

2021 Stephen Ministry/Life Skills Class
Wednesday or Thursdays; 6:45-8:15 PM, Zoom
Kay Ferguson, Director of Stephen Ministry
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Class notes provided via pdf with each class. Option for printed binder available.

Books included with this class:

Life of the Beloved - Henri Nouwen
The Good Listener - James E Sullivan
The Gifts of Imperfection - Brene Brown
Boundaries for Your Soul - Alison Cook and Kimberly Miller
Journeying Through Grief - Stephen Ministry

Class Dates

Topic

January 13 or 14	Foundations : Beloved and Orientation
January 20 or 21	Foundations : Blessed and Communication Skills
January 27 or 28	Foundations : Broken and Communication Skills
February 3 or 4	Foundations : Being/Belonging and Communication Skills
February 10 or 11	Foundations : Bestowed and Communication Skills
February 17 or 18	Celebrating our Story
February 24 or 25	Self-Care and Feelings
March 3 or 4	Crazy-Making / Boundaries
March 10 or 11	Assertiveness and Co-Dependence
March 17 or 18	Transitions and Change
March 24 or 25	Anxiety / Stress / Depression
March 31 or April 1	No Class – Holy Week
April 7 or 8	Forgiveness
April 14 or 15	Grief
April 21 or 22	Suicide / Self Harm
April 28 or 29	Conflict Styles
May 5 or 7	Boundaries for the Soul
May 12 or 13	Reviewing the Relationship
May 19 or 20	CELEBRATION