West Shore Unitarian Universalist Church

PASTORAL CARE

WE WILL HELP YOU…

AND IN TURN YOU WILL
BE ASKED TO HELP OTHERS

The Pastoral Care Team at West Shore was created
to be responsive to the needs of our church community.
It might mean a listening ear, an open heart and presence.
Regardless of the need, we're ready to assist.
However, you've got to let someone know!

Church members, as well as Senior Minister
Rev. Anthony Makar, make up the Pastoral Care Team.
To volunteer, contact Kathy Strawser, Chair
at kkstrawser@gmail.com.

CARING

when you need us.

We're here. We care.

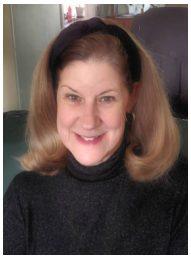
RACHEL ABERNETHY | Member Since 2008

Rachel worked for forty-one years with the Ohio Permanente Medical Group. Today, she loves to volunteer at the Museum of Art, and Museum of Natural History. Until a recent injury, Rachel had hiked 11,000 miles with the Cleveland Hiking Club. A lifelong, international traveler, Rachel's favorite hiking spot was the Milford Track of New Zealand, and favorite visit from seven continents of travel, the Yorkshire Dales of England. Rachel connects with many church members through the countless cards she sends.

KATHERINE CAMPBELL-GASTON | Member Since 2011

Katherine is a retired clinical social worker and therapist with a M.A. in Pastoral Counseling. She has worked for the Hospice of the Western Reserve, and as a therapist in community mental health agencies, counseling individuals and couples and facilitating therapy groups. Katherine has volunteered at the Farrell Foundation Center for Artful Living since 2011. She has experienced both pastoral and church members' care and support in the journey of healing and wholeness and hopes to extend this care to others in need.

JILLIAN COOK | Member Since 2017



Jillian retired from Eaton Corporation, where she spent 33 years in the Human Resource and Financial sectors of the company. Once retired, her interest was to find a church where she could somehow make a difference and connect with fellow members who need companionship and various other pastoral care services. Jillian is also a member of the Social Action Team, Co-Sponsor of the PEACH (**P**arents of **E**stranged **A**dult **CH**ildren), and our church's lead for Urban Hope which allows her to serve people outside the church who need a sense of community.

GRACE DURFEE | Member Since 2018

Grace is a Reiki Master Teacher and Professional Certified Coach with focus areas of life balance and wellness. She and her husband are also real estate investors. Her interest and ongoing practices in meditation, yoga, and transformation help her provide a calm, compassionate, empowering presence to others.

JEN KUKIS | Member Since 2018

Jen is a licensed independent social worker who is the Teaching & Learning Center Coordinator and a Professor at Lorain County Community College. She is an ordained interfaith minister. Jen likes officiating at weddings. She is also a Reiki Practitioner. She enjoys hearing people's stories and being able to provide an empathetic ear.

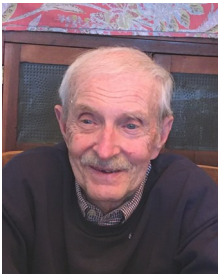
JUDY MONTGOMERY | Member Since 2014

Judy is a retired elementary & middle school librarian. Now, she loves to teach Zentangle® art and to knit a LOT! At West Shore, Judy has served as an office and welcome center volunteer, as a member of the Search Team that brought Rev. Anthony to West Shore, and as a Worship Associate. She is now a Candidate for Commissioned Lay Minister. In that role, she will continue serving on the Pastoral Care Team and has joined the Coordinating Team and the Membership Team. Judy's goal is to help others feel connected to our community.

DRINA NEMES | Member Since 1976

Drina is a retired clinical nurse specialist, a career spanning 46 years. As a nurse, she learned the significance of interaction, listening and empathy. In fact, she focused on empathy as a research topic in grad school. She credits her mother and grandfather as models of empathy, a trait that is part of her own spiritual practice. Drina is a long-time member of the church choir and an avid birder.

MIKE O'BOYLE | Attending Since 2015



After more than 30 years in Human Resource Development with 4 separate Cleveland-area companies, Mike, in retirement, continues to advise with individuals and groups, not only in employment, but in marital and family counseling, and personal problems such as loneliness, depression, suffering, and grief expression. Currently he serves on the Rocky River City Council, and volunteers weekly at Fairview Park Hospital. An avid tennis and golf afficionado, he admits to being addicted to word games, especially the latest crazes of Sudoku and Wordl. He also enjoys the Eastern-inspired disciplines of Yoga, Tai-Chi, Reiki, and Reflexology.

DAN PRUITT | Member since 1995

Dan, a retired high school art teacher and glass fusion artist, served as a member of West Shore's Lifespan Faith Development Committee, religious education volunteer teacher, and co-director of the Aesthetics Committee. His many years of teaching and mentoring students have provided him opportunities to develop strong empathic and listening skills. He has experience in hospice and hospital visits. He looks forward to offering support to members in need. Serving with his therapy dog Winston is Dan's spiritual practice.

CHRIS REHARK | Member Since 2022

Chris has over 45 years experience as a dental hygienist and as a seamstress. After having engaged in social ministry in other churches, she is very happy to be a member of West Shore. Chris enjoys being outside and has done a lot of camping. She also likes sewing, traveling and reading. Currently Chris belongs to the Olmsted Historical Society and some local quilt groups. After having heard stories and situations from many people, she has developed an empathetic ear and a desire to help when possible.

TEDDIE RIZK | Previous Member; Rejoined 2021

Teddie has a master's degree in nursing as a clinical nurse specialist in psychiatric and mental health practice, and a master's in adult education. She has taught psychiatric nursing, worked with VA patients diagnosed with PTSD, was employed as a mental health consultant for active-duty military personnel and then worked as a therapist in a group private practice. She is very happy to be at West Shore where she has found a congregation and a committee that truly value the importance of being available and supportive to those who are going through a rough patch.

KIM SHEPARD | Member Since 2022

Born and raised in Lakewood, Kim has lived on Cleveland's west side all her 55 years and worked for the Cuyahoga County Board of Health for over 30 years. Kim and her partner, Beth, bought her parents' home in West Park where they grow vegetables and herbs. At West Shore, she has found community in shared values, spirit and fun. She looks forward to connecting with more of you wonderful folks!

PAM SMITH | Member Since 1976

Pam is a retired marketing manager. She also served three terms, twelve years, as a Lakewood Council Member at Large. In both roles, she learned to listen, ask questions, and help people with issues and concerns, skills she looks forward to using as a member of the Pastoral Care Team. Pam has served on the West Shore Board of Trustees, one year as President. She loves her Connection Circle buddies. Pam and her husband Tom live in Lakewood. She continues to be active in Lakewood happenings and is currently a volunteer with LakewoodAlive.

JACQUELINE STURBAUM | Member Since 2023

Jacqueline is happy to have the opportunity to share her talents with the congregation. She has practiced Reiki since 1998 and massage therapy since 2010. She offers members massage skill shares and trainings as well as Reiki shares and clinics. Jacqueline welcomes requests for short Reiki or very light massage before or after church. She is also involved in the Buddhist Study Group, the Allyship group, and loves learning. One of her latest endeavors is to get better at Hackey Sack!!

JENNY TOWN | Member Since 2023

Born in England, Jenny emigrated with her family to the US at age 6. Among her many careers are part-time librarian and traveling hospice RN. She enjoys adventurous cooking, yoga, all things nature, photography, poetry and art, serving on multiple West Shore committees, and bringing people together. Practicing meditation, active listening and therapeutic touch, she's an ongoing seeker of growth and recovery who loves hearing and sharing the journeys of others.

KATHY STRAWSER, CHAIR | Member Since 1999

Kathy is a retired high school English teacher, former Director of Lifespan Faith Development, and previous chaplain intern at the Cleveland VA Medical Center. She now serves as Ministry Associate for the church's Caring and Community Council and Coordinating Team. Kathy currently volunteers as a storyteller at the Center for Artful Living/Farrell Foundation. Giving pastoral care is a spiritual practice for her. Kathy has strong listening skills, experience in hospital/hospice visits, and a good sense of boundaries and confidentiality.

For Members of West Shore:

What We Can Do

- We can visit you when you're ill;
- We can sit with you or a family member through surgery or the surgery of a loved one;
- We can try to connect you with community resources that may be able to assist you;
- We can provide spiritual support, comfort and prayer;
- We can listen and be a supportive caring presence during times of crisis or distress.

WESTSHORE
Unitarian Universalist Church
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