



Compassionate Presence,
Compassionate Listening

OUR MISSION

To create a caring culture that accompanies others on the path toward meaningful connections.

OUR VISION

A world in which everyone matters, everyone is heard, and loneliness is diminished.

OUR VALUES

We are skilled, educated, guides and spiritual companions who...

Listen
with intention.

Model
compassionate
presence.

Meet
people where they
are comfortable
and safe.

Believe
in authentic,
non-judgmental
care.

Offer
grace and
unconditional
love to those
we serve.



WHY ARE WE HERE, AND WHAT DO WE DO?

At Someone To Tell It To, we are here to...

PROVIDE

preventative emotional and spiritual care that lessens the need for more acute care. We...

***LISTEN** with intention and without judgment.*

***BEAR ONE ANOTHER'S PAIN** with them – compassionately and empathetically.*

***WALK WITH OTHERS, SIT WITH THEM** in their distress and pain.*

***ARE FULLY PRESENT** with them to allow others to share in safety.*

***GUIDE** people to find the answers they need to help heal their distress.*

***GIVE PERMISSION** for people to do the things that they know are good and right.*

***PRAY** with people when they request it, to help connect them to the heart of God.*

***BRIDGE THE GAP** with the medical model.*

ENRICH

the effectiveness, emotional health and skill sets of caregivers in hospitals, churches, non-profits and other organizations. We...

***REDUCE** caregiver fatigue.*

***ENABLE** more positive listening and communication.*

***ENCOURAGE** a non-judgmental presence.*

***MODEL** forgiveness and grace.*

***SUPPORT** vulnerability and openness.*

***FACILITATE** discussions on spirituality and the deeper issues of the human condition.*

***SPEAK** to groups about the need for deeper connections.*

offer **RESOURCES**

for people around the world to grow to know the power of intentional, compassionate listening and presence in all of our lives. We...

WRITE BOOKS

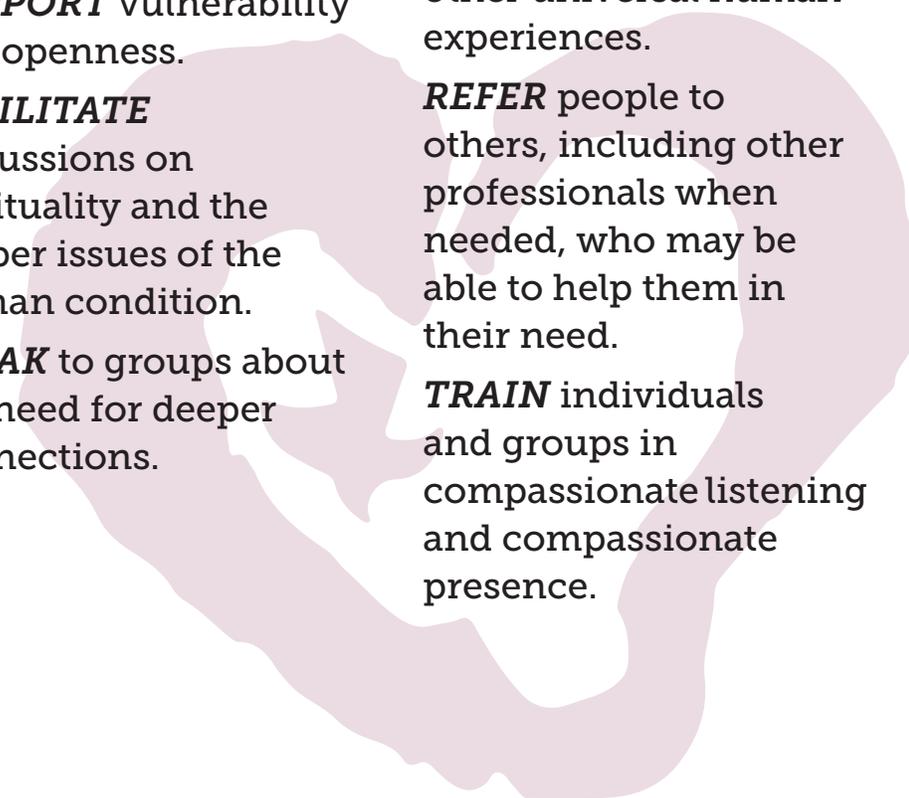
COMPILE TRAINING MANUALS

LEAD WEBINARS

***USE SOCIAL MEDIA** to write and share articles and studies on loneliness, compassion, connection, grief and other universal human experiences.*

***REFER** people to others, including other professionals when needed, who may be able to help them in their need.*

***TRAIN** individuals and groups in compassionate listening and compassionate presence.*



Someone To Tell It To



Compassionate Presence,
Compassionate Listening

WHAT IS THE MAIN ISSUE THAT PEOPLE COME TO YOU TO SHARE?

The answer is simple and clear. They come because of loneliness, with a pervading sense of disconnection and lack of community, even though we are living in a world in which we are more connected technologically than any time in human history.

There are many wonderful agencies, programs and ministries that feed people, giving them clothing, shelter and medical care, and even money to help meet their physical needs. We honor and support that work; it is valuable and necessary. It saves lives. But we have seen that there is something else that people need, which is just as vital. That need is rarely met. It saves lives too. It is the need to be heard, to know that their personal stories matter, that someone cares about the emotional, spiritual and mental challenges they live with.

We heard it from the counselor who had just lost his wife after a long and grueling journey with cancer. He cried to us over the phone, pleading, "I just want someone to come and sit with me." So we traveled to sit with him, as he showed us photos of their life together. We walked with him for hours around his city, as he showed us where she had worked, where she got coffee in the morning, where they loved to go for dinner together. We stood on either side of him as his wife's ashes were interred at the church where they worshiped together. We listened as he shared his pain, his loneliness and his overwhelming grief at losing the love of his life.

We heard it from the mother who was wrestling with the faith she had always held so dear. She chose to meet us on a wooded walking path; nature's beauty helped her to process her questions and her confusion. Why did her young adult son spiral down into a severe mental illness? "Why was her family's life totally upended?" "Why did God seem to abandon them and allow such chaos, such turmoil to inflict their lives?" We allowed her to voice her frustration, her anger and her conflicting emotions at the disintegration of her son's present and future – and her dreams for him – avoiding the platitudes, that she hated and that most others gave her when she shared her broken heart.

We heard it from the old man who never got visitors. He lived in a coastal beach town, a long-time tourist destination. Desperate to not be overlooked, he invited us to his home, simply to talk about his life. Hungering to have someone know, he told a story punctuated with the death of his wife, resentments about many disappointments he had suffered and the sexual abuse he endured as a child. He was suspicious about us; too many others had hurt him too often. But when we didn't judge him as others had, when we acknowledged the damage that abuse can cause, and when we gave him our time, when few others ever did, he opened up to purge the demons he had held long inside. In a town in which people come to escape their troubles and everyday trials, few want to share time with a man who experienced more than his fair share. But in taking the time to allow him to reminisce, the good and the bad, we showed him what the tourists don't – that we cared. He invited us back, loving the feeling that our caring gave to him.

There is power, healing power for all of us, when we are heard, when someone shows that our stories matter, when someone shows us that they care about the challenges we live with every day.