



Testimonials from our Ames Catholic Stephen Ministers

Since 2012, the Ames Catholic Community has trained 64 Stephen Ministers that have served our community. They became Stephen Ministers as a way to help others who were hurting—but they quickly discovered that God blesses them in amazing ways as well.

I have learned a lot from the Stephen Ministry class and leaders. I'm impressed and humbled by your commitment to the program. Going through Stephen Ministry training and peer supervision sessions has helped me be a much more compassionate human being. It would be great if all parish members had the training! Thanks to you and all of the Stephen Ministry leaders.

[Mike Bird, STA](#)

The Holy Spirit has been guiding me down paths recently, leading me closer to Jesus. The Stephen Ministry has provided me with insights to help others carry life's burdens, which cannot be carried alone, giving me the ability in community to love, pardon, restore faith and hope, and bring light and joy. I pray that God grant me the fortitude to console, to understand, and to love.

[Ron Meyer, SPP](#)

Stephen Ministry training was much more than expected! It has opened my awareness to the importance of listening in a caring way to others who have concerns, and hopefully to grow as an effective listener. With God's help and with continued peer support and insight from other Stephen Ministers, I look forward to the opportunity to be part of this wonderful process!

[Gary Osweiler, STA](#)

Going through the Stephen's Ministry training has taught me so much about how to relate to other people in a loving, Christian way. I feel more confident in my interactions with all people and how to best respond to them. It has also inspired me in my faith and my prayer life.

[Amanda Losee, STA](#)

Before starting the Stephen Ministry training, I shared with some friends what I was going to be doing. One asked me, "Whatever possessed you to do such a thing?" I was taken back by this question and replied, "I felt the call from God and I answered." Another asked me, "So, what will you do with this training once you complete it?" My reply was, "I don't know yet. But I'm eager to see where God leads me." Throughout the training, I have felt Jesus leading me and encouraging me through the Stephen Ministry Leaders and my fellow classmates. In the classes, I have learned loving skills to help me care for others. For me, Stephen Ministry training has been an answer to God's call to love others in a special way, to walk with others who struggle with life's challenges and knowing that Jesus is always present.

[Tonya Meyer, SPP](#)

Stephen Ministry is an incredible opportunity to grow in faith, participate in fellowship, and after completing the training, provides a much needed service to others. I am so happy I made the decision to be part of this ministry.

Reflecting on what it means to be a Stephen Minister is a very important thought process. First, the Stephen Ministry should be a calling from the Holy Spirit to be a representative of Christ, to be there for a person in the time of need. The need could be the death of a loved one, a loss of some kind, or any crisis an individual is experiencing. Good listening skills are a requirement. Praying with a care receiver is of vital importance, too. But the care receiver has to be ready to pray. It cannot be forced. The prayers need to be gentle, thoughtful and appropriate. From my own personal experience, I know how important it is to pray and let the Holy Spirit guide me. If it wasn't for my very strong faith and prayers, I would most likely become lost in the world. To care, to be there, to pray, to listen and to assist in a non-judgmental, empathetic manner is my testimonial of what Stephen Ministry is all about. The time varies with each care receiver. We need to be cautious so as not to be taken advantage of. But the Holy Spirit will guide this.

[Anne Felker, STA](#)

Stephen Ministry training has helped me to become more assertive and a better listener. In the assertive realm, I feel very comfortable walking up to someone who may be struggling. I listen, affirm, and even offer Stephen Ministry services when appropriate. I also volunteer to help others in ways I did not before my SM training. In listening, I feel that I listen to my wife and family much better without trying to solve their situation before they finish telling me about it. I have learned that the best help I can give most often is to listen. Even on chance meetings with friends, I have noticed that many people treasure a person that can listen, reflect, and affirm.

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God centered – I continue to grow in my faith and trust in God and the Holy Spirit to guide my thoughts, words and actions. I am more aware of God and his goodness in my everyday life. I have experienced several occasions where I am surprised by what I say or how I respond to others and I know that this is the Holy Spirit working through me.

Prayerful – through the training, peer support and example of others I have become more purposeful in my prayer life. I am inspired by my prayers and know that my attitude and actions are changed by prayerful reflection and discernment.

Other centered – Being more aware of God in my life and having examples of Christian thought and prayer has made me more other centered. The opportunities to walk –with-someone-else in the time of their need has caused me to listen more carefully and tune in to what others are saying and feeling more completely. It has given me the opportunity to experience God working through me to touch, comfort and guide others.

The Stephen Ministry training reawakened in me the gift of listening to others, in a loving and nonjudgmental way. This fits very well with the Church's Year of Mercy. I have realized at a much deeper level how we are all connected; we are here to walk along-side one another, with Christ as our center and strength.

[Mary Lynch, STA](#)

Stephen Ministry training has helped me to become more prayerful, compassionate and thankful. I have enjoyed my time spent with my care receiver and feel like we have both grown in our Christian faith through our encounter. I treasure my increased growth in my spiritual life.