

# Address It Now!

*"I am asking you to start something today. I do so out of concern for you as a person. The pain is not measured by the statistics gathered to see how many pastors get into trouble. It is measured by the depth of pain felt by the person and family who go through such experiences. I walk alongside families who get started and I've seen despair turn into hope."*

Rev. John Herman, EFCA Pastoral Care Ministries

## ✦ What issues?

- Personal Purity
- Finances
- Positive Relationships
- Emotional Health
- Physical Health
- Family and Marriage

**Honestly identify any area that should or does concern you.**

## ✦ How to start?

There are issues you can address by just getting at it. There are times you need to trust a friend with whom you can create a plan of action. If so, find that friend.

## ✦ Is help available?

1. Holy Spirit: Thought you might need to be reminded of this fact.
2. A Good Friend: Deep friendships come with a willingness to help address problem areas.
3. Pastoral Care Ministries: A phone call or email ([pastoralcare@efca.org](mailto:pastoralcare@efca.org)) can start the process of connecting with us as care givers. We can guide you to numerous resources.
4. Districts: Several EFCA districts have a staff member whose primary ministry is pastoral care.
5. Books: Vital Signs (Tom Garasha); Emotionally Healthy Spirituality (Peter Scazzero); and many issue specific books.

**"Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give it the care it requires, we do it not only for ourselves, but for the many others whose lives we touch."** Parker Palmer, as quoted in *Emotionally Healthy Spirituality*, Peter Scazzero, Integrity Publishers, Nashville, 2006

Learn more: [www.efca.org/pastoralcare](http://www.efca.org/pastoralcare)



EFCA  
PASTORAL CARE  
MINISTRIES