



# St James Cathedral Mental Health Ministry

## Dinner Companion Team - Job Description

**Goal:** To be a welcoming presence at the evening meals for Guests in the Cathedral Hall. To be available to listen; to be a resource when appropriate for those appearing stressed, lonely, or isolated. Over time relationships develop and faces become familiar - theirs and yours – which can lead to true companionship, most importantly, a feeling of being part of a community.

**Dinner Companion Team:** Total 10 people 2 volunteers each week day

Commitment: 2 - 4 evenings/month – ideally twice monthly in pairs

Location/Time: Cathedral Hall – 3:30 pm – 5:30pm.

Dress: Very casual. No uniforms or “official” looking garb

Duties/Responsibilities:

- Share a meal – dine and mingle
- Show up regularly and consistently
- Be present and open to listening
- Offer resources/refer when appropriate
- Track encounters and referrals
- Contact Parish Mental Health Nurse with any questions
- Let Team Lead know when you are unable to make it in

### **Dinner Companion Team Lead:**

Commitment: Same as above + time for additional responsibilities below

Duties/Responsibilities:

- Calendar and scheduling of volunteers
- Track all encounters and referrals for team
- Track number of Information Sheets distributed
- Maintain inventory of forms used by volunteers
- Communicate challenges to Parish Mental Health Nurse

Be patient – know that Companionship is a slow process. Understand that sometimes the difference you make is not apparent – but it does happen. Have faith and let God lead our way.

Additional meetings for team discussion will be planned by Team Lead.

Thank you so much for all that you do!

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