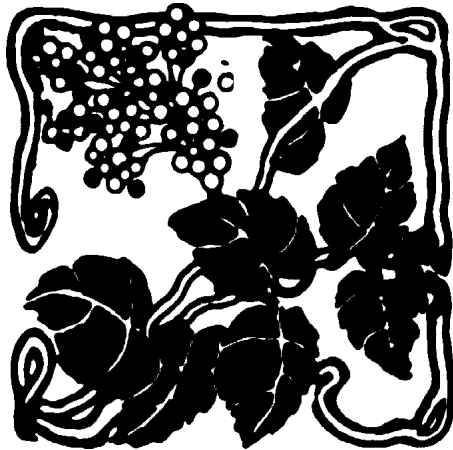


## *This workshop will help you . . .*

- Learn how you as a leader can influence the health of your congregation — how to detect and avoid unhealthy patterns of living together in community.
- Learn how to keep anxiety from becoming infectious.
- Gain confidence in responding to challenges, resources, options, and future opportunities.
- Learn how to put limits on invasive behavior, manage reactivity, and overcome sabotage.
- Discover how leaders can function as the congregation's immune system.
- Learn to focus on strengths.



“...So we, though many, are one body in Christ, and individually members one of another.” (Romans 12:5)

## *About the Workshop:*

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders become more effective stewards of their congregations. The workshop was originally created by Dr. Peter Steinke and is based on the work of Dr. Murray Bowen. The specific workshop design for this event was developed by the Lombard Mennonite Peace Center.

Since the publication of *Generation to Generation* by Dr. Edwin Friedman, many pastors have come to recognize the importance of understanding family systems theory as it relates to congregations. The *Healthy Congregations* workshop helps both clergy and lay leaders expand their insight into how churches function as emotional systems.

Friedman noted that in many congregations today negative, reactive forces are allowed to set the agenda for the church. What can be done to prevent anxiety from becoming a toxic force in your congregation? The *Healthy Congregations* workshop is designed to equip leaders to respond to the presence or potential threat of anxiety in a congregational system in ways that prevent destructive conflict and help the church stay focused on its unique mission and purpose.

### *Lombard Mennonite Peace Center*

LMPC offers a variety of leadership training programs for those interested in building upon their learnings from *Healthy Congregations*:

*Mediation Skills Training Institute*

*Here I Stand: Leading Change Through Self-Differentiation*

*Clergy Clinic in Family Emotional Process*

*Advanced Clergy Clinic in Family Emotional Process*

For further information, phone LMPC at 630-627-0507 or visit LMPC online ([www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)).

# *Healthy Congregations*



**May 21 & 22, 2010**

Friday: 7:00 p.m. to 9:30 p.m.

Saturday: 9:00 a.m. to 4:30 p.m.

**Wayside Presbyterian Church**

5017 Lake Shore Rd.

Hamburg New York 14075

*Sponsored by:*

**WNY Education Committee**

**A joint effort of the Presbytery of WNY,**

**United Church of Christ, &**

**Disciples of Christ**

*Presented by:*

**Rev. James Brazell**

## Who Will Benefit:

- Pastors and other church staff, Church Council, Session, Personnel Committee and Pastoral Relations Committee members, all congregation members and leaders.
- Anyone interested in enhancing their capacity to manage self in a non-anxious and responsible way, whether in the church, the home, the workplace, or the community.

## Workshop Location:

Wayside Presbyterian Church  
5017 Lake Shore Rd  
Hamburg NY 14075

## Workshop Leader:

**Rev. James Brazell**

Jim Brazell is the Interim Pastor at Wayside Pres. Church. He comes to Wayside from the Cincinnati area. He received training from the Lombard Mennonite Peace Center to serve as a **Healthy Congregations** workshop facilitator and has been participating in the program since 1991.

He has been married to Westi for 31 years. She is a former social worker and is an avid scrap booker. They have a daughter, son in law, and two grandsons who live in Massachusetts.

## Registration Fee:

The registration fee is \$50 per person (includes manual and lunch, & snacks), \$45 each if three or more attendees from a parish, or \$36 a couple (one manual, lunch, & snacks.)

Registration may be submitted by mailing the form to WNY Resource Center. For further information, phone (716-631-0979) or email mmohlke@gmail.com

## Workshop Schedule

### Friday, May 21, 2010

- 6:30-7:00 Registration & snack  
7:00-9:30 **What is Systems Thinking?**  
**Video Case Study: "The Anxious Congregation/The Responsible Congregation"**

### Saturday, May 22, 2010

- 9:00-10:30 **Healthy Congregations Respond to Anxiety**  
**Healthy Congregations Invite Differentiation of Self**  
10:30-10:45 Break - Snack  
10:45-12:00 **Healthy Congregations Focus on Strengths**  
**Healthy Congregations Manage Conflict**  
12:00-1:00 Lunch (on-site—included in registration)  
1:00-2:30 **In Healthy Congregations, Leaders Challenge People**  
**In Healthy Congregations, Leaders Focus on Mission**  
2:30-2:45 Break - Snack  
2:45-4:30 **In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning**  
**Planning For a Healthier Congregation**

**Remember to register by May 17<sup>th</sup>!**

## Registration Form

To register, clip this form and mail by

**May 17<sup>th</sup>** with full payment to:

WNY Resource Center

600 North Forest

Williamsville NY 14221

Make your check payable to:

WNY Education Committee

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Church \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_ Yes! Please register me for the **Healthy Congregations** workshop. I've enclosed \$ \_\_\_ for one person (manual and food).

\_\_\_\_\_ Yes! Please register us for the **Healthy Congregations** workshop. We've enclosed \$ \_\_\_ for two people (food and one shared manual).

\_\_\_\_\_ Three or more attendees from the same parish, please use a separate form for each name and enclose in the same envelope. \$ \_\_\_\_\_