




# COFFEE, CAKE, & CONVERSATION

Stand in the Gap For Widows Program Event

*Learn something  
new about someone  
at your table!*

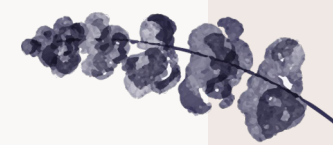




## How can we, the Body of Christ, do more for the widows in our community?


The Bible commands us to “plead for the widow”. Too often, the perception is that once a funeral is over and a widow appears to have regained normality in her life, no need exists for her care. Nothing can be further from the truth.





"The most loving thing you can do for me is to remember my husband and share your memories of him."

"It is difficult to cook for one."



"The cards, the calls, the visits all stopped after a few months. No one said it to my face, but they had moved on with their lives."

***The following  
quotes come  
from Stand in  
the Gap  
Widows.***

"The worst days of my year are:"

- My husband's Heavenly Birthday
- Our Anniversary
- Valentine's Day
- Christmas

"Unless you are a widow, you can not understand the depth of this pain."

"I will not go to a movie or out to dinner by myself."

"I would love to have other widow friends to walk along side with through our grief journey."

# WHY A WIDOW MINISTRY

- The Bible implores us!
  - \* Your church cares
    - \* You are seen
    - \* You are loved
- Many widows feel like they are in a “fog” after their husband’s death. They often lose friendships, experience financial hardships and struggle with the tasks that were done by their husbands. The realities of life as a widow can be a daily reminder of the loss and bring long-term struggles.
- Being a widow does not have to mean being alone. You can find community and support from your church and other widows on a similar journey.
- Your church and volunteers can help by hosting social gatherings, providing home and car care maintenance, a freezer meal ministry, or facilitating small groups for widows.



# Stand in the Gap for Widows research suggests that widows may have the following needs:



- **Social** interactions with other widows.
- **Small Groups** of widows to walk their grief journey.
- **Practical Help** with freezer meals, home maintenance and car care needs.
- To be remembered and ministered to through a **Card & Book Ministry**.
- **1st Year Ministry** - Caring for widows in the 1<sup>st</sup> year after a loss.
- **1st Response** - A team that cares for widows from the 1<sup>st</sup> day.
- **Widows Retreat** - A way to create deeper community.

**\*\*Note: not all will be done immediately.  
We want to know what you need!\*\***



# *Social Ministry*



- Many widows feel alone and that no one understands. These events provide a time for community and meeting others that understand.
- Having a strong network of support and a community bond fosters both emotional and physical health.
- A social ministry can consist of special dinners designed specifically for widows, group projects, frozen meal parties or events.
- Every church does the social ministry a bit differently, but each time is an important opportunity to build community.
- If you are a volunteer, this is a great way to get involved!

# *Small Groups*

- Small groups allows widows a place to process through emotions with others who understand.
- These groups are not simply a time of crying (though tears will come sometimes), but most importantly they are a time to build community and provide an opportunity for spiritual growth.
- Stand In The Gap Ministries has also created a small group curriculum that was written for widows by widows. It is designed for widows at many different stages in their journey.
- Many churches start with Small Groups and then move forward into the other areas of the ministry.





# Practical Needs

- 1<sup>st</sup> Year Ministry – A way to learn how to care for widows for the 1<sup>st</sup> year after loss. Providing people who support, provide information and plug widows into a community, allowing them to have the support and love they need in the hard 1<sup>st</sup> year. This ministry also allows other ministries in your church to get involved to care for these new widows in practical and emotional ways.
- 1<sup>st</sup> Response – A way to care for widows starting on the 1<sup>st</sup> day after the loss. This team cares for the widow, shows up, and may become a part of the 1<sup>st</sup> year care. This team is also a way that other widows may want to volunteer and support other widows right after loss.



# Practical Needs



- Practical needs are an area that we have heard again and again widows need support in. From help with taking care of their car to home projects to freezer meals, Stand In The Gap Ministries recommends many different practical needs to help support your widow's ministry.
- Widows often find it hard to cook for one person and find themselves eating out and not getting the nutrition they may need. The desire for homemade food spurred the formation of a freezer meal ministry. It is practical, kind, and meets a large need.
- Widows need information and assistance on issues concerning their home and car maintenance, they often need help finding quality products and qualified service providers, and they need advice and guidance from a trusted and knowledgeable church family member.

# Home Maintenance

## Car Care

- A Car Care Ministry is designed to help the widowed women of your church and community with basic car care needs such as: washing, vacuuming, oil checks, fluid checks, belts and hose inspection, tire pressure and checking the car for any needed repairs.
- The widow can receive free, proper care and valuable advice concerning her car's condition.
- This ministry can be a huge benefit to the widows in your church and community.

- One of our practical needs ministries is a Home Maintenance Ministry. It is constructed to help widows with minor repair projects around the house.
- Widows tell us they often feel vulnerable when it comes to getting work done in their homes. Having a trusted church volunteer provide helpful advice and repair work means a great deal to widows.
- Some of these tasks can be small and easy to do, but the impact made is immeasurable!



# *Widows Retreat*

A retreat is a way to provide a place of community & connection and allow widows to grow closer to God during a special weekend with other widows. This may be something special that is done for widows when a ministry is starting out or for well-established widows groups.



# Card & Book

- This ministry is a simple, but impactful ministry for widows.
- Remembering a widow on her birthday, Valentine's Day, Christmas, Thanksgiving, the day of her husband's heavenly birthday, etc., will express love and show we have not forgotten them.
- There is also a book series that can be helpful for new widows in your church and community as they walk through the first year.





*thoughts...*  
*questions?*

# Call to Action:

## *What now?*

- Remember you are seen
- Remember you are loved
- Your church cares!



## *Fill out:*

- Your widow or volunteer response forms on your table (we will go over them on the next page)
- If you are a volunteer, pray about getting involved.

# COFFEE, CAKE, & CONVERSATION

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

## I WOULD LIKE TO VOLUNTEER FOR:

- |  |   |
|--|---|
| <input type="radio"/> Car care ministry    | <input type="radio"/> Home maintenance ministry |
| <input type="radio"/> Social ministry      | <input type="radio"/> Card & book ministry      |
| <input type="radio"/> Small group ministry | <input type="radio"/> Freezer meal ministry     |
| <input type="radio"/> 1st Year             | <input type="radio"/> 1st Response              |
| <input type="radio"/> Retreat              |   |

*Please share your thoughts on each ministry. Would you be interested in participating? Do you have any specific requests or ideas?*

Social: \_\_\_\_\_

Small group: \_\_\_\_\_

Practical: \_\_\_\_\_

Card & book ministry: \_\_\_\_\_

Freezer meal ministry: \_\_\_\_\_

1<sup>st</sup> Year: \_\_\_\_\_

1<sup>st</sup> Response: \_\_\_\_\_

Retreat: \_\_\_\_\_

\_\_\_\_\_

VOLUNTEER COMMENT CARD



# COFFEE, CAKE, & CONVERSATION

NAME: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

*I would like to join...*

- ☐ Small group Ministry  
☐ Social ministry

*I would like to volunteer for...*

- ☐ 1st Year  
☐ 1st Response Team

*please rank your widows ministry needs in order of importance from 1-6, with 1 being the most important.*

- |   |  |
|---|--|
| <input type="checkbox"/> Car care ministry    | <input type="checkbox"/> Home maintenance ministry |
| <input type="checkbox"/> Social ministry      | <input type="checkbox"/> Card & book ministry      |
| <input type="checkbox"/> Small group ministry | <input type="checkbox"/> Freezer meal ministry     |
| <input type="checkbox"/> Retreat              |  |

WHAT IS YOUR HOME CHURCH?

\_\_\_\_\_

DO YOU WORK?

☐ YES    ☐ NO

IF SO, WHAT IS YOUR OCCUPATION?

\_\_\_\_\_

HOW LONG HAVE YOU BEEN WIDOWED?

\_\_\_\_\_

DOES YOUR CHURCH HAVE A WIDOWS PROGRAM?

\_\_\_\_\_

WIDOW COMMENT CARD



# Final Reminders:

## Please Remember:

- Fill out form(s)
- Pray for the ministry
- Your church will be reaching out to get you plugged in as a widow or volunteer

*“Religion that God our Father finds pure and faultless, is this: take care of HIS widows.”  
James 1:27*