



St James Cathedral Mental Health Ministry

Mass Companion - Job Description

Goal: To be a welcoming presence at the weekday masses. Be available to assist those who appear lonely, distraught, in need. Offer a friendly presence and gentle distraction to those who may be disruptive to others or behaving in ways that are concerning. Provide resources if appropriate.

Mass Companion Team: Total 12 volunteers

Commitment: 1 mass per week, Monday through Saturday. There are 2 masses each day, 8:15 am and 5:30 pm

Location/Time: St. James Cathedral

Dress: Typical Sunday attire

Duties/Responsibilities:

- Attend mass on regular basis
- Be attentive to those who appear upset
- Offer ministry of presence
- Offer resources/refer when appropriate
- Access additional help if needed
- Contact Parish Mental Health Nurse with any questions
- Let Team Lead know when you are unable to make it in

Mass 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

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

Thank you so much for all that you do!

Nancy Granger, Parish Mental Health Nurse 206-382-4269, ngranger@stjames-cathedral.org