

love  
one  
ANOTHER.

*A new command I  
give you: Love one  
another. As I have  
loved you, so you  
must love one  
another.*

*John 13:34 (NIV)*

HOLY



CROSS  
Lutheran Church

241 N. Harrison Road  
Tucson, Arizona, 85748  
Phone (520) 296-5129  
[holycrosstucson@gmail.com](mailto:holycrosstucson@gmail.com)  
[holycrosstucson.org](http://holycrosstucson.org)

CALM

CARING ACTIVE  
LISTENING MINISTRY



Showing God's love  
to those in need.

*Would you like to be part of  
this ministry or know  
someone who could benefit  
from CALM Ministries?*

## INTRODUCTION

CALM is a program of our church which provides care, attention, and spiritual support to persons whose lives are in turmoil; such as anyone suffering grief, the loss of a job, divorce, aging, or other difficulties.

CALM is a caring ministry, showing God's love to those in need who would like someone to talk with, who will listen to them and be there for them during a time of need.

CALM ministers are thoroughly trained in how to actively listen and show care. CALM ministers do not offer professional counseling or advice, they are simply there to listen and encourage with God's love.



## QUESTIONS AND ANSWERS FOR POTENTIAL CAREGIVERS

### WHO CAN I TALK TO IN ORDER TO LEARN MORE ABOUT BECOMING A CAREGIVER?

Please talk to Pastor or a CALM member.

### WHAT TRAINING IS PROVIDED?

Training involves understanding how to become a compassionate, faithful caregiver. Active listening, confidentiality, and understanding the process of being there for a care receiver are major components of the training. After completion of the initial 30-40 hours of training, caregivers will be installed by the church.

### WHAT ARE THE TIME COMMITMENTS ONCE INSTALLED AS A CAREGIVER?

Typically, CALM ministers meet twice per month. These meetings start and end with prayer and last 2 to 2 1/2 hours. Part of the meeting is designated for reporting the needs of care receivers, while maintaining their confidentiality, and mutual encouragement for caregivers. Ongoing training is given in specific skills and problem solving areas. Attending these meetings is vital and the additional training helps caregivers become more effective.

## HOW WILL I BE MATCHED WITH A CARE-RECEIVER?

Great care is taken to match potential caregivers and care receivers.



## QUESTIONS AND ANSWERS FOR CARE-RECEIVERS

### WHOM SHOULD I ASK TO RECEIVE CARE FROM CALM?

Please contact Pastor or one of CALM Leaders if you are interested.

### WILL EVERYONE KNOW THAT I HAVE A CALM MINISTER?

No, your visits are confidential. Only you would be able to share that information.

### HOW LONG WILL I RECEIVE CARE?

There is no set time and the caring relationship can be stopped at any time.

### IS THERE ANY COST?

CALM Ministers is a volunteer based ministry and there is no cost for this care and support.