

Care Team Covenant & Mutual Support Guide

Version December 2023

The mission of the Care Team is to deepen spiritual connection with the St. Michael's church community through both practical support and spiritual encouragement.

As a Care Team Member, we agree to:

- Participate in and be curious about how we, as Care Team Members, fit into the mission and provide care based on spiritual companionship, with grace and love.
- Understand the boundaries of care.
 - What we are “not” – is primary care givers
 - What we “are” – is a spiritual connection to the St. Michael's Church community
- Discuss with Care Team Leaders the expectations:
 - How long - the length of time to provide care (duration of time that is mutually agreeable for the care receiver and care giver)
 - What happens - how a visit unfolds, how care team members offer their gifts, how spiritual connection is fostered
- Be willing to ask for help and be self-aware of our capacity to care for another, including being intentional and transparent in our ability (schedule, skill, willingness) to provide care.
- To regularly report visits using the online web form, to debrief with another Care Team Members, and to communicate with clergy and Care Team Leaders how your heart is moved.
- Participate in Care Team formation courses and meetings. (safe church courses, debriefing, meetings, etc.)
- Inquire about resources are available for care receivers through the wider community and through St. Michaels

As a Care Team Leader, we agree to:

- Participate in and be curious about how we, as Care Team Leaders, establish and enhance the mission and lead care based on spiritual companionship, with grace and love.
- Set expectations regarding the boundaries of care.
 - What we are “not” – is primary care givers
 - What we “are” – is a spiritual connection to the St. Michael's Church community
- Discuss with Care Team Members the expectations:
 - How long - the length of time to provide care (duration of time that is mutually agreeable for the care receiver and care giver)
 - What happens - how a visit unfolds, how care team members offer their gifts, how spiritual connection is fostered
 - Provide orientation support for new Care Team Members
- Be willing to receive requests for help and be self-aware of our capacity to care for Care Team Members, including being intentional and transparent in our ability (schedule, skill, willingness) to provide care.
- To hold all Care Team Members accountable to report visits using the online web form, to debrief with Care Team Members, and to communicate with clergy how your heart is moved.
- Lead, host, and train Care Team formation courses and meetings.
- Curate resources for care receivers through the wider community and through St. Michaels