

To sustain a vital and nurturing religious community

Life's challenges can be tough. We can all use a listening ear from time to time.

Pastoral Care Associates of the First Unitarian Universalist Society of Albany are available to listen in a supportive and helpful way.

Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our community.

*With the gift of listening
Comes
The gift of healing
—Catherine de Hueck*

Need to Talk?

**The First Unitarian Universalist Society
Pastoral Care Associates
are here to listen**



To contact a Pastoral Care Associate:

Email Listeners@albanyuu.org

Or telephone Reverend Sam Trumbore or the FUUSA office at 518-463-7135

Pastoral Care Associates



First Unitarian Universalist Society of Albany

405 Washington Ave.
Albany, NY 12206
(518) 463-7135
www.albanyuu.org

Rev. Samuel A. Trumbore, Minister

A welcoming congregation

What is the Pastoral Care Associates Program?

The Pastoral Care Associates Program provides an important service in promoting and sustaining our caring community. Pastoral Care Associates are members of our congregation whose talents, experience and special training enable them to respond meaningfully to fellow members in times of need. It is a ministry of presence and quiet listening. This listening ministry has been designed to complement, not replace, the counseling and pastoral care that our minister, Reverend Sam Trumbore, provides.

*Listening is a
magnetic and strange thing,
a creative force...
When we are listened to,
it creates us,
makes us unfold and expand.*
—Karl Menninger

What do Pastoral Care Associates do?

Pastoral Care Associates foster and extend our culture of caring to all members, particularly those struggling with life issues or transitions. Examples might include:

- ◆ Loss, grief, divorce
- ◆ Serious illness
- ◆ Family concerns
- ◆ Relationship concerns
- ◆ Life transitions

In addition, Pastoral Care Associates will follow up on personal joys and sorrows expressed during Sunday services.

Are Pastoral Care Associates trained?

Pastoral Care Associates have been screened, interviewed and trained. Ongoing training, accountability, and support are also provided.



Your safety and confidentiality are our highest priority



How do I contact a Pastoral Care Associate?

To contact a Pastoral Care Associate please email Reverend Sam Trumbore at Listeners@albanyuu.org or call the office at 518-463-7135.

Note: Pastoral Care Associates are trained in compassionate listening but do not serve as professional counselors. In some cases if a professional counselor or social service agency might be helpful, the Pastoral Care Associate may offer a referral or recommendation.