

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