



Are Life's Challenges Getting You Down?

Many of us face worries, anxieties, and fears as our lives unfold. Events often occur, such as the loss of a loved one, financial challenges, job loss, relationship issues, loneliness, sickness, disabilities, and the like. When this happens, we often have difficulty coping. In such situations -even if the struggle is temporary- no one should have to suffer alone. You don't have to!

Our Lady of Lourdes is a "Stephen Ministry" parish. Stephen Ministry is "God's people helping God's people." Stephen Minister volunteers receive more than 50 hours of initial training followed by ongoing guidance and continuing education. They have been commissioned by our parish to give you caring, non-judgmental, empathetic listening. They are trained to be there for you, to walk with you and care for you in your difficult times. Lourdes has many Stephen Ministers available (both men and women). Men are assigned to men and women to women and anything you share with them is kept strictly confidential.

Their ministry is free and continues for as long as you need it. The Stephen Minister will meet with you in your home or wherever you feel comfortable. They come to you.

Many have been helped by this ministry in the past. I encourage all parishioners who are experiencing any of life's concerns and finding it hard to cope, to take advantage of this wonderful ministry. You can call the church office at (404) 522-6776, state that you are interested in having a Stephen Minister and a Stephen Leader will return your call. The Stephen Leader will see to it that an appropriate Stephen Minister is assigned to you for as long as you need the care.

Remember, no one should suffer alone.

Peace,

Fr. Jeffery Ott, O.P.

Pastor

Stephen Ministers: The After People

People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the *After People*.

Stephen Ministers are there:

- ... *after* the phone call you hoped you'd never get.
- ... *after* the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.
- ... *after* the relationship falls apart and the bottom falls out of your life.
- ... *after* the doctor says, "I'm sorry, but there's nothing more we can do."
- ... *after* the nursing home director shakes your hand and says, "Welcome to your new home."
- ... *after* the last child honks the horn, waves, and drives away—and the house suddenly seems empty.
- ... *after* the gavel comes down, the handcuffs go on, and your loved one is led away.
- ... *after* the baby arrives, demanding more of you than you ever dreamed possible.
- ... *after* you find a pink slip with your final paycheck.
- ... *after* your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the After People. They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long *after* as needed.

www.stephenministries.org

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You may search all you want. It's likely that you won't find any accomplishment in your life, major or minor, that is exclusively the result of your personal efforts. One way or another, you stand on the shoulders of giants.

Come to acknowledge the giants of the Haitian community in Atlanta who made Road to Rio 2016 possible and who are building the Road to Tokyo 2020.

ADMISSION: FREE

#2020Olympics

RSVP TODAY

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