



RB Community Church
Pastoral Care

GIVE A HAND, TAKE A HAND

Our vision is that **EVERYONE** be connected to
GIVE and **RECEIVE** the **COMFORT** of **CHRIST**

pastoralcare@rbpc.org
858-487-0811 ext. 221



A message from Pastor Mofid

Dear Beloved People of God,

Grace to you and Peace,

Our Lord and our shepherd (Psalm 23) demonstrated His love by giving His life for us (John 10:11). As the Good Shepherd, He feeds and cares for His sheep daily (Ezekiel 34:15) and we at RB Community Church are His Body and we follow our master's example as we give and receive care for spiritual, mental, emotional & physical needs.

Ephesians 4:15-16 says, "We will grow up completely and become one with the Head, that is, one with the Messiah, in whom the whole body is united and held together by every ligament with which it is supplied. As each individual part does its job, the body builds itself up in love."

In Christ, we Christians are one temple and one man. Like the human body, the Bible teaches us that in Christ we are inter-connected, and we are also interdependent. People have a habit of thinking of this in terms of either giving or receiving care.

Instead, God calls us as His People and the body of Christ to do both as a way of life.

Prayerfully, take a look at the many options here at RB Community Church, and take a step today to give a hand and take a hand.

May the Lord bless you all and keep you as you continue to follow Him.

In Christ,

Pastor Mofid Wasef



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DEACONS

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take up your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me'....'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did it for me'." - Matthew 25:31-45

Often described as the heart and hands of the church, our Board of Deacons is composed of 30 compassionate Christians. Each person serves a 3-year term. They minister to those in need in the church family and the community. Deacon representatives are always available between worship services.

Deacon Ministries at work in our church:

- **Communion** - Prepare and serve the blessed Sacrament of Holy Communion at Sunday worship services on first weekend each month, weekly at Saturday evening worship.
- **Devotionals** - Provide Devotional material for church members to use in personal devotional times.
- **Sunday morning shuttle transportation** - Provide shuttle transportation for those needing a ride to church services. A Deacon is always on the shuttle as a companion.
- **Calls and Caring** - These Deacons visit with congregants who are sick, homebound, bereaved or recovering from surgery. They visit by phone and personal visits.
- **Sunshine Committee** - Send cards for illness, bereavement and special birthdays.

- **Flower Mugs** - Create and deliver small flower arrangements to people who need comforting.
- **Holiday Flowers** - Flowers which adorned our church during Christmas and Easter are delivered to home-bound people in our church community.
- **New Baby Ministry** - Give new baby gift items to pre-school families
- **Community Liaison**
 - Interfaith Community Services
 - Presbyterian Urban Ministries
 - Salvation Army
 - Solutions for Change

Serving Opportunities:

The ministry of a Deacon is one of compassion, witness, service, and sharing in the redeeming love of Jesus Christ.

- If you are a member of RB Community Church, consider offering to **serve as an Ordained Deacon**.
- Support the Deacons with a **donation** in the green offering envelope found in the pews.

CONTACT: Pastoral Care | 858.487.0811 x 221
pastoralcare@rbcpcc.org

PRAYER

GALLERY PRAYER CARDS

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation. - 2 Corinthians 1:3-4

Cards listing those in our congregation who are ill or recovering are located on the Prayer Wall in the Gallery by the prayer chalkboard. Cards listing those serving in our Armed Forces are located on the Military Families Ministry display. To be listed on these very public cards, permission must be secured from the individual or responsible family member.

Serving Opportunities:

Take these cards home with you and **pray** for those listed during your daily devotional time.

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pastoralcare@rbcp.org

PEW ANGELS

"Whatever you do, work at it with all your heart, as working for the Lord."- Colossians 3:23

Pew Angels meet in the Sanctuary, **praying** through the pews for the weekend services as they **replenish materials** in the pews. **Assemble and sort bulletins** for Worship Services.

Serving Opportunities:

Every Friday at 8:00 am. Many hands make light work, so come join this lively, loving, praying group!

CONTACT: Donna Prather | 858.592.7679
ddgbb9@gmail.com

PRAYER CHAIN

"For where two or three are gathered together in My name, I am there in the midst of them." - Matthew 18:20

Prayer requests are received on Connection Cards from weekend Worship Services in addition to prayer requests by phone, emails, and personal visits. These requests are confidentially submitted to the Prayer Chain volunteers who pray for each person and each concern.

Serving Opportunities:

Join this team of dedicated "Prayer Warriors" and *pray for others* in our congregation.

CONTACT: Pastoral Care | 858.487.0811 x 221
pastoralcare@rbcp.org

PRAYER TEAM

"Pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."

- 1 Thessalonians 5:17-18

- ***In Worship*** - At least 2, sometimes 3 members are available after each Worship Service to pray with anyone in need of prayer, or wanting to pray for others. Prayer Team members continue to pray for individuals throughout the week.
- ***Healing Prayer Services*** - Held 2 or 3 times, in conjunction with the Saturday Night Service. The exact dates will be announced in the Newsletter and/or on the RB Community website. In preparation, we start praying 2 weeks ahead of time for those who will be coming, and for God's wisdom & protection. There will be an emphasis on healing throughout the service, ending with the last part being individual prayer with the prayer team pairs while soft music is playing. Each person is anointed with oil.

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PRAYER

- **Prayer for Pastors** - Prayer Team members pray with the Pastor in the Library before Saturday Service, and in the Chapel before the 8:30 AM Sunday Service.
- **Prayer for Church Family** - Each day, Prayer Team members pray for health, wisdom, protection, and Holy Spirit guidance for the staff, leaders, volunteers, ministry and program needs and concerns, and the congregation as a whole. PRAY...there is great power in it !!
- **Mornings with the Master** - Lenten Worship Services led by the Prayer Team.

Serving Opportunities:

The Prayer Team would welcome additional prayer warriors with open arms.

CONTACT: Rosina Krefft | 858.776.2784
rbkrefft@aol.com

SOAKING PRAYER

"As a mother comforts her child, so I will comfort you; and you will be comforted over Jerusalem." Isaiah 66:13

In a relaxed atmosphere, people can close their eyes, cover with a blanket, and just rest in the Everlasting Arms. They are prayed over by the Prayer Team as soft music is played and scriptures are read. Meets in Lower Fireside, 2nd Saturday evening of each month

Serving Opportunities:

Would warmly welcome anyone who wants to *pray* quietly over attendees.

CONTACT: Rachel Gleed | 858.487.8230
rbsis@san.rr.com

WEDNESDAY MORNING WOMEN'S PRAYER GROUP

"Pray for one another; that you may be healed." James 5:16

Meets Wednesday mornings 8:30–9:30 AM in the Library.

Serving Opportunities:

All are welcome come receive prayer and to join in praying for others.

CONTACT: ELLEN FOWLER | 858-603-2995
ellen.fowler49@gmail.com

SUPPORT GROUPS

GRIEF SHARE

"The Lord is close to the broken-hearted and saves those who are crushed in spirit." - Psalm 34:18

A formal Christian program featuring biblical concepts for healing from the grief of loss of a loved one. Meets the 1st & 3rd Sunday each month from 2:30 – 4:00 pm in the Church Library. Each lesson consists of an informative video featuring grief recovery experts, group discussion about the video content, and a workbook of personal study exercises to reinforce the weekly topics. Each lesson is self-contained, so you can begin at any time, and continue until you've completed all 13 lessons.

The program at RB Community Church is facilitated by the Deacon Board.

Serving Opportunities:

If you've taken the Journey from Mourning to Joy, we'd welcome you as an assistant facilitator. The more comforters and encouragers the better!

CONTACT: Carol Kasser | 858.312.0902

ckasser@yahoo.com

Fran Spear | co-facilitator | 858-335-5702

www.griefshare.org/groups/56150

NAMI (National Alliance on Mental Illness)

"Kind words are like honey - sweet to the soul and healthy for the body." - Proverbs 16:24

NAMI offers Family Support Groups and meetings for any adult 18 and older with a loved one of any age experiencing behavioral or mental health concerns. Please join us on the 3rd Tuesday of each month at 7 pm - 8:30

CONTACT: Pastoral Care | 858.487.0811 x221
pastoralcare@rbpc.org

WOMEN'S CANCER PRAYER SUPPORT GROUP

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." - Romans 15:13

This group serves women who have cancer or have survived cancer. Putting our trust in Christ, we share our challenges and joys and fears with each other and pray together, in laughter and tears, lifting our concerns to the Lord! Meeting twice a month, we grow together in friendship and encourage a deepening faith. At any given meeting, there are usually 4-8 women, yet over the past 9 years, God has used this ministry to bless 42 women.

CONTACT: Susie Hovey | 858.486.3380
mshovey@cox.net

VISITATION

PASTORAL VISITS

"Cast all your anxiety on Him because He cares for you"
- 1 Peter 5:7

When you need the promise and reassurance of communion, an ordained Pastor will come to your home, the hospital or care facility to pray and share the Sacrament of Communion with you.

CONTACT: Pastoral Care | 858.487.0811 x221
pastoralcare@rbcpc.org

PRAYER SHAWLS

"Having hope will give you courage. You will be protected and will rest in safety" - Job 11:18

Prayer Shawls are given to individuals who might benefit from God's comforting embrace as they go through a difficult time in their life.

Serving Opportunities:

- Knitters and crocheters needed to create prayer shawls for homebound church members. Yarn and patterns available or create your own.
- Volunteer to teach knitting or crocheting

CONTACT: Shirley Hughes | 760.271.1904
simplestampin@cox.net

STEPHEN MINISTRY

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."
- Colossians 4:6

Stephen Ministry is confidential, one-on-one care for those who are dealing with a difficult time in their life - such as loss, divorce, illness, unemployment, birth, adoption, and many other life changes. The most important thing that Stephen Ministers do is to listen to you and to be a supportive presence during your difficult time.

If you would like to discuss meeting with a Stephen Minister, or to refer someone in need, please contact Barbara Bennett, Referrals Coordinator: wheresbobra@att.net or 858.484.4974. You can also contact the Pastoral Care Team: 858.487.0811 x221.

Serving Opportunities:

Join the Stephen Ministers and receive fifty hours of excellent training to be a better listener, a more compassionate friend, and to walk alongside someone who needs you. Next training begins January 2020, led by Pastor Bob and Jeanette Lauer.

CONTACT: Barbara Bennett, Referrals Coordinator
858.484.4974
wheresbobra@att.net

VISITATION VOLUNTEERS

"Bear one another's burdens, and so fulfill the law of Christ"
- Galatians 6:2

A ministry of friendship and compassion. Volunteers visit and share God's love with church members who are home-bound or limited in their activities due to age or chronic illness. Parish Nurses train visitors and coordinate visits.

Serving Opportunities:

- Visitors are always needed. Attend a 3-hour visitation class.
- Tell us about someone who may want a visit from a Christian friend.

CONTACT: Marilyn Glover, RN | 858.487.0811 ext 272
marilyn@rbcpcc.org

VOLUNTEER CHAPLAINS

" Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." - 2 Corinthians 1:3-4

Volunteers are available to come and pray with you when you are hospitalized, facing surgery, diagnosis or loss.

CONTACT: Pastoral Care | 858.487.0811 x221
pastoralcare@rbcpcc.org

THE CARPENTER'S FELLOWSHIP

"Here am I, Lord; Send me!"

-Isaiah 6:8

The Carpenter's Fellowship (TCF) takes its inspiration, as well as its name, from the life of The Great Carpenter, our Lord Jesus Christ. It was founded 25 years ago by Bob and Dorothy Kirkpatrick at RBCPC with the mission of "showing God's love in action" through hands-on support projects that enhance people's lives. During those years we've conducted over 150 service projects for our church, other faith-based organizations, and numerous families in need. We lead the church's annual Souperbowl drive, which over the last 18 years has resulted in donations of \$60,000 and 84,000 food items to local charities. We meet monthly to share a meal and plan future projects. A unique feature of TCF is that all our projects are funded by annual contributions from members.

Serving Opportunities:

- Suggest service projects we might consider
- Volunteer your home repair talents. Several of us work with Helping Hands ministry making minor household repairs for other members of RB Community. You're welcome to work with us.

CONTACT: Barbara Riddle | 760.715.1000
b.riddle@cox.net

HELPING HANDS

"But someone will say, 'You have faith, and I have works. Show me your faith without your works, and I will show you my faith by my works.'" - James 2:18

The Helping Hands ministry likes to be thought of as your neighbors and, like a good neighbor, we are available to help you with some of your household problems. Helping Hands can help with tasks such as changing a hard-to-reach light bulb, turning a mattress, moving heavy furniture, or repairing minor plumbing or electrical problems.

Serving Opportunities:

If you're handy around the house, we'd love to have you on our team.

CONTACT: Dick Kurtz | 858.485.5488
dickerperry@gmail.com

CPR.AED CLASSES & FIRST AID CLASSES

"Give instruction to a wise man and he will be still wiser"
-Proverbs 9:9

Learn basic life saving techniques which may help revive physical life to God's intricate creation, the human body. Our team of instructors are accredited to teach HeartSaver American Heart Association courses.

Serving Opportunities:

- Participate in one of our certification classes in CPR or First Aid. Three classes held each year: October 27, March, and May.
- Become an AHA certified instructor.

CONTACT: Marilyn Glover, RN | 858.487.0811 ext 272
parishnurse@roadrunner.com

ESL CLASSES WITH LAUBACH

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." -1 Peter 4:10 (NIV)

The Laubach Literacy Center teaches literacy and English as a second language (ESL) to adults. The Laubach motto is "each one, teach one" - the volunteer tutors teach in a one-on-one or small group setting.

Serving Opportunities:

Tutors are always needed, and training is available.

CONTACT: Nancy Anderson | 858.566.5127
nlanderson51@gmail.com

FIRST AID TEAM

"He went to him and bound up his wounds... Then he took care of him." - Luke 10:34

Several medically-trained individuals are available at worship services to assist with first aid needs for people who may fall or have incidents on the church campus.

Serving Opportunities:

Volunteer to share your first aid skills when needed.

CONTACT: Marilyn Glover, RN | 858.487.0811 ext 272
parishnurse@rbcpc.org

MARRIAGE ENRICHMENT MINISTRY

"And on the third day there was a wedding in Cana of Galilee...and Jesus and His Disciples were invited." John 2:1-2

The Marriage Enrichment Team strives to promote weddings where Jesus is invited as well as opportunities for marriages to thrive and be strengthened in our church and community. We sponsor date nights, partnerships (formerly mentoring) with trained couples, special events, classes and couples weekends.

Watch for information on our College of Marriage and other upcoming events in RB Community Church's Newsletter and on social media.

CONTACT: Karen Kritzer, 858.485.6182
kkarenp@gmail.com

MEMORIAL AND FUNERAL MINISTRY

"And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away." - Revelation 21:4

The mission of the Memorial and Funeral Ministries is to assist you with planning your loved one's memorial and funeral services. This will include a Memorial Coordinator to help plan the service, coordinate arrangements with the pastor and musicians of the Church, design the program, provide a guest book, set up your memento table, welcome and assist family & guests on the day of the service.

Serving Opportunities: Pastoral Care Volunteers.

CONTACT: Pastoral Care | 858.487.081 ext 221
pastoralcare@rbcpcc.org

MILITARY FAMILY MINISTRY

"Have I not Commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." - Joshua 1:9

Military Family Ministry is a support ministry that provides resources, spiritual, emotional and practical support for active and retired military and their families.

Activities include: Military Bulletin Board, Military Prayer List, Quilt Square distribution to service members, Christmas Angel Tree, participation with the Carpenters in the Veterans Village Help for Homeless Veterans Jean Drive, San Diego Military Outreach Ministry (SDMOM) Food Bank (helping stock the food bank available to young military families.)

Serving Opportunities:

Military Family Liaison: any person interested in keeping in touch with the well-being and needs of military families of RB Community Church would be a welcome member of the ministry.

CONTACT: Connie Emarine | 858.487.3509
connieemarine@gmail.com

PARISH NURSE VOLUNTEERS

“As each has received a gift, use it to serve one another, as good stewards of God’s Varied Grace” - 1 Peter 4:10

Blood Pressure Screening, health resources and consultations with an RN are available in the Courtyard each Sunday. Emphasis: Promoting good health for body, mind and spirit. This year our team of 7 volunteer parish nurses displayed information on current health topics such as the Opioid Epidemic, Mental Health, and Driving Safety.

Serving Opportunities:

- Let us check your blood pressure or help with a health-related question!
- Registered Nurses needed to participate in our parish nurse ministry.

CONTACT: Cheryl Foreman, RN or Marilyn Glover, RN
858.487.0811 ext 272
parishnurse@rbcpc.org

NATIONAL DAY OF PRAYER

"First of all, then, I urge that entreaties and prayers, petitions and thanksgiving, be made on behalf of all men, for kings and all who are in authority, in order that we may lead a tranquil and quiet life in all godliness and dignity."

- 1 Timothy 2:1-2

The National Day of Prayer is held the 1st Thursday in May every year. It's mission is to mobilize prayer all over America, and to encourage repentance and righteousness in the culture. Everyone can take part in a 24 hour prayer vigil that day, signing up for a half hour time slot to pray. A prayer guide is provided to focus on praying for our government; federal, state, and local. It also includes scriptures and prayer ideas for military, media, business, education, church and family. We P.R.A.Y ; PRAISE, REPENT, ASK, YIELD.

Serving Opportunities:

Sign up for a half-hour time slot to pray.

CONTACT: Rosina Krefft | 858.776.2784
rbkrefftt@aol.com

SERVICE OF REMEMBRANCE

"I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. " -Psalm 121:1-2

This annual service held in April or May is a time to remember and honor our loved ones who have passed away. The pastoral care team led by Pastor Mofid and joined by gifted musicians lead us in music, Scripture reading and candle lighting. It is a very blessed time to honor our loved ones who have passed away.

Serving Opportunities:

Sending invitations, phone calls, and greeting.

CONTACT: Pastoral Care | 858.487.0811 x221
pastoralcare@rbcpc.org

OLDER, WISER, LIVELY SAINTS (OWLS) LUNCHEONS

"Wisdom is found with the elderly, and understanding comes with long life." - Job 12:12

This ministry provides a time for fellowship and healthy entertainment as well as a delicious and nutritious meal. We care about all those among us who might be lonely or in need. Our goal is to foster friendships and provide a fun event for seniors to look forward to.

We meet every Thursday - - two seasons of the year for a total of 18 programs. From 10:30 am-12:30 pm.

Serving Opportunities:

- Attend and enjoy our programs. Average attendance 45-50 Charge for luncheon & entertainment is \$9.00 per person.
- Contributions to keep the programs in operation are welcome. Project "FEED the OWL" has been established for those interested in supporting this worthy cause.

RSVP by calling the church office at 858.487.0811.

CONTACT: Bill Stanley | 858.487.0811 ext 282
bill@rbcpc.org
or Pastoral Care | 858.487.0811 ext 221
pastoralcare@rbcpc.org

HANDS

To hold

To shake

To squeeze

To hug

To touch

To gesture

To help

To give

To serve

To lift

To write

To make

FOR H/M



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