

## 'An hour out'

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Do you sometimes wish you could talk to someone about what you do and don't believe, how you feel about church services, how you try to pray, what you'd like to understand about the Bible but never dared ask?

If you would like an hour's undivided attention from the vicar where you can say whatever you like—please get in touch with Richard Tulloch. This is one of the most important things that he can do in ministry—talk with people about their deepest feelings concerning faith.

### Here are some guidelines to help the conversation

1. Decide beforehand what you want to discuss.
2. Only say what you want to say. You're in charge.
3. Be bold. Don't be left thinking 'If only I'd said..'
4. Start by talking about how your faith started and what's happened since.
5. Say what you really enjoy about your faith.
6. Say where you get frustrated and annoyed.
7. Say where you'd like help.
8. Ask if there's something you could read.
9. Remember the conversation is confidential.

### Afterwards

Write down what you have learned.

## Praying together

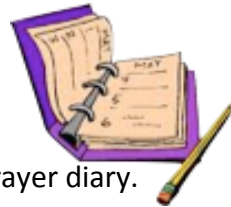
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### Prayer Groups



Why not ask one or two to friends to meet with you to pray once a fortnight for half an hour? Come along to the prayer meeting for the work in schools.

### Prayer Diary



Please use the benefice prayer diary.

### Individual Prayer

We can also arrange an individual time of prayer at home, in hospital, or care home with a member of the visiting team.



**ST MARTIN'S CHURCH,  
BRAMPTON**

**Pastoral Care...**



Vicar: Richard Tulloch  
Curate: Tim Edwards  
Email: [rjatlulloch@gmail.com](mailto:rjatlulloch@gmail.com)  
Website: [www.stmartinsbrampton.org.uk](http://www.stmartinsbrampton.org.uk)

## Pastoral Care

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As Christians we are commanded to love each other, carry each other's burdens, be kind to each other. We all have this responsibility towards others as we go about our ordinary lives.

However, there are times, for all of us, when friendly support is not quite enough. Perhaps there is distress, bereavement, pressure or sickness – or a sense of spiritual emptiness.

At St. Martin's, we aim to provide help for these situations in more structured ways. Please get in touch with Richard Tulloch or Tim Edwards.

## Visiting

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We are all responsible for taking care of one another. Jesus spoke of feeding the hungry, caring for the sick and prison visiting as being done for him (Matthew 25:35-40). We are His church and we belong to one another.

Our aim at St. Martin's is that everyone should be linked in some way with at least one other person. This may be through a small group such as a Homegroup, through a larger group such as Women's Fellowship, or through the regular visiting of the elderly or housebound.

If you feel you could help with visiting, particularly those in hospital, the elderly, or housebound, please contact Richard Tulloch.

### **Zephaniah 3:17**

“The Lord your God is with you. He is mighty to save. He will take great delight in you. He will quiet you with His love. He will rejoice over you with singing.”

## Counselling

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Most of us are only too well aware that as Christians we are not immune to the stresses and pressures of being human, especially within our families and relationships. Christian marriage is under particular pressure at the present time. Also living in a society whose values are often opposed to the biblical ones we try to live by, brings problems at work as well as at home; sometimes, old difficulties surface.

It's often helpful to talk and pray things through in a 'safe' situation where the spiritual dimension can be taken into account. Contact the Vicar who will know who is best placed to help.

In addition to talking through the issues that arise in every marriage and family, we arrange marriage preparation for those in the congregation about to get married.

