffered a loss?
- Do I ever feel like I just want someone to listen?

Abusive Lifestyle

Accident

Chronic Illness

Death in Family

Depression

Divorce

Faith Crisis

Family Abuse

Hospitalization

Life Problems

Loneliness

Loss of a Child

Loss of a Spouse

Nursing Home

Single Parent

Terminal Illness

Unemployment

A Befriender Is...

a caring and supportive Christian who has a desire to be with you in a time of need, grief, or crisis.

A Befriender is a trained lay member of the congregation who will be there for you, listen, pray with and for you, and offer Christian love and support.

Confidentiality

All information is treated with deepest respect and complete confidentiality.

Who do I call?

If you are in need of a Befriender, or you know someone who is, or if you would like to learn more about the program, you are invited to call the St. Elizabeth Ann Seton Catholic Parish office at 651-437-4254.

