



Foundation Principles

God is present
Caring not curing
Nonjudgmental presence
Active listening

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How Does BeFriender Ministry Make a Difference?

Here's One Story from a BeFriender Ministry National Office Volunteer

By Anne Pederson

My dad is Bill Pederson, now Chairperson of the BeFriender Ministry National Office. I remember when he started becoming involved with the BeFrienders and how excited he was to be a part of the mission: reaching out to people who just needed someone to listen. Even before the chaos of the past several years, it was apparent how lacking this skill was in our world. Most of us stick to the script: "How are you?" "I'm fine." When is it okay to veer from the script? How do you know if the person across from you is able and willing to take in what you have to say?

For the past several years, I've worked with Barb on crafting the newsletters you receive, and have reviewed the educational offerings and testimonials from BeFrienders. There is a tone to this work so at odds with the rest of the world: presence over distraction, empathy over self-involvement, connection over isolation. I know how much time and effort Barb and others spend on the newsletters, because they approach these communications with the same one-mindedness. It's not about counting likes or shares on social media, but about speaking directly to you - a dialogue among friends.

More than just a supporter of the BeFrienders, I think of myself as a beneficiary of it, as well: I have never felt so validated and appreciated for the contribution I make. I can honestly say the values of the ministry extend to the way they treat everyone. It is a great joy to be a part of this community.

Anne Pederson

Anne resides in St. Paul, MN
BeFriender Ministry National Office Volunteer

Reflection shared with permission

