Lay Supply Orientation

Pastoral Care

Pastor, Keith Vernon

* Introductions- I am a native of Stuart, Virginia where I currently reside with my wife and four of our six children. My wife and I are blessed with two children and a third due in February of 2021. I began my journey of pastoral ministry assigned to Mt. Zion UMC on the Danville District as a lay supply pastor. I am a licensed local pastor serving under appointment at Providence UMC on the Danville District. I am beginning my tenth year in ministry and it is my prayer to be commissioned as a provisional member in 2021. I have completed the Basic Course of Study program at Duke Divinity School and I am currently taking Advanced Course of Study classes at Duke Divinity School. My passion in life is serving the church in bearing witness to the reign of God in the life, death, and resurrection of Jesus the Christ who is making all things new. I enjoy experiencing God’s presence in my life through my love for family, farming, gardening, hiking, and golfing.
  + Who are you?
* One definition of Pastoral Care- Bearing witness to God who is already present by identifying with the person’s current circumstances through expressed compassion in a ministry of real presence.
  + “Preach the Gospel at all times and if necessary use words.” Credited to St Francis of Assisi, yet no published source existed prior to 1990
  + “The gospel of Christ knows of no religion, but social; no holiness but social holiness. Faith working by love, is the length and breadth and depth and height of Christian perfection.” John Wesley, *Hymns and Sacred Poems* (1739) Preface, page viii.
  + “If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you.” (John 14:15-20, NRSV)
  + The General Rules- “First: Doing no harm; Second: By doing good; Third: By attending upon the ordinances of God” (The Book of Discipline of The United Methodist Church; The General Rules of the Methodist Church)
  + What might you add to this definition of pastoral care?
* Visitation the Ministry of Presence (Incarnation)
  + “Rejoice with those who rejoice, weep with those who weep.” (Romans 12:15, NRSV)
  + Mathew 25:31-46
    1. Visiting the sick and or those in crisis
    2. Visiting those in jail or prison
    3. Visiting the homebound (Holy Communion)
    4. Visiting others within the community of faith
    5. Visiting during the pandemic of Covid-19
* How might you set priorities for visitation?
* Best practices of visitation; Bearing witness to Christ who goes before us and is already present in the situation
  + “How beautiful upon the mountains are the feet of a messenger who proclaims peace, who brings good news, who proclaims salvation, who says to Zion, “Your God rules!” (Isaiah 52:7)
  + Ways to be present and know your boundaries
    1. Physically- Covid-19
    2. Phone calls
    3. Cards or notes
    4. Emails, texts, social media
  + Active Listening
  + Silence
  + Using words
    1. Using Scripture
    2. Prayer (James 5:13-16)
    3. Finding your voice, authenticity (your own words)
    4. Sincerity
    5. Confidentiality
* What are some of your best practices for visitation?
* Walking with those who are in the valley of the shadow of death
  + Jesus said, “I am the resurrection and I am life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.” (John 11:25-26 NRSV)
    1. The funeral director can be your best friend
    2. District Superintendent, colleagues, mentors
    3. United Methodist Book of Worship
    4. Visiting with the family
    5. The Sermon
    6. Follow-up
* What practices can you share of pastoral care when confronted with death?
* Self-Care
  + “I appeal to you therefore, brothers and sisters, by the mercies of God to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” (Romans 12:1, NRSV)
    1. Physical self- Exercise, diet, recreation
    2. Emotional self- Time off
    3. Relational self- Family, friends, groups
    4. Spiritual self- Spiritual disciplines of prayer, Bible study, meditation, worship, fasting, solitude, resting
* What best practices do you use for self-care?

Resources for Pastoral Care:

1. Bishop Joe E. Pennel Jr., The *Gift of Presence* ISBN: 978-1426702143

*2. The United Methodist Book of Worship*: Pocket Edition & the Full Edition

3. Nicholas Wolterstorff,, *Lament for a Son* ISBN: 978-0802802941

4. Richard C. Davids, *The Man Who Moved a Mountain* ISBN: 978-0800612375

5. Henri J. M. Nouwen, *The Wounded Healer* ISBN: 978-0385148030

6. Gregory Boyle, *Tattoo’s on the Heart* ISBN: 978-1439153154

Resources for Self-Care:

1. Read a book for the pure joy of reading, go for a walk, intentionally forget to print bulletins one Sunday, don’t answer the phone for a day-- if it is really important they will leave a message, take a nap during the day, eat ice cream for breakfast

2. Brennan Manning, *All is Grace* ISBN: 978-0781412445

3. Henri Nouwen, *The Way of the Heart* ISBN: 978-0345463357

4. Edward M. Bounds, *Power Through Prayer* ISBN: 978-1614275657

5. Richard Rohr, *Just This* ISBN: 978-0281079919

6. Barbara Brown Taylor, *An Altar in the World* ISBN: 978-0061370472