

Pastoral Care at Holy Trinity Brussels

“Rejoice with those who rejoice and mourn with those who mourn”.

Romans 12:15

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”

2 Cor.1: 3-4

Holy Trinity is a city centre church with a widely dispersed membership. Whilst we can't always offer the same level of day-to-day support as a local parish church, we try our best to offer helpful and appropriate pastoral care across all of our congregations.

Recognising that people do not always know what pastoral support is available this leaflet summarises what Holy Trinity offers.

Some reasons people may seek pastoral support

- Anxiety, stress, feeling low, loneliness
- Facing transitions and decisions
- Relational difficulties e.g. in the family, at work, or elsewhere
- Culture shock
- Turning points in life e.g. when children leave home, retirement
- Loss and bereavement - the death of a family member, friend or anyone whose death makes an impact
- Redundancy
- A need to talk after a traumatic incident e.g. burglary, accident
- Illness or hospitalisation
- Immigration and asylum issues

It is up to the person seeking support to choose when and how to make use of the support which is available. Articulating and sharing a concern or problem with another person can bring relief. This may come through prayer, a single conversation, a series of meetings or some sessions of counselling. And whilst care is shared with many people, you should always feel free to contact Robert Innes or one of the other clergy over pastoral matters.

Resources available at Holy Trinity

Weekly Sunday Worship

Music, liturgy, preaching, prayer, sacrament and fellowship to move and encourage people in their walk with God.

Each other

Probably one of the most potent and useful resources we have and not to be overlooked!

Prayer Chain

For confidential prayer requests

Contact: Ann Fieldsend 02/735 1997 or Sue Cox 02 /767 2911

Prayer Ministry

10.30 Coordinator: Ann Milton 02/772 4704

14.00 Contact: Mabel Yussuff 0498 725 938 & Jeanne Mbonigaba 0486 572 195

19.00 Coordinator: Diana White 0476 432 384

Prayer Triplets

The opportunity for confidential prayer and support with two friends.

Contact: Sarah Collen 0474 511 480

Home Groups

For Bible study, prayer, fellowship and pastoral support.

Coordinators: Denzil and Liz Walton 02/759 9430 or thewaltons@skynet.be

Counselling, Pastoral Meetings and Home Visits

For a listening ear or to talk something over in a confidential environment, Janet Sayers our Lay Pastoral Assistant is available for pastoral meetings and counseling by appointment.

Contact: One of the Chaplains or the church administrator in confidence.

Hospital Visits

Paulina Robbins van Rijn is our hospital visitor and has some expertise in the workings of the Belgian health service.

Contact: One of the Chaplains, the church administrator or Paulina 02/375 2320.

Home Communions

Contact: The Chaplains or church administrator.

Occasional Tea Parties for over 65s

Contact: Pauline Robbins van Rijn 02/375 2320

Beyond Holy Trinity we recommend the following agencies

Community Help Service (CHS)

02/647 6780

A team of psychologists, psychotherapists and psychiatrists offer professional and confidential services to English-speaking people of any nationality.

The CHS Help Line

02/648 4014

An anonymous English-language, 24 hour crisis, support and information telephone service staffed by volunteers trained and supervised by CHS professional staff.

Oasis Counselling Centre

02/502 3272

An English-language counselling service with Christian values.

Protestant Social Centre

02/512 8080

An Ixelles-based advice centre employing social workers and lawyers, with a particular focus on ex-prisoners, refugees and asylum seekers.

Holy Trinity Brussels
Rue Capitaine Crespel 29
1050 Brussels
Tel: 02/511 7183
admin@htbrussels.com
www.htbrussels.com