

NETWORK NEWS

Equipping Laypeople to Give Pastoral Care

Dear Friends,

Stay with me. Read carefully and it will make sense.

What Cancer Cannot Do

Cancer is so limited it cannot:

- cripple love
- corrode faith
- kill friendship
- silence courage
- steal eternal life
- shatter hope
- destroy peace
- suppress memories
- invade the soul
- conquer the spirit

What Providing Christian Care Cannot Do

It cannot:

- erase the memory that some thinks I am worthy.
- remove the memory that I am loved
- destroy the peace that comes from knowing my feelings and life are important
- destroy the joy that comes when someone reaches out in the name of Jesus

Lay Pastors Ministry providers give to their flock families the things that matter most. I am speaking about the intangibles of love, listening, caring, understanding, counsel, strength, and the gift of prayer.

Our founder, Dr. Melvin J. Steinbron, delved into the inspired Word of God. He extrapolated from Biblical principals those basics that he then turned into the acronym that is the foundation of this profoundly important model of ministry.

P Pray **A** Available **C** Contact **E** Example

Nothing can take away from this Biblical truth/this Biblical truth!

To God be the glory!

Thomas W. Corbell
President, LPMI

Setting Limits

by James Schultz,
First United Methodist Church, Pearland, TX
LPMI Board Member
Conference Work Shop April 26, 2008

My name is James Schultz. I have been a member of the Shepherd Ministry in my local church since January 2005, but that is not where my lay ministry begins ...

I never thought of myself as a people person. MY ministry was on the sound team because microphones don't talk back. I had no REAL commitments except to be there for sound, church and Sunday school. There were very few people I HAD to talk to on Sunday mornings. My only weekly commitment was a disciple class so I had lots of free time. Life was good! Then I went on a Walk to Emmaus.

I was energized and excited and began signing up for everything in sight. I went on United Methodist Army trips and started to get involved with people - that was weird for me. I became a Shepherd in my church, became very active in my Emmaus community and before I knew it, I was talking to my pastor about what I could cut out. ..

I am better at Setting Limits, but it is still a continuous struggle. I will do really good for a while and the next thing I know, I am overbooked again. Just this past Monday night I had two meetings at church scheduled for the exact same time. That is really embarrassing, huh?

How long have you been doing ministry?
Do you ever feel like quitting"?
Or maybe, better yet "retirement" continued on p.4

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Supporting LPMI

Lay Pastors Ministry, Inc. is a not for profit organization that relies fully upon the Lord to meet the needs of the ministry. Our purpose is to come along side of local church congregations and offer tools and resources for equipping laity in pastoral care ministry. All contributions to Lay Pastors Ministry are tax deductible in the United States. These are a few ways you can support this ministry:

1. **Cash/check donation** sent to LPMI
P O Box 368
Lumberton NJ 08048-0368
2. **The giving of stock.** As you evaluate your giving options, you may consider contacting the individual that manages your financial portfolio to donate stock. This allows you to deduct fully from your taxes the value of the stock upon giving, regardless of your original cost basis. You will not be required to pay capital gains upon that stock if the value has increased.
3. **Remember LPMI in your will.** A person may specify in their will to have a portion of their assets given to LPMI.
4. **Gifts may be given in memory of or in honor of an individual.**

God has raised up Lay Pastors Ministry, Inc. to carry on the following mission:

Lay Pastors Ministry, Inc. (LPMI) serves churches by partnering with them in mobilizing and equipping laypeople to provide competent, consistent and loving care for their members.

Your support of LPMI with your gift will be a blessing to you and to those who will benefit from our services.

The Lord Jesus himself said: *"It is more blessed to give than to receive."*
Acts 20:35



Would Your Church Like To Host A Half-Day Lay Pastor's Ministry Seminar?

**Are You
Able To
Balance
All The
Pastoral
Care Needs
of Your
Congregation?**



What is a Half-Day Seminar?

A Half-Day Seminar is a promotional event designed to inform churches about the Lay Pastors Ministry, what it is and what it does.

The hosting church, who may or may not be active in the Lay Pastors Ministry, will invite other churches in their vicinity to a Half-Day event.

A representative from the Lay Pastors Ministry will conduct the seminar explaining what a Lay Pastors Ministry will do for a church, how to get the ministry started and teach one unit from an equipping seminar as an example of how we equip our Lay Pastors.

The responsibilities of the host church is to provide the facility for the Half-Day Seminar, extend the invitations to the neighboring churches and prepare a continental breakfast and/or lunch for the participants.

For more information and to schedule a Half-Day Seminar, contact:

Else Rodland
Lay Pastors Ministry, Inc.
P. O. Box 368, Lumberton, NJ 08048-0368
Phone: 609-261-0904 Fax: 609-261-0976
E-mail: lpmi@net-gate.com



A PREVIEW OF MY UPCOMING PACKET OF LETTERS TO LAY PASTORS

By Dr. Melvin J. Steinbron
Founder, LPMI

A few years ago the Lord pressed a simple idea on my heart: *Write a series of letters to lay pastors.* Since that time I have been pecking away at it, filing ideas as they come, writing bits and pieces, completing a few. My extended time of fighting cancer is nearly over, praise God, and I am ablaze with a new passion for writing (Ps. 45:1). I have a lot to give lay ministers.

I want to pay you up to 50 “visits” (each one five minutes or so) via letters. Each epistle comes from my heart and 62 years of *clergy pastoral care* in Wisconsin, Minnesota, Hawaii and Ohio, the last 32 of them given mostly to *lay pastoral care*, crisscrossing the USA, Canada, The Bahamas and parts of Australia to give seminars, speak and preach. Via e-mail and phone, I am now consulting with Lay Pastors Ministry leaders in South Korea, Kenya, Ghana, South Africa, Pakistan, and more. Each letter will be a useful and serendipitous visit about one of the following three categories of vital subjects:

DO IT ALL: *Discharge all the duties of your ministry* (II Tim. 4:5). I will write about what lay pastors are called by God to do in their ministry, give tips on how to do it, and what you can expect as you do it.

BE IT ALL: *Participate in the divine nature* (II Pet. 1 :4). You’ll read about offering your body to God as a “living sacrifice,” what it is for your body to be a member of God’s “body,” and how to have your Father’s “genes” (Spirit) and word shape both your life and the lives of those you P.A.C.E.

RESPECT IT ALL: *Remember your leaders ... their way of life-Respect all your leaders and all the ministries they lead. Obey your leaders ... they keep watch over you as those who must give an account”* (Heb.13:7 & 17). In case you wonder about *obey*, the Greek word is *peitho*, meaning assent, agree with or obey - take your pick. All human effort, Christian or not, needs leaders and organization. God calls *many* of his people to tend his flock, *but few* to lead - *We have different gifts ... if it is leadership, let him govern diligently* (Rom. 12:8). We’ll have a lot to learn from Moses’ leadership, he is one of our posthumous leaders (Ex. 18).

Please pray for me and my writing as you think of it-*Pray for each other* (James 5:16). If you have subjects or issues you would like me to address, call me at 952-423-2449 or e-mail me:melsteinbron@usfamily.net. ♥

Happy laypastoring, Mel Steinbron

Here, There and Everywhere

Richmond, IN: February 6-7, 2009
Equipping Seminar

First United Methodist Church
318 National Road West
Richmond, Indiana 47374

Contact: Nancy LaFuze (765) 966-3444
or email: cgarbe@firstumcrichmond.org

Granville, OH: March 6-7, 2009
Equipping Seminar

Centenary United Methodist Church
102 Broadway E,
Granville, OH 43023-1304

Contact: Mary Beth Ludt
email: mbludt@insightbb.com

NOTE: This event provides an opportunity for churches inquiring into the Lay Pastors Ministry.

- *Do you want more information about the ministry?*
- *Are you ready to start a ministry in your church?*
- *Does your current ministry need a boost?*

LPMI Consultants and Seminar Leaders are ready to help you. You may arrange for an Initial Training Seminar in your church or group of churches, or have one of our speakers come to your church for ongoing equipping, motivation and encouragement. Contact Else Rodland at the LPMI office.

Phone: 609-261-0904
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Website: laypastors.com

Setting Limits

Continued from p.1

There are many reasons why a person can begin to question their call to a ministry: the disparity between idealistic expectations and hard reality; workaholicism; feeling under trained and overwhelmed; dealing with problems and conflict on a regular basis; dealing with self-image; being too serious in life; expending more outflow than intake; and feeling underappreciated.

Burnout. That very expression seems to make us sigh, doesn't it? In this fast-paced, overworked world, most of us have felt the tiring numbness of burnout. How should a believer in Christ respond to these feelings? Burnout has been described as a state of physical, emotional, and mental exhaustion marked by physical depletion and chronic fatigue, feelings of helplessness and hopelessness, and by development of a negative self-concept and negative attitude towards work, life, and other people. The following signs may be present:

- * Decreased energy and increasing difficulty in 'keeping up to speed' with all that's going on
- * Feelings of failure and questioning the ministry you have been called to;
- * Reduced sense of reward in return for giving so much to the ministry;
- * A sense of helplessness and inability to see a way out of problems;
- * Insecurity, feelings that you can't measure up and self-criticism; along with
- * Cynicism and negativism about self, others, work, and the world in general.

So, what if I do find myself in this situation? What do you do? Well - that's easy - "Set Limits"! Right? Is it that easy? What does God say? How should we organize our lives?

1. Invest in God - When We Feel Burned Out, overwhelmed, or lost.

Isaiah 40:27-31 27. Why sayest thou, o Jacob, and speakest, o Israel, My way is hid from the LORD, and my judgment is passed over from my God? 28. Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. 30. Even the youths shall faint and be weary, and the young men shall utterly fall: 31. But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Surrender. *YOU MEAN LIKE QUIT?* Or "give up!" That is not what we must do. Rather, we should surrender everything we have to the Lord. His hands are big enough to hold anything and everything we need Him to handle. When we try to keep everything to ourselves, we will eventually start dropping it all.

Depend on Him. Have you ever handed a concern over to God, only to find yourself trying to pull it back out of His hand? We tend to want to fix things ourselves, don't we? The truth is, however, that only God has the power and perspective to bring all matters to their proper conclusion. (Romans 8:28) When we try to take things back from Him, we will only interfere with the solution He wants to bring about. *If we try to take it back we might be missing out on bigger plans He has in store for us.* Romans 8:28 "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

Trust Him. Do not overlook this vital point: *God loves you.* Because of His great love, God wants to take care of you, and that means He wants to handle all of your worries. *When you get some time read Matthew 6:25-34, but I want to focus on verse 33: "Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not such better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:;) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.* Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Continued on p.5

Continued from p.4

2. Invest in you!

So is there anything that I should do?

How can I be a more effective servant for God and not become (or remain a victim) of burnout?

Find fresh, unique spiritual disciplines. Have you always had your quiet time the same way? Why not shake it up a bit and restructure the time you spend with the Lord? For instance, one day you might write down a verse or two and take them with you on a walk, meditating on their meaning. Perhaps another day you might play a Christian CD and worship Him in song. On yet another day, you might memorize a passage of Scripture that will minister to you throughout the day. And how about just walking and talking to the Savior? I think the Apostle Paul did plenty of that!

Take regular time for yourself. Without regular times of refreshment and renewal, you will find yourself on the fast track to burnout. Are you taking your days off throughout the weeks and months? Or do you work on those days because, after all, you feel like you have a lot of energy (and besides, people need YOII!). Take time away from your community and get a fresh view of life.

Get plenty of sleep and exercise. Walking is good if you don't like to run or can't because of physical limitations. Tennis, golf, racquetball, and other sports are good, too, to keep the '01' ticker a-tickin' in a healthy way! Also, eat healthy and stay away from meals or desserts late at night.

Rest and relax. Take some deep breaths. Think about something other than ministry. Believe it or not, the church will still be there when you refocus on ministry! Sit in silence daily. Allow your body to release the tension that has gathered because of all the 'stuff' going on in your life.

Be accountable. Get a support group. Cultivate a group that is like minded and is in the same ministry. Pick their brain, unload on them, let them listen to you and you listen to them.

Begin to think in different ways. What are your goals? Are they reason-able? Or are you trying to do too much. Learn to set healthy boundaries. When you want to say no, say no. When you really want to say yes, say yes. Be flexible. Change areas in your life where you need to. Be a growing person.

Do something weekly that is totally different than ministry. Start a hobby, build something, write a novel, visit an ethnic neighborhood. Do nothing. Today is a good time to begin implementing some of these changes in your life. You will be glad you did and so will your family and congregation. If you sense your outlook on life and ministry are not improving, don't be afraid to seek out a professional Christian therapist who can help you.

Matthew 11 :29-30 *"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."*

3. Just because you can say "yes", doesn't mean you should!

Have there been times that someone asked you to do something, but:

1. You didn't have a good excuse to say no. Is it something you REALLY want to do? Is it something that God is calling you to do? Or are you saying yes, because you can? Then maybe your answer should be no.
2. You really wanted to do it, but didn't have time. Have you let your life get so busy with "stuff" that is good to do, but it's not for you? Then maybe your answer should have been no.
3. You really wanted to do it, and you could. Then you are setting the proper limits. That means you can do what God has given you the talents and the gifts to do. Praise God.

Jesus Christ, the Son of God, God in the flesh said no. He went away to the desert and prayed for forty days. He meditated, he got away. The Son of God, our Savior had to "get away". He had to Set Limits" - do you think it would be different for us?

God does not want you to run yourself into exhaustion, even by doing "good deeds" or "church work." Instead, He wants you to rejoice in His rest. (Matthew 11 :29-30) Are you burning out? Have you not been diligent about "Setting Limits"?

If so, you don't have to quit, return to the Flame and be rekindled today. - **DON'T WAIT** - Let God help you decide your limits!



Ten Years of Lay Pastors Ministry

LPM Korea will celebrate their 10th Anniversary this year (1999-2009)

This is what Byeong has to say about their goals for the future:

We're going to start a new Project called **PACE Revival Movement**

1999-Institute
2006-Schooling
2009-Movement

- We will select **big churches**(more than 1,000 members)
- We will hold Revival Meeting with the tool, PACE
- The Senior Pastors(PACE Committee from big churches) will be speaker...rotation.
- We need a change/shift/transition so finally **PACE Movement** was developed

Byeong,

Congratulation to their director, Byeong Chea, Seo and all the dedicated people on his staff. May the Lord bless them in their ministry beyond what we could even hope or imagine

All international ministries are self-governed separate entities. They are organized under the laws of their respective countries. While we have no jurisdiction over these ministries, we often share our materials, encouragement and prayers.

We praise God for our Korean friends as we work together to do what God has called us to do: Be "Jesus with skin on it" to the people he has placed in our care.



Four Steps Method of Coping with Fear

by Thomas W. Corbell, Statesville, SC
President LPMI

Matthew 17:1-9:

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

Fear is real.

Thomas Merton once said that at the root of all war is fear - not so much the fear we have of one another but the fear we have of everything. How right he is. Fear makes all of God's creatures do strange things. Once adrenalin hits the bloodstream, who can predict what ways of fight or flight follow?

The disciples experienced that mouth-drying, heart-thumping, knee-buckling kind of fear on the mountaintop at the Transfiguration. After rejoicing at the presence of Elijah and Moses, they were suddenly reduced to blubbery, quaking jelly by the power and splendor of the voice from above. They could not comprehend the magnificence of the divine presence, or the implications of what the voice was saying. The entire experience was a mystery way beyond their ken and kin. No wonder they reacted by curling into defensive little fear-balls at Jesus' feet.

Jesus' counsel to the disciples as he helped them to their feet might be paraphrased as, "Get up, come down, keep quiet (until the time is right), then yell!"

These four steps for getting off the mountain work just as effectively in our lives today. When God does something dramatic or something "mysterious" happens in our lives - good or bad - we too can get scared. Depending on genetic predispositions toward adrenalin overload, we react with "fight-fear" or "flight-fear" - lashing out in panic or retreating in misery.

Continued next page

Four Steps . . . Continued from p.6

Get up!

Jesus' first directive to his disciples was simple and clear: Get up!

While still overwhelmed with fearful mystery, Jesus got them on their feet. Getting out of the fear position and into a more positive posture prepared the disciple's minds and hearts to follow their bodies. Jesus specifically told the disciples, "do not be afraid," for he knew the unpredictable nature of a fearful heart. **To help them lose their fear, Jesus pulled them upright so that they could examine the now ordinary mountaintop.**

Come down!

After Jesus hoists the disciples out of the fear position and tells them not to be afraid, he immediately gets them moving.

They do not stand around contemplating what they have just experienced. They are instructed to "come down." Jesus recognized that if Peter, James and John didn't turn their fear into anger, they still might succumb to the "flight" pattern of response. We all know how to run away from frightening or overwhelming situations - we've all done it. Jesus' counsel to all of us is to resist that temptation to flee and to jump back instead into the mainstream of everyday life. Avoidance is not adjustments. Locking yourself away with fear and confusion for companionship keeps you enslaved to that single response. This stay-in-one-place syndrome cuts both ways. Peter had wanted to remain on the mountaintop when only Elijah and Moses were present with Jesus - he wanted somehow to prolong the glory by staying put. Neither fear nor fascination should keep us out of returning to the ongoing ebb and flow of life. Even if we don't feel normal, even if it seems we are just going through the motions, Jesus calls us back into the fray.

Keep quiet!

Jesus differs most radically from current self-help strategists when he gives his disciples their third command. After "getting up" and "coming down" Jesus surprisingly counsels them in "keeping quiet."

"Mystery" derives from Greek word *muein* which means "to close the mouth or lips." A mystery means literally something about which we must keep silent, something of which we cannot speak. Jesus' counsel takes the pressure off all of us who experience the incomprehensible and inconceivable in our lives. Death, disloyalty, visions or victories are all equally beyond finite understanding. So often these days specially designed "disaster teams" of therapists swoop down on individuals, families or even whole communities that have undergone some trauma or disaster, urging everyone to "talk about it." Jesus prescribed instead a period of retrospective silence. Some things do not make sense. Some things require gestation, not group therapy. We need not always know the answer to our questions of "what now" or "why me" - but we do need the time to listen to that voice from beyond ourselves hearing it say "be still and know that I am God."

Yell about it!

Here is the proof Jesus is not outlining a short course in denial, sublimation and repression.

His fourth step is an opportunity for triumphant testimony. After shaking free from fear, re-entering life and contemplating life's mysteries, Jesus declared that at that point it was time to shout about it. For his disciples, this moment did not arrive until after Jesus' crucifixion and resurrection. Only then could they recall the wonder of the Transfiguration moment and yell to the world that Christ is alive and in the midst of this and every mystery. Jesus' four-step method brings us to this point - finding Christ's healing and helping presence in the midst of all the mysteries in our lives, even those that at first seem so overwhelming, so threatening.

Christianity is, Zan Holmes suggests

"A Come-and-Go affair."

We come up to the mountain, but we must go back down again.

We come to worship, we go to serve.

RESOURCES



Dr. Melvin J. Steinbron's books, Can The Pastor Do It Alone? and The Lay Driven Church are still among our most sought after resources.

Check out all of our resources on our website:
www.laypastors.com

Click on the resource button, and, on the resource page, click on ***Order form for all resources and supplies**. You can then download our most recent Tools Brochure complete with prices, ordering blank and instructions for placing your order.

To be added or deleted from the mailing list, to offer suggestions for content, to submit writings, or to inquire about the Lay Pastors Ministry, the Network News, conferences or resources for your lay pastoral care ministry, contact:

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To share lay pastoral care ministry information and resources with churches, individuals, denominational leaders and seminaries.

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"Equipping Laypeople To Give Pastoral Care"

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