

# **Being Proactively Pastoral**

## **God is with us - always**

- the promises of God in the Bible remind us that we are never alone. We can be in a crowd of people or by ourselves, God will always be with us.

## **Carry hope in all circumstances**

- Life will always have difficult and trying circumstances. Faith in God enables us to carry hope in these times. It is hope that enables us to see beyond what troubles us and look to God's holding.

## **Be a calm presence for another**

- some of our communities are growing in anxiousness. A calm presence can do much to open us to hear the world differently. We can find solutions to problems when our nervous system is not on high alert. Being a calm presence will help everybody find a way through. A calm presence helps us make sense of where we are and what we are doing.

## **Take extra steps to be there**

- some people will experience great hardship, physically, economically, emotionally. A phone call with each other helps people stay connected when contact is limited. An email, a video message are other ways we can be with each other, when we can't share space as we normally have. We can work out in our faith communities, who will stay in contact with who, providing networks of care. If we can, we can help bring provisions to others who are isolated too.

## **Listen from a place of love**

- When we take time and give our attention to the other we are listening from a place of love. Letting people share their difficult emotions, their sadness or even joy lets them know they are loved and valued any time. We all have a story to share. Someone's story may just be a gift for us to receive and carefully hold for a moment.

## **Pray together**

- Praying opens us to God's presence with us. Whether we pray together over the phone, through online means or across the back fence, we are giving ourselves to God and being touched by God in a unique and intimate way. We don't have to use lots of fancy words. Let what is in your heart come out. You may not need many words at all. Silence is a great space for simply letting yourselves be with God.

