



5 Tips for Pastoral Ministry Teams in Times of Crisis *for Catholic Leaders*

1. Pray

- a. Invite your team to pray on a regular basis as you come together for work purposes, whether online or by phone
- b. Ensure everyone's participation to create a sense of belonging
- c. Pray for those directly impacted by COVID-19, healthcare and other essential workers, and those who have died

2. Provide Pastoral Care

- a. Encourage your team to continue their own spiritual practices
- b. Make sure to offer pastoral care to your team and to all those entrusted to your ministry and ask how someone is doing before entering into a work topic
- c. Invite team members to express what they might need from each other
- d. Invite team members to share and acknowledge what they may be afraid of losing as a result of the crisis
- e. Find small ways to connect with individuals on your team to affirm what they are doing particularly well during this time

3. Make Plans

- a. Step into your leadership role by setting a vision, rather than just reacting
- b. Ask yourself and your team, what can we achieve in our mission in light of these new circumstances?; what needs to start, stop, or continue?
- c. Implement your pastoral plans and evaluate them on a weekly or monthly basis in light of changing circumstances

4. Overcommunicate

- a. Ensure consistent communications with your team, weekly if not more frequently
- b. Provide accurate and honest information, whether positive or negative

5. Take Care of Yourself and Your Team

- a. Acknowledge that you cannot lead without first taking care of yourself
- b. Be mindful to schedule self-care moments in your daily routine
- c. Encourage your team to do the same, and to be a support to one another