

Companionship Workshop

Peace Lutheran Church's Sharing Peace Café Ministry, in association with The Lutheran Foundation, will be offering a transformative training aimed to equip participants who want to move from inaction within the body of Christ to focused involvement with people in need. The ministry will be offering a one-time four hour workshop in the evolving area of **Companionship Ministry**, to be held at The Sharing Peace Café (Peace Lutheran Church) on Saturday afternoon January 21, 2023 from 1 to 5 p.m.

Often, people want to help where they see need; however, it can be difficult to approach or relate to a person in distress. This 4-hour Companionship Workshop is designed to help individuals gain the knowledge, skills, and confidence to move into genuine relationships with people in need. Participants will learn ways to embody the 5 Practices of Companionship, how to honor your own limits throughout such work, and to understand the depth at which Companionship has the power to shift a person's perspective and life. Our goal is to provide communities with the tools to listen consciously to the stories and difficulties of others, to enable at least a momentary reprieve from adversity, and to encourage strengthening for the journey ahead.

This training is facilitated by The Lutheran Foundation staff and made possible through the generosity of The Lutheran Foundation and The Sharing Peace Café. Cost for each participant is \$16, which includes all training material and light refreshments. Space for this workshop is limited to 30 attendees. Reservations are required for attendance and can be made through The Peace Church office (Monday through Thursday) at 744-3869 or by email at secretary@peacelutheran.org.

