

## Becoming an Elizabeth Minister

Elizabeth Ministry is a response to the needs of women during the childbearing years. The mission is to cherish children, encourage families and build community. Following the example of the Blessed Mother as she visited Elizabeth when they were both pregnant, we share and support each other. The most important thing you will be doing is to share yourself and your experience. You will be visiting as a friend, not as an expert or as a counselor, representing CTK parish - mother to mother.

There is a form either Erin or Donna will send you. Please fill it out with the information you are comfortable sharing. Please screenshot it and return it to me with your signature. It will help in matching up ministers to new moms. You will be asked to support another mother. We will have already contacted the mother and obtained her interest to be contacted by an Elizabeth Minister. Usually an introductory email will be sent to both you and the mother so that you will each have the other's contact information. Try to keep in contact by whatever means you two agree on. Please try to keep up with the mom at least monthly. Periodically please email Jan a short report as to how the mom is doing, any updated due date, or any complication. If there is a complication outside your experience please notify the team immediately. A minister who has had similar experience can be asked to assist you in support of the family.

In the event of a tragic situation such as a miscarriage, premature birth, stillbirth, illness or death of the child please contact the team immediately. We will also want to add this to the prayer chain. After the baby is born, please check back in with the new Mom at 2-4 weeks. We worry about the development of postpartum depression. Also, please check in at 6-8 weeks often that is when new moms go back to work. We realize how difficult that time is!

In the unlikely event you feel the situation is unsafe, you can call 911. You can call Jan, the church office and ask for a priest or notify a family member. All these options depend on your degree of discomfort and the situation. A list of important phone numbers follows. Thank you so much for sharing your story, experience and yourself with another mother. I know you will be blessed by this experience as well. "God doesn't call the qualified but qualifies the called."

Here is a list of important numbers:

Jan Dunn 615-210-4036 [jan.dunn1012@gmail.com](mailto:jan.dunn1012@gmail.com)

Erin Perry. 303-906-0632 [ecperry88@gmail.com](mailto:ecperry88@gmail.com)

Donna Weiss 615-483-2211 [dmweiss89@gmail.com](mailto:dmweiss89@gmail.com)

CTK Office-Kathy Skinner 615-292-2884 [kathy.skinner@ctk-nashville.org](mailto:kathy.skinner@ctk-nashville.org)

Father Dexter Brewer 615-292-2884 ext.101 [pastor@ctk.org](mailto:pastor@ctk.org)