



Pastoral Care Visiting

Eleven “Be’s” to have “in your bonnet” – not only in spring:

Be prepared.

Try not to go on a visit cold, although I am aware this is not always possible. However, I trust you will have prayed about your visit before you cross the doorway.

Be aware.

Pay attention to where you are (e.g., a hospital, care home, person’s own home) and your surroundings.

Be watchful.

You will learn a lot by noticing uneaten meals, empty fridges and altered surroundings.

Be alert.

Notice a person’s movements and reactions.

Be respectful.

Always remember you are in their space and they have nowhere else to move to.

Be empathetic and caring.

Feel with them – their joys and their sorrows. You’ll be surprised.

Be passionate.

If you don’t care, it will show. Don’t be afraid to speak to those around you; a kindly “hello” never goes wrong.

Be loving.

Even the most obnoxious character can be won over with love.

Be true.

Remain faithful to yourself, the God who called you and the church you represent.

Be discreet.

Oh horrors! Don’t let your words come back to haunt you.

Be careful.

While mending the railroad, don’t forget the train. Take care of yourself; if you don’t, you won’t last the course.

Written by Susan Swanney
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