



Pastoral Care & Support

Introduction...

Here at Vineyard 53, everyone is invited to step into the **adventure** of following Jesus, to experience authentic **relationship** with Him and each other. We believe that as we do this, we can see **transformation** in every part of life.

We are committed to loving and supporting each other as family in all aspects of life, recognising there at times we may need additional support or care. We do this in a number of ways:

Sunday Gatherings

We believe that Jesus will meet with us every time we give Him space to do that. There are always opportunities to receive prayer at the end of every Sunday Gathering, when people are available to pray with you. You are free to tell them as much or as little as you want to share.

It may also be helpful to look at the 'Next Steps' area which will provide information about Small Groups and other ways you can get involved, meet new people and become part of our community.

Small Groups

Small groups are at the heart of Vineyard 53. They are places where we can be known, know others and receive prayer and support as part of a loving community. Some Small Groups may also look specifically at certain topics which may be relevant to your situation such as Marriage, Pre-Marital Training, Parenting, Emotionally Healthy Spirituality etc. Please check out the website vineyard53.org/smallgroups for more information. If there are any other specific groups that you would like to see please contact hello@vineyard.org.

Other areas of Support include;

CAP

Would you like to get more in control of your finances? This relaxed and informal course will take you through practical exercises to help you get and stay in control of your finances. It runs for 3 sessions. Contact hello@vineyard53.org for more details.

Vineyard FiftyFREE

We have an amazing community Facebook group called Vineyard FiftyFree, where members of the church give away things for free and ask for things they need. If you would like to be part of it please email hello@vineyard53.org and an admin will add you.

Vineyard 53 Prayer Group

We have a community Facebook group for prayer. Members of the church share prayer requests and offer encouragement. We also have a monthly 24 Hours of Prayer. If you would like to be part of it please email hello@vineyard53.org and an admin will add you.

Meals

We love to support new parents, those who have been in hospital, been bereaved or are experiencing any difficulty. We would encourage those in their small groups, or in contact with them to get together and take meals for a week or two. We often use takethemameal.com to help set up a rota. If you love to cook and would like to be involved in this way on a regular basis please let us know at hello@vineyard.org.

Visits

If you are admitted to hospital, or unable to leave your home for some reason do let a leader in church know, we'd love to discuss ways to support you in this season.

Weekly prayer

We meet weekly to pray for the church. If you would like us to pray for you please email us at prayer@vineyard53.org, giving as much information as you are comfortable sharing and we will pray for you. We also have 'Prayer Cards' available on a Sunday.

Marriage Support

We have run several Marriage and Pre-Marriage courses in the past and will continue to run these in the future as well. Look out for these on The Essentials or contact us for future dates.

Other opportunities for prayer, healing and wholeness

Jesus wants us to have the fullest relationship with Himself, ourselves and others. We recognise though, at times we may get stuck in habits, ways of thinking or behaviour that does not bring us transformation, or keep us from becoming all that we are meant to be.

There are a number of tools that can help us pursue our relationship with Jesus and work through some deeper patterns of behaviour that impact on our ability to move forward in our relationships, both with Jesus and each other. If you'd like to find out more, email prayer@vineyard53.org to make an appointment for a chat and we'll discuss how best to move forward. Options may include **further prayer**, **spiritual direction**, **life coaching** or perhaps professional help from a qualified **counsellor**.

How can I get involved?

We would love to encourage you into the adventure of caring for one another, because we believe that transformation happens best in relationship. If there are things you would like to be involved in or would like further training, we would love to hear from you at hello@vineyard53.org.