



BeFriender Ministry is a Listening Presence

BeFriender Ministry Principles

BeFriender Ministry principles guide the ministry and characterize the care a BeFriender brings to others. Honoring these principles supports and strengthens the befriending relationship.

God is present

BeFrienders are aware that they are in God's presence when befriending someone and that the time shared is a blessing to both the person befriended and the BeFriender.

Caring not curing

BeFrienders accept people as they are without telling them how they should be, listen with compassion without giving advice, and allow others to make their own decisions without trying to decide for them. The care offered by BeFrienders provides an opportunity for those they befriend to make their own choices and grow.

Nonjudgmental presence

BeFrienders provide a sacred and safe space for someone to share their experiences, thoughts, and feelings without being judged or criticized.

Active listening

The value and healing potential of having one's story heard is profound. BeFrienders actively listen by using communication skills that create an environment of respect and dignity.

A Story of BeFriending

"My BeFriender entered my life when I was experiencing many losses simultaneously -- so many losses that I could not wrap my brain around it all and could not move forward with my life.

I had entered into a deep prayer life and also sought professional help, but I wasn't feeling any better. I felt trapped in my overwhelming losses and did not want to burden my family and friends, for one can only listen so much to the same story without feeling burdened. I did not want to be a burden but knew I had to talk about my losses with someone. When I felt I had hit the lowest point, I finally made the phone call for a BeFriender.

Looking back, I can see that this was the turning point in my life. This BeFriender -- a complete stranger -- was willing to take time out of her busy schedule to listen patiently over and over again to my woes. She truly walked with me on my journey of grief by being that valuable listening presence."
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BEFRIENDER MINISTRY

God is Present • Caring not Curing • Active Listening • Nonjudgmental Presence

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