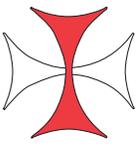


# Catholic Community of St. Odilia

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Pastoral Care Council  
Information Booklet  
2020-2021



## Introduction

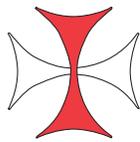
The Mission of the Pastoral Care Council (PCC) is to follow Christ who calls us to “serve those in need”. We seek opportunities to connect, serve and support others in the community by extending fellowship, compassion and encouragement.

This booklet includes a summary of each of the ministry and outreach areas under the Pastoral Care Council (PCC). We hope the booklet will be helpful to new and current St. Odilia members who are discerning to join the Pastoral Care Council, seeking to join one of the ministries or seeking the benefit of pastoral care.

Deacon Jim Saumweber is the director of the Pastoral Ministry at St. Odilia. He is knowledgeable about all of the pastoral care ministries and is a good resource if you would like to know more about serving in a ministry or receiving pastoral care. The parish website and weekly bulletins contain information about pastoral ministries. This booklet is intended to supplement the information provided by the parish; it is not a substitute for it.

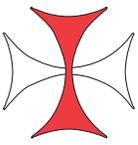
New volunteers are encouraged and welcome to join any of these ministries. The Pastoral Care Council welcomes new members during the annual discernment, usually in the spring.

This information can also be found on the St. Odilia website: [www.stodilia.org](http://www.stodilia.org)



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## BeFriender Ministry

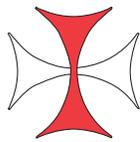
The BeFriender Ministry offers care to those on a difficult journey. The Ministry strives to demonstrate that we are a concerned and caring community that provides compassionate companionship, reflective and empathetic listening, and unbiased and nonjudgmental interest to friends in need. The BeFrienders are trained lay volunteers who assist those in all types of difficult or transitional situations. For example, friends may seek help due to a chronic illness, family or marital difficulties, the death of a loved one, parenting challenges, abuse, loneliness, the elderly who are in need of a compassionate and friendly ear, or other reasons. Confidentiality is of the utmost importance and is strictly maintained.

The BeFrienders visit on a regular basis. The BeFriender and friend determine when and where they will meet. They usually meet where the friend resides, and often the friendship continues for years. The BeFrienders also participate in regular small group meetings under the supervision of the BeFriender leadership team. The meetings provide accountability and growth, and assist BeFrienders in their ability to listen, to be nonjudgmental and to put aside their own prejudices or desire to give advice. If relationships are discussed at meetings they are done so in a hypothetical manner.

The BeFriender listens with compassion, accepts people as they are, and respects another's spiritual journey. Currently there are approximately 12 ministers in this program.

Coordinator: Deacon Jim Saumweber

Email: [saumweber@stodilia.org](mailto:saumweber@stodilia.org)



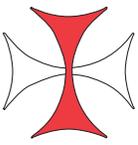
## Bereavement Ministry

The Bereavement Ministry knows that the efforts our Catholic community extends to those who have experienced a recent loss, bring comfort and strength to those whom they serve. It is comforting for those who have experienced a recent loss to know that both they and their loved one continue to be remembered.

A “supportive contact” time has been set up to offer sympathy, compassionate listening and offers of resources to those dealing with grief. This time usually extends from the time following the funeral to one year after the death. Information about Growing Through Loss, (see additional information at [www.growingthroughloss.org](http://www.growingthroughloss.org)) a program that St. Odilia helps support, is an example of a resource that may be helpful to a loved one following a death. A member of the Bereavement Ministry makes a personal phone call to the survivor shortly after the death, followed by a letter from a member of the pastoral staff, and cards of remembrance are sent at six months following the death and again near the one-year anniversary of the death.

Memorial Services (“In Remembrance” Service) are held in May and November at St. Odilia. The deceased are remembered through lighted candles, prayers, readings, music and photographs to remind mourners of God’s plan of eternal life for their loved ones. Fellowship is part of the event.

Coordinator: Deacon Jim Saumweber  
Email: [saumweber@stodilia.org](mailto:saumweber@stodilia.org)



## Dementia Friendly Congregation Ministry

In 2018, some parishioners began exploring the ramifications of Dementia/ Alzheimer's & Memory Loss (D/ML) and the potential implications for St. Odilia parish. After discussions with Deacon Jim and encouragement from the Pastoral Care Council, they pursued the topic and surveyed members of St. Odilia to assess the level of impact. A small team was established to pursue the prospect of becoming a Dementia Friendly Parish and to coordinate ways to minister to those affected by D/ML.

Using statistics from the Alzheimer's Association and demographics of St. Odilia, it is estimated that as many as 435 parishioners are affected, either directly by D/ML or as a caregiver. Additionally, survey results showed a need for information about the disease and about available resources.

With a grant from the Endowment Fund, the Parish became a member of the North Central Consortium of The Gathering in partnership with Lyngblomsten. Membership in the consortium gives preference to parishioners who would like to participate in The Gathering, which has a waiting list. It also facilitates access to "Second Half with Lyngblomsten" staff and resources that focus on parishioners who are in the "second half" of their life.

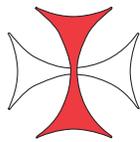
Efforts thus far to minister to these individuals include:

- Special liturgies (mass or communion service)
- Subject matter presentations
- Recommendations for change
- Parish library resources
- Resource material is available in the narthex of the church
- Identifying available resources within the local community, nationally, and internationally.

A major challenge for this Ministry is identifying who in the Parish should be contacted for special spiritual services.

Coordinator: Deacon Jim Saumweber

Email: [saumweber@stodilia.org](mailto:saumweber@stodilia.org)

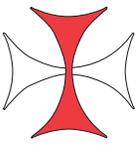


## Feed My Starving Children Volunteers

Feed My Starving Children (FMSC) is a Christian non-profit organization dedicated to providing food to the world's most needy children and families. FMSC's heartbeat and call is to feed God's kids hungry in body and spirit. To succeed in their mission, a continuous supply of volunteer assistance is required.

The Pastoral Care Council is committed to arranging packing groups a minimum of four times a year at FMSC's Coon Rapids location (401 93rd Ave NW). While FMSC staffs multiple shifts six days a week, the St Odilia group generally serves at a mid-week, 9:30 – 11:30 am shift. When a packing date has been determined by the PCC, the St. Odilia Church group is registered on the FMSC website. Volunteers are alerted via the Bulletin, that a group is being put together for that date and time. Those wishing to participate register via the internet or telephone. Whether putting various bulk foods into bags, sealing bags, packaging into boxes or making labels, there are tasks suitable for volunteers of all abilities. After sharing the overall results of the shifts' output, participants are invited to pray over the shipment as it begins its journey to its destination.

Coordinator: Michael Bronk  
Email: [m\\_bronk@yahoo.com](mailto:m_bronk@yahoo.com)



## Growing Through Loss

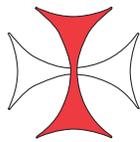
St. Odilia Church is a member of the Twin Cities' North Suburban Grief Support Coalition that sponsors "Growing Through Loss". "Growing Through Loss" is a series of free presentations available to people in our community who have experienced loss and feel in need of support or who are interested in learning more about grief. This six-week series is offered twice yearly (spring, fall). Details about sessions and other support groups are available on their website [www.growingthroughloss.org](http://www.growingthroughloss.org).

If you have experienced any of these, this resource may be helpful:

- a death of a loved one
- a broken relationship
- a divorce or separation
- pregnancy or infant loss
- a job loss or change
- a move to a new home or city
- a loved one who needs support

Groups available:

- loss of spouse
- loss of child
- loss of parent
- loss of sibling or friend
- suicide survivors
- loss of grandparent
- divorce or separation
- transitional loss (e.g. empty nest, moving, job loss, broken relationship, financial setbacks)
- loss of pet



## Homebound and Offsite Communion Services

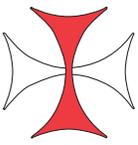
In-home distribution of Communion is available for those unable to attend weekend liturgies due to illness or disability. Volunteers work with the deacon to make regular visits and distribute communion to the homebound parishioners. Typically there are up to 10 volunteers providing this service, although some bring communion as part of the Befriender Ministry. If a friend or family member is aware of a need, they can contact Deacon Jim for training on an individual basis.

There are offsite Word/Communion services conducted at 5 facilities in the community (e.g. New Perspectives Assisted Living Community). Services are held weekly or every other week, and are conducted either by the deacon or one of the 8 Lay Ministers.

Both of these volunteer positions meet with Deacon Jim to learn more about the ministry and what is involved. They are then assigned and given the pyx used to carry the Eucharist. Lay Minister training is more extensive as it involves conducting a service for a larger group of people.

Coordinator: Deacon Jim Saumweber

Email: [saumweber@stodilia.org](mailto:saumweber@stodilia.org)



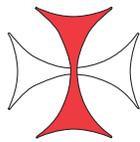
## Marriage Preparation Ministry

The Marriage Preparation Ministry prepares Engaged Couples for the Sacrament of Marriage. The Engaged Couples first meet with the coordinator who discusses with them the necessary steps for preparation for Marriage. Mentor Couples, trained by the Marriage Preparation Coordinator, journey with the Engaged Couples as they prepare for their Sacrament of Marriage.

Engaged couples who are interested in celebrating sacramental marriage at St. Odilia are asked to contact the parish at least one year in advance of setting a wedding date to ensure adequate preparation time for their wedding and the beginning of a life together in Christian Marriage. Marriage Preparation information is listed in the Bulletin and on the St. Odilia website.

Marriage Preparation Coordinator: Georgie Saumweber

Email: [georgie.saumweber@stodilia.org](mailto:georgie.saumweber@stodilia.org)



## Meal Preparation/Serving Sites

### **Sharing and Caring Hands**

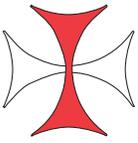
Sharing and Caring Hands was founded in 1985 by Mary Jo Copeland to serve as a bridge from the concerned community to the people in need of help. The many buildings of the facility were constructed from donations only, with no funding from the government or United Way. They provide free housing, meals, clothing and supplies for the poor and needy as well as a day shelter and a children's activity center. Sharing and Caring Hands also has bathing facilities, a free dental clinic and full eye care.

St. Odilia participates in this ministry by preparing and serving lunch whenever a month has a fifth Wednesday, approximately 4-5 times a year. A parishioner, who is a professional chef, picks up the food supplies and prepares the meal with several other trained volunteers. Parishioners donate all of the desserts (either homemade or purchased) for the lunch. Other volunteers either serve or clean the kitchen area. St. Odilia pays for the entire prepared and served lunch with funds coming through Pastoral Care.

### **Catholic Charities Sites**

Established groups of parishioners coordinate, prepare and serve meals at these sites on a monthly basis. Desserts are requested from the parish as a whole.

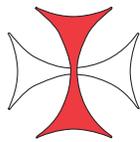
- Dorothy Day Center
- Family Service Center in Maplewood



## Prayer Line Ministry

The Prayer Line Ministry is part of our mission “to follow Christ, to serve those in need”. Specific requests for prayers may be sent to this Ministry by way of email at [prayerline@stodilia.org](mailto:prayerline@stodilia.org) or by calling the Parish Center at 651-484-6681. Whether prayers are requested for an impending surgery, loss of a loved one or someone going through a difficult time, prayers offered by volunteers in this ministry can be a valuable source of comfort to those in need.

Information is listed in the parish Bulletin for those who may be interested in becoming a volunteer for this ministry or for those wishing to have prayers said for their intentions.



## Prayer Shawl Ministry

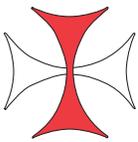
A prayer shawl is a wearable hug made with love and prayer and intended to be a reminder of God's ever present love, which is as near to you as your own body is to your spirit. It is a gift for every time and occasion - joyful and sorrowful.

Shawls are available to all, whether from within or outside our Parish Community. Pastoral Ministers distribute shawls when making their ministry visits. The shawls are also available at any time for the taking from baskets in the Chapel or just outside Deacon Jim's office.

The volunteer ministers handcraft the shawls by knitting and crocheting. The group meets monthly on the second Monday from 6:30 to 8:30 pm in the community room of St. Therese on the St. Odilia campus. There is no requirement to attend every month; some volunteers only create shawls at home and drop them at the Parish Office.

Coordinator: Deacon Jim Saumweber

Email: [saumweber@stodilia.org](mailto:saumweber@stodilia.org)



## Saint Therese at St. Odilia

Saint Therese at St. Odilia is an innovative palliative care community that allows individuals with a serious acute or chronic illness to experience the kind of enhanced care and quality of life they deserve – all in an intimate and peaceful setting. This unrivaled care is provided by staff that sees their time spent with residents and families as more of a calling than a career; focusing on finding comfort for each individual they serve through symptom management and pain control. For the residents, comfort may also be found in the touch of the hand, through reminiscence of a cherished memory, or simply just being present. They decide how to live each day and we are here to make it happen.

Hospice care offers comfort by providing exceptional physical, emotional and spiritual care to individuals and their families as a loved one journeys through end-of-life. Once the caregiving role is shifted to Saint Therese, family members are free to simply enjoy the relationship with their loved one once again. It will give family members peace of mind knowing their loved one is comfortable in a community founded on love and compassion.

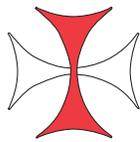
Spiritual care and emotional support to help residents and families address their fears and worries, so that life remains meaningful and purposeful, is provided by Pastoral staff and ministers from St. Odilia, among others.

There are a wide array of volunteer opportunities and training is provided. Some examples:

- Be a friendly visitor – reading out loud, writing letters, helping with social media or simply visiting in our beautiful gardens and patios.
- Help with special events such as parties, picnics or concerts.
- Share your musical talents.
- Visit residents as a registered pet therapy team.
- Escort residents to and from activities and services.
- Lead an arts and crafts, writing, sewing or discussion group.
- Provide hospitality services in reception areas.
- Tend to community gardens.
- Play bingo.

St. Therese website: [www.stthereseemn.org](http://www.stthereseemn.org)

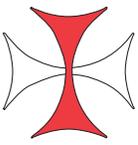
Telephone number: 651-842-6781



## Sarah's Table

This Ministry is named Sarah's Table after Sarah of the Old Testament who was known for her welcoming hospitality. Sarah's Table welcomes seniors monthly from October through June to come together for a catered meal and hospitality and is open to the community. This function is hosted in the Courtyard on the second Wednesday of the month (except when there occurs a scheduling conflict). In addition to the meal, seniors enjoy a chance to get out, socialize with friends, make new acquaintances and frequently, a short informative or entertaining program.

This ministry is designed to be largely self-supporting. Great effort is made to keep costs down so the price for attendance remains affordable to its intended population. Currently at \$8.00, attendees not only get a full catered meal and dessert, but also enjoy the entertainment and a chance to win several small and fun door prizes. Many volunteers assist with the registration table, courtyard table setup, food serving, busing dishes and cleanup.



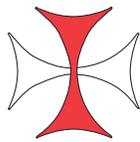
## Sharing Tree

The Sharing Tree connects those in need of assistance at Christmastime and other times throughout the year with the generosity of our parishioners. A Christmas tree is set up in the courtyard decorated with paper ornaments made by the St. Odilia elementary school students. Each indicates a type of gift card – usually for a grocery store, discount store (Target, Walmart) or gas. The Pastoral Care Council monitors the tree to make sure it has ornaments on it for parishioners to take. Parishioners take the ornament, fulfill the request and turn the cards in to the church office. Requests for need are taken in various ways - through referral, the clergy, the staff, friends and neighbors and the recipients themselves.

The cards are discreetly distributed by Deacon Jim or members of the clergy. The givers are anonymous, listed only as members of the parish. The utmost in discretion is used when handling the cards to protect the privacy of individuals. Many years the generosity of our parishioners has reached far beyond the holiday season and the gift cards are distributed throughout the rest of the year as needed.

Coordinator: Deacon Jim Saumweber

Email: [saumweber@stodilia.org](mailto:saumweber@stodilia.org)



## Other Parish Involvement for Pastoral Council

### **Donation Bins**

There are permanent donation bins at the church entrance that are used for collecting goods for a rotation of organizations year round. Signs and bulletin announcements inform the congregation of items that are needed.

Examples of organizations include: Caring and Sharing Hands, Union Gospel Mission, and Listening House

### **Food Shelf Donations**

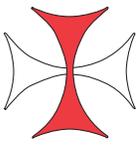
Ongoing collection of nonperishable food and money. Delivery to sites is made by parish volunteers. Distributed alternate weeks to Ralph Reeder and Franciscan Brothers.

### **Coffee and Donut Hospitality**

Volunteering to staff and serve Coffee and Donuts after Sunday Masses is an opportunity to meet our mission of seeking opportunities to connect, serve and support others in our community by extending fellowship. The process of serving Coffee and Donuts is well developed and instructions detailing every task are available.

### **Fall Festival**

Provide items/basket for Silent Auction for Fall Festival in September



## **2020-2021 Pastoral Care Council Members**

Judy Barthel, Chairperson  
Karen Henningsen, Recorder  
Cathy Garvey, PLC Rep  
Deacon Jim Saumweber, Staff Liaison  
Dallas Schute  
Janet Savoie  
Jeanne Stupar  
Marcelle Tracy  
Beth Berg