

We, the Web

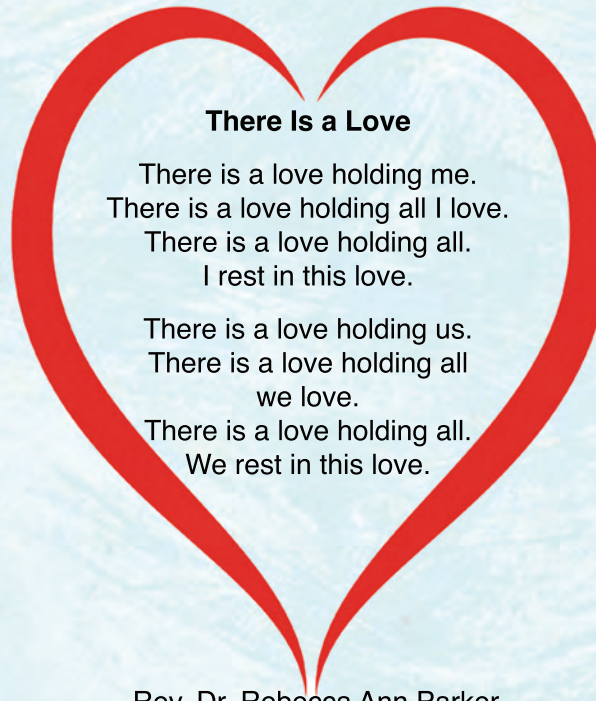
We need one another.
In more ways than we know:
we are welcomed by
held by
fed by
mentored by
taught by
inspired by
energized by
reminded by
supported by
encouraged by
transported by
(sometimes cajoled by
sometimes teased by
sometimes challenged by)
celebrated by
remembered by
continually *loved* by
those who know us best.

So: invite one another in.
Let each other in.
Only through the sharing
of the truth of your life, your struggles
can you fully receive
the love being offered to you.
We are here for one another.

May it be so!
--Rev. Heather

We can only help if you let us
know you need us. Please ask!

Contact Pastoral Care at
PastoralCare@uusd.org
or
Call UUSD at 302-313-5838.



There Is a Love

There is a love holding me.
There is a love holding all I love.
There is a love holding all.
I rest in this love.

There is a love holding us.
There is a love holding all
we love.

There is a love holding all.
We rest in this love.

—Rev. Dr. Rebecca Ann Parker

You are never alone as part
of this congregation.
We will be with you.

UUSD
Rev. Heather Rion Starr, Minister
30486 Lewes Georgetown Hwy.
Lewes, DE 19958
uusd.org



Pastoral Care

Support & Caring



**Unitarian
Universalists
of Southern Delaware**

*A Welcoming and Progressive
Spiritual Community*

The Purpose of the Pastoral Care Team

In keeping with our First Principle, the Pastoral Care Team models and nurtures a congregational culture where no one needs to journey alone. The Lay Pastoral Associates covenant with the Minister, the congregation, and one another to:

- Provide confidential support through active listening and empathic care to members of the congregation facing a personal or family crisis
- Provide connection to those who are lonely or isolated
- Maintain sustained relationships with members who have long-term needs and provide help as appropriate
- Maintain a full roster of volunteers to assist in UUSD's Helping Hands program.

Caring and Services

The Pastoral Care Team provides a caring presence for UUSD members facing challenges and stresses. Our Minister and volunteers work to offer a loving community and an atmosphere of hope and acceptance. Types of care offered include:

- Support for all ages in times of crisis and joy
- Care and support for significant (physical, mental, emotional, and spiritual) health issues
- Visits in a home, facility, or hospital if the member desires
- Assistance with referrals for mental health, substance use, or other specialized care
- Grief support and referrals
- Rides to local appointments, occasional meals, or trips to the store with the aid of Helping Hands volunteers.



A Message from Our Minister

Community is there for us most meaningfully when we let people know what is going on in our lives. Please reach out to let others here know when you're going through a challenging or a joyful time. We are here for one another, and all of us have times of both celebration and struggle. The more we let each other into our lives, the stronger our bond to this congregation and the greater our understanding of one another's complex journeys.

As the Minister of this congregation, I'm available to lead child dedications, weddings, and memorials, as well as other special ceremonies. I'm also available for short-term counseling if needed. As one among this community's leaders, I'm acutely aware of how much it can help to know when you are struggling, especially given all that we are always trying to get done, together. How we care for each other is always more important than getting tasks completed. Please speak up so that we can all work towards being an ever-more-compassionate community.

Warmly,
Rev. Heather

Helping Hands

The Helping Hands network of volunteers is in place to provide tangible services, such as rides or meals (on a short-term basis). Helping Hands services are deployed by the Pastoral Care Team when team members are aware of a need and in coordination with the individual or family requiring assistance. If you would like to be involved with Helping Hands or have a need for assistance, contact the Pastoral Care Team at PastoralCare@uusd.org.



Covenant Groups

Covenant Groups, also called Small Group Ministry, are places to be heard and to hear others. One can find not only spiritual growth and reflection, but also care and support. Group members can broaden and deepen their spiritual growth and make deeper connections. If you would like to join a Covenant Group, contact SmallGrpMin@uusd.org.