



LIFE COMMUNITY LEADER
COMMUNITY CARE
RESOURCE GUIDE

Dear Life Community Leader,

Great thanks for serving as a Life Community Leader. As you know, Life Communities are critical to the overall life and health of our Grace Chapel congregation. And you, as a leader, contribute critically to the vitality and direction of your LC. So, thank you.

We want each LC to be characterized by our three-fold purpose: Care, Growth, and Impact. These are the three strands that define the vibrant and well-integrated LC. Each LC implements them differently – but each aspect reflects our underlying, biblical vision.

Care, for the most part, describes the kind of caring relationships that are shared and experienced within LCs. We become good friends who listen, pray, build up, encourage, and assist one another. Great relationships mean deep community.

There are times when people need special help or attention. A difficult situation, a complicated relationship, or a traumatic circumstance often requires special insight, assistance, or ministry. That is why we have generated this practical guide. Consider it a precision tool in your leader toolbox. This guide can direct you to the proper person or ministry so that you can help someone in need.

Here are several steps to assist you in caring:

- Determine Care plan for LC response: *Listen, Pray, Evaluate*.
- The Pastoral/Ministry Staff is available to provide emergency short-term care, pastoral counsel, and guidance.
- Stephen Ministers are available for longer term care and guidance.
- Counseling Associates are available for individual, couple or family counseling sessions. Contact Elizabeth Oh at eoh@grace.org or 781-862-8351 x113 for more information.
- The office can provide a list of Christian counselors/therapists.

In Christ's Grace,
Tim Ghali
Pastor, Community Life

Please Note:

1. Be familiar with the Table of Contents. You don't need to master all the content if you know the Table of Contents.
2. Because some of the key contacts or other details will undoubtedly change over time, please check our website (www.grace.org/staff) which we strive to update regularly.

Special Thanks:

To Bob Murray for his contributions to the content and organization this booklet.

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Addictions/Abuse/Anger

Life Community Support Opportunities

- If a Life Community member is in an abusive situation or facing addiction, refer them to a local AA group or family members to a local ALANON group.
- If you suspect spousal abuse, ask the person if they feel safe and encourage them to have a plan to get to safety and to contact the below ministries for assistance.
- Contact the office for a list of Christian counselors and shelters.
- If someone in the Life Community is depressed and talking about suicide, ask them if they have thought about hurting themselves and if they have a plan and/or means. Stay with them and bring them to the closest emergency room or call local police for assistance. Notify family and your campus pastor.
- If they are suffering from depression, but have not expressed thoughts of hurting themselves, help them connect with a Christian counselor and their medical doctor as soon as possible.

Grace Chapel Program Support

- **Celebrate Recovery**
For people seeking healing from hurts, habits, or hang-ups. CR meets every Monday from 5:30pm-9:00pm at 59 Worthen Road in Lexington. For more information, see www.grace.org/cr, ask for a CR brochure, or email cr@grace.org.

Additional Support

- **Hagar's Sisters**
This is a group that endeavors to meet the unique needs of women in abusive relationships. It is a remarkable network that strengthens and supports women. Call 978-266-0053 or see www.hagarssisters.org for more information.

Career Planning

Life Community Support Opportunities

- Provide encouragement and prayer throughout the process of looking for a new job.
- Offer to review a resume or practice asking interview questions.

Additional Support

- **State Career Centers** offer support for job seekers, and have been recommended by our Job Search Workshop teachers in the past. For more information see www.mass.gov/how-to/find-a-masshire-career-center.

Death and Funerals

Life Community Support Opportunities

- Notify the Pastoral Staff by calling the church office during regular business hours.
- We encourage the Life Community to support their LC member for visitation times and funeral. Several Life Communities have hosted and provided the post-funeral reception for their grieving members.

Grace Chapel Program Support

- **Emergency Care**
The Pastoral Staff is available to talk with you during an emergency situation. Call the Pastoral Emergency line at 781-789-6731.
- **Funerals**
Contact Liz Oh at eoh@grace.org or 781-862-8351 x113 to begin funeral arrangements.

- **GriefShare**

When people experience the loss of a spouse or a close relationship through death there can be a need for a period of support that leads to healing and renewal. Understanding the care and concern of a loving God, the GriefShare group meets for thirteen weeks, two sessions a year, to assist individuals who are dealing with this pain of loss. It provides support and guidance in multiple areas of the grief process. For further information, leave your contact information on the GriefShare Line at 781-862-8351 x2225.

Financial Difficulties

Life Community Support Opportunities

- Each Life Community group will need to decide the amount of help they can provide.

Grace Chapel Program Support

- **Food Bank**

The Grace Chapel Food Bank is located in the lower lobby under the Sanctuary in Lexington and open on Wednesday evenings from 6:00pm-7:30pm.

- **Benevolence Fund**

Emergency/temporary assistance may be available from the Benevolence Fund. Please forward the request to Community Care (Liz Oh) who will present it to the committee for review and approval. The Benevolence Fund Committee meets monthly.

- **Financial Peace University**

Lay leaders periodically host Dave Ramsey's nationally acclaimed Financial Peace University course. See www.grace.org/courses for details.

Additional Support

- **Boston Rescue Mission**

BRM offers programs to prevent and end homelessness – including meals, shelter, career assistance, addiction and crime recovery. For more information see www.brm.org.

- **Shelter Needs**

Have them contact their local Police Department, which should have a listing of local emergency housing.

- **REACH (Refugee Education, Advocacy, Connection, and Hospitality)**

REACH is a Grassroots team who desire to introduce and educate the Grace Chapel congregation regarding refugee issues as well as provide opportunities to connect with and provide assistance to refugee families in the Greater Boston area. Contact gracechapelreach@gmail.com for more information.

Health/Medical

Life Community Support Opportunities

- Contact and ask where they may need help: meals, child care, or transportation to appointments.
- Prayer support

Grace Chapel Program Support

- **First Place 4 Health**

First Place is a faith-based weight loss program for women that meets Monday afternoons and evenings in Lexington. Contact Marilyn at firstplace@rcn.com or 617-625-9202 for more information.

- **Visitation Teams**

Those confined to home or hospitals receive a weekly mailing. To add someone to the weekly mailing, contact Wayne Kendall at

wkendall@grace.org or 781-862-8351 x2228. A visitation team is also available. If you know of someone who is confined, contact homeboundvisits@grace.org.

Marital Difficulties and Divorce

Life Community Support Opportunities

- First response: It is important to be neutral and not to get caught up in taking sides. If only one party is open to seeking help, then refer that person to a counselor.
- Be sensitive to the loss that the person is experiencing.
- Commit this to personal prayer.

Grace Chapel Program Support

- **The Marriage Course**
A series of 7 date nights, with video material and one-on-one time with your spouse. It is designed to help couples engage important topics – both lighthearted and deep – in a romantic, safe atmosphere, with no group sharing. Offered once per year – see www.grace.org/marriage for details.
- **Pastoral Counseling**
Pastors are available to speak with you. If you don't know a pastor you can reach out to, contact Liz in the Community Care department. You can also obtain a list of Christian marriage counselors in the area by contacting the Community Care dept.
- **Divorce Care**
Divorce Care is a 13-week workshop offered twice a year in the fall and spring. The purpose of this program is to provide a safe, godly environment for people coping with the emotionally devastating relational consequences of separation and divorce. Persons who are divorced (recently, or in the past and still have unresolved issues) are encouraged to attend. This workshop is open to all and attendance for the full 13 weeks is encouraged. Call the Divorce Recovery line at 781-862-8351 x2218.

Parenting

Life Community Support Opportunities

- Listen to parents and provide reassurance, encouragement, and prayer.
- Offer to share or help with babysitting for emergencies.

Grace Chapel Program Support

- **Mom to Mom**
Mom to Mom is a biblically-based parenting program designed around the Titus 2:4 concept of older women teaching and encouraging younger women in their relationships with their husbands and children. For more information, visit www.grace.org/women. Additional locations for non-GC Mom to Mom programs can be found at www.momtomom.org.
- **Child Dedication**
If you wish to have your child dedicated, please contact Patti Quigley at pquigley@grace.org or 781-862-8351 x163.
- **Discipleship Parenting Courses**
The Discipleship ministry periodically offers parenting courses. For more information, visit www.grace.org/courses or contact Maria Kakolowski at 781-862-8351 x140.
- **Pathways to Parenthood**
This ministry for anyone who is encountering difficulties on their journey to parenthood (infertility, pregnancy loss, obstacles on the road to adoption). See www.grace.org/care or contact Kara Rea at karaq88@yahoo.com for more information.

Additional Support

- **Home for Good**

Home for Good is an emerging network of individuals and families desiring to engage in God's work through adoption, foster, and kinship care in Grace Chapel and Eastern Massachusetts. www.grace.org/homeforgoodnetwork

Weddings

Grace Chapel Program Support

- **Weddings**

For rental inquiries, including wedding ceremonies, receptions, and officiants, contact Peter Holscher at pholscher@grace.org or 781-862-8351 x139.

- **Preparing for Marriage Course**

A 7- to 8-week course for couples who are engaged or considering engagement – held twice a year, usually in the fall and spring. For details see www.grace.org/marriage.

Prayer Ministry

For updates or to place a prayer request, please call the Prayerline at 781-862-8351 x2240 or send an email to prayerrequest@grace.org. Services of Worship and Prayer are held approximately four times a year – see www.grace.org/events for specific dates and details. There are prayer volunteers available after services to pray with individuals for specific needs.

Stephen Ministry

What is Stephen Ministry?

Stephen Ministry is grounded in Jesus' command to love one another. Through one-to-one caring relationships, those who are hurting receive the love and care they need to support them. Is life more than you can handle alone right now? Are your health, your attitude, or your relationships suffering? Are you adjusting to a new job, change in marital status, a serious illness, the death of a loved one, a recent move? Would you like to have someone in your life who really cares? Everyone goes through difficult times. Having someone to care, to listen, to share God's love with you can help you get through the confusion, stress, or loneliness you may be experiencing. Stephen Ministers work with individuals, not couples.

What is a Stephen Minister?

A Stephen Minister is...

- a child of God who walks beside a hurting person;
- a caring Christian friend who really listens;
- a lay person who has received 50 hours of training in how to provide distinctively Christian care.

A Stephen Minister is NOT...

- a counselor or therapist;
- a problem-solver;
- a casual visitor.

Consider allowing a Stephen Minister to walk with you on your journey to wholeness. For more information, contact Sunny Toews at 781-862-8351 x148 or stoews@grace.org.

Points of Contact

Grace Chapel Ministry Offices (Main Number): 781-862-6499

Grace Chapel Pastoral Emergency Cell Line: 781-789-6731

Community Care Webpage: www.grace.org/care

Life Community Ministry: 781-862-8351

Tim Ghali: Pastor, Community Life ext. 159

tghali@grace.org

Dave Ripper: Lexington Campus Pastor and Young Adults ext. 121

daveripper@grace.org

Elsie Kitchen: Life Communities Coordinator, LEX ext. 222

ekitchen@grace.org

Maria Kakolowski: Ministry Team Coord., LCs and LEX ext. 140

mkakolowski@grace.org

Tom Lee: East Lexington Campus Pastor ext. 174

tlee@grace.org

Joan McCalmont: Life Communities Coordinator, ELX N/A

djmccalmont@verizon.net

Kate Fox: Office Administrator, ELX N/A

kfox@grace.org

Tom VanAntwerp: Wilmington Campus Pastor ext. 141

tomv@grace.org

John Dorr: Life Communities Coordinator, WIL N/A

jdorr@grace.org

Laurie Bean: Office Administrator, WIL ext. 154

lbean@grace.org

Stephen Nyakairu: Watertown Campus Pastor ext. 157

stephenn@grace.org

Julie Johnson: Life Communities Coordinator, WAT N/A

johnsonbjulie@yahoo.com

Melissa Eadie: Office Administrator, WAT ext. 485

meadie@grace.org

Tom Boisclair: Foxboro Campus Pastor ext. 177

tboisclair@grace.org

Tom & Barb Herrmann: Groups Coordinators, FOX ext. 119

foxborogroups@grace.org

Meg Nelson: Office Administrator, FOX ext. 178

mnelson@grace.org

Community Care Ministry: 781-862-8351

Jim Ennis: Pastor, Community Care ext. 145

jennis@grace.org

Sunny Toews: Director of Care and Support ext. 148

stoews@grace.org

Elizabeth Oh: Ministry Team Coordinator, Comm Care ext. 113

eoh@grace.org

Celebrate Recovery ext. 2246

cr@grace.org (preferred method of communication)

Divorce Recovery ext. 2218

GriefShare ext. 2225

Counseling Associates ext. 113

Stephen Ministers ext. 113

Men's Ministry: 781-862-8351

Chris Guerriero: Men's Ministry Leader, LEX ext. 125

cguerriero@grace.org

Women's Ministry 781-862-8351

Sheryl Lackey: Pastor, Community of Women ext. 128

sheryl@grace.org

Karen Wong: Ministry Team Coordinator, Women ext. 112

kwong@grace.org



Ministry Offices: 3 Militia Dr, Lexington MA 02421

www.grace.org 781-862-6499

Lexington Campus: 59 Worthen Rd, Lexington, MA 02421

E. Lexington Campus: 48 Bartlett Ave, Lexington, MA 02420

Foxboro Campus: 115 Mechanic St, Foxboro, MA 02035

Watertown Campus: 525 Main St, Watertown, MA 02472

Wilmington Campus: 128 West St, Wilmington, MA 01887