

Interim Ministry Resources

Chapter 11 Collegiality

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Resources

1) Coaching

A Generous Presence: Spiritual Leadership and the Art of Coaching by Rochelle Melander (Author)

A Generous Presence is a collection of story-driven essays about the philosophy, tools, and work of coaching that is designed to support all spiritual leaders in deepening and enriching their personal and professional relationships. By practicing the coaching tools Rochelle Melander offers, spiritual leaders will be better equipped to guide those they work with toward accepting the past, creating a life vision, and setting goals for the future. Additionally, the tools provided in this book will help leaders understand themselves and enable them to strengthen their definitions for healthy living, raise their awareness about their own life and relationship skills, and improve their skills in relating to individuals and groups.

<http://www.amazon.com/Generous-Presence-Spiritual-Leadership-Coaching/dp/1566993253>

https://www.goodreads.com/book/show/466867.A_Generous_Presence

<https://rowman.com/ISBN/9781566993258/A-Generous-Presence-Spiritual-Leadership-and-the-Art-of-Coaching>

<https://www.barnesandnoble.com/w/generous-presence-rochelle-melander/1111242608>

<https://books.google.com/books?isbn=156699456X>

https://books.google.com/books/about/A_Generous_Presence.html?id=2eFhAwAAQBAJ

<http://www.spiritedleaders.com/2007/07/seeking-spiritu.html>

<http://www.spiritualityandpractice.com/books/excerpts.php?id=16000>

<http://www.spiritualityandpractice.com/books/books.php?id=15999>

<https://www.facebook.com/WriteNowCoach/>

<https://www.livinglutheran.org/author/rochelle-melander/>

<https://twitter.com/writenowcoach?lang=en>

<http://wisrwa.org/writing-social-media/>

<https://www.pinterest.com/joeyboi3711/writers-rochelle-melander/>

<https://www.linkedin.com/in/rochellemelander>

<http://writenowcoach.com/>

<https://www.amazon.com/Rochelle-Melander/e/B0034NLYBY>

https://www.goodreads.com/author/show/261654.Rochelle_Melander

[Images for Rochelle Melander \(Author\)](#)

[Images for A Generous Presence: Spiritual Leadership and the Art of Coaching by Rochelle Melander \(Author\)](#)

Appreciative Coaching and Coach Training - Clergy Leadership Institute

The Appreciative Way is a leader in providing Appreciative Inquiry based coaching and training.

Our Appreciative Coaching is based on the [Appreciative Way](#), Rob and Kim Voyle's synthesis of:

The practice and philosophy of Appreciative Inquiry

The work of Milton Erickson and his students

Positive Psychology

Compassion as the agent of transformation

Contemplative Spirituality

The Appreciative Way synthesis results in a transformational model of coaching that is:



<http://www.clergyleadership.com/coaching/appreciative-coaching.cfm>

<http://www.clergyleadership.com/training/ai-coach.cfm>

[Images for Appreciative Coaching and Coach Training](#)

Clergy Coaching Network | Ministry Coaching • Leadership

A network for coaching and training – for pastors and congregational leaders who want to experience the joy of transformational leadership.

<http://www.clergycoachingnetwork.org/>

[Images for Clergy Coaching Network | Ministry Coaching • Leadership](#)

CLERGY LIFE COACHING

Barbara Solsaa

Clergy Life Coaching. There are Career coaches, Executive coaches, Health and Wellness coaches, Relationship coaches, Transition coaches, Retirement coaches and Business coaches, but what exactly is Clergy Life Coaching? Google says that "Life Coaching is a profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling." Come and learn what coaching is, how it works, and why clergy would want a coach. Barbara Solsaa, a former therapist with Lutheran Social

Services did her coaching coursework with Professional Christian Coaching Institute and now owns her own business Clergy Life Coaching along with Congregational GPS. Come and hear her passion for this transformative ministry.



View the web page for Walking Together details. - Northwest Synod of Wisconsin

http://www.nwswi.org/news_and_events/Walking_Together.phtml

<http://clergylifecoaching.com/meet-barbara/>

<http://meetme.so/BarbaraSolsaa>

www.ClergyLifeBooks.com

<https://www.linkedin.com/in/barbarasolsaa>

[Images for CLERGY LIFE COACHING Barbara Solsaa](#)

Clergyseminars - Associates

Coach, collegial and pastoral support for rostered leaders

Colleagues associated with Clergy Seminars are individuals who pursue their work and ministry with an effort toward **natural systems thinking** as a result of long term participation in the Clergy Seminar series. Working with a Bowen/Friedman reference or axis, each is involved with theory and its application, particularly within congregational and family settings. Those listed here continued study over several years within their work settings and within their own family of origin. Each brings important experiences from years of self-work and leadership.

<http://www.clergyseminars.net/associates.html#Mann>

[Images for Clergyseminars - Associates Coach, collegial and pastoral support for rostered leaders](#)

[Images for natural systems thinking](#)

Coaching - Wikipedia

Coaching is a form of development in which an experienced person, called a *coach*, supports a learner or client in achieving a specific personal or professional goal by providing training and guidance.^[1] The learner is sometimes called a *coachee*.

Occasionally, *coaching* may mean an informal relationship between two people, of whom one has more experience and expertise than the other and offers advice and guidance as the latter learns; but coaching differs from **mentoring** by focusing on specific tasks or objectives, as opposed to more general goals or overall development.^{[1][2][3]}

<https://en.wikipedia.org/wiki/Coaching>

[Images for coaching](#)

Join me for Coaching and Collaboration – Will Mancini

One of my favorite coaching engagement is the time I spend with church leaders in the Virtual co::Labs.

<http://www.willmancini.com/2013/07/join-me-for-coaching-and-collaboration-starting-in-august.html>

[Images for Join me for Coaching and Collaboration – Will Mancini](#)

<http://www.willmancini.com/jon-fergusons-six-coaching-questions>

Stan Toler Leadership Coaching

Stan Toler Leadership Coaching is designed to help you develop and grow in key leadership principles. Stan does this by providing tools, practices, vehicles, and skills that are simple, memorable, reproducible, and scalable. Individual and group coaching available.

Home - Stan Toler - StanToler.com

<http://www.stantoler.com/>

[Images for Stan Toler Leadership Coaching](#)

https://en.wikipedia.org/wiki/Stan_Toler

<https://www.amazon.com/Stan-Toler/e/B001HCX8L8>

<https://www.facebook.com/DrStanToler/>

https://www.goodreads.com/author/list/29613.Stan_Toler

<https://www.preaching.com/author/stan-toler/>

Synod Coach Team | Southeastern Minnesota Synod

Tools for Healthy Congregations

[Healthy Congregations](#)

[Natural Church Development](#)

[Mission/Vision Discernment](#)

[Strategic Planning](#)

[Asset Mapping](#)

[Get Started](#)

<http://semnsynod.org/coaches/>

The Association for Professional Christian Coaches

Since 1998, Christian Coaches Network has been the leading credentialing body in the field of Christian coaching, helping to ensure professional competence and a common standard of excellence and ethics in Christian practice.

<http://www.christiancoaches.com/>

[Images for Association for Professional Christian Coaches](#)

Wise Sayings of Solomon

¹⁴Where there is no guidance, a nation falls,
but in an abundance of counselors there is safety.

oremus Bible Browser: Proverbs 11:14

<http://bible.oremus.org/?version=nrsv&passage=Proverbs+11:14>

[Images for Wise Sayings of Solomon 14Where there is no guidance, a nation falls, but in an abundance of counselors there is safety.](#)



This week in the Northwest Synod of Wisconsin – ELCA Week of June 14, 2015

<http://archive.constantcontact.com/fs191/1101126434512/archive/1121401175714.html>

2) Continuing Education

Adrift in a Sea of Resources: The Quiet Crisis in Clergy Continuing Education - Alban Institute

This emerging paradigm, based on a travel guide motif, is beckoning creative responses from across clergy continuing education.

[The Quiet Crisis in Clergy Continuing Education - Alban Institute](#)

<https://alban.org/archive/adrift-in-a-sea-of-resources-the-quiet-crisis-in-clergy-continuing-education/>

[Images for Clergy Continuing Education - Alban Institute](#)

<https://alban.org/archive/toward-transformative-continuing-education/>

<https://alban.org/category/education/>

<https://alban.org/archive/new-experiments-in-clergy-training/>

<https://alban.org/archive/new-assets-for-educating-congregational-leaders/>

<https://alban.org/>

Continuing Education Resources - The Episcopal Church, USA

Life Long Learning Opportunities is a web ministry of the Episcopal Church USA, Evangelical Lutheran Church in America, and United Methodist Church. This searchable database will allow you to locate basic information about educational events and courses throughout the world.

<http://arc.episcopalchurch.org/ministry/ce.htm>

[Images for Continuing Education Resources - The Episcopal Church, USA](#)

<http://www.dioet.org/For%20Clergy/continuing-education-policy-and-information.html>

https://www.episcopalatlanta.org/Customer-Content/www/CMS/files/Clergy_Continuing_Education_Policies.pdf

<http://www.episcopalky.org/Clergy%20&%20Church/clergy-continuing-education.html>

<https://www.nhepiscopal.org/continuing-ed-clergy-grants/>

<http://www.clergyleadership.com/training/con-ed.cfm>

Continuing education - Wikipedia

For professionals

Within the domain of continuing education, professional continuing education is a specific learning activity generally characterized by the issuance of a certificate or [continuing education units](#) (CEU) for the purpose of documenting attendance at a designated seminar or course of instruction. [Licensing](#) bodies in a number of fields (such as teaching and healthcare) impose continuing education requirements on members who hold licenses to continue practicing a particular profession. These requirements are intended to encourage professionals to expand their foundations of knowledge and stay up-to-date on new developments.

Depending on the field, these requirements may be satisfied through college or university coursework, extension courses or conferences and seminars attendance. Although individual professions may have different standards, the most widely accepted

standard, developed by the International Association for Continuing Education & Training, is that ten contact hours equals one Continuing Education Unit.^[11] Not all professionals use the CEU convention. For example, the American Psychological Association accredits sponsors of continuing education and uses simply a CE approach. In contrast to the CEU, the CE credit is typically one CE credit for each hour of contact.

https://en.wikipedia.org/wiki/Continuing_education

[Images for Continuing Education](#)

10 Reasons Church Leaders Should Continue their Education – ThomRainer.com

If we are doing the work of God, we must give our absolute best. I desire to be part of a team that trains and sends out the strongest leaders in the world – leaders who make a difference in the kingdom of darkness. Those leaders never stop learning.

<http://thomrainer.com/2013/10/10-reasons-church-leaders-should-continue-their-education/>

[Images for 10 Reasons Church Leaders Should Continue their Education – ThomRainer.com](#)

<http://thomrainer.com/2014/02/five-reasons-your-pastor-should-take-a-sabbatical/>

#3

<http://thomrainer.com/2016/09/tools-trade-pastors-staff-rainer-leadership-257/>

#6

<http://thomrainer.com/2016/07/eight-common-mistakes-rookie-pastors-make/>

#7

<http://thomrainer.com/2015/11/12-benefits-your-church-might-provide-your-pastors/>

#8

<http://thomrainer.com/2017/01/10-major-trends-churches-2017-rainer-leadership-290/>

#10

<http://thomrainer.com/2017/03/age-pastor-retire-ten-diagnostic-questions/>

#3

<http://thomrainer.com/2015/04/six-ways-millennials-are-educating-their-churches-theologically/>

#5

<http://thomrainer.com/2017/12/four-considerations-baby-boomer-pastors/>

#1

<http://www.lifeway.com/n/Special-Emphasis/Continuing-Education-Units>

<https://www.amazon.com/Thom-S.-Rainer/e/B0011GLMVG>

http://www.goodreads.com/author/show/27470.Thom_S_Rainer

[Images for thom rainer \(author\)](#)

3) Interim Ministry

A Bishop's Reflection on Interim Ministry

Interim Ministry Association of the Evangelical Lutheran Church in America. The Newsletter. Summer 2008. Page 11

<http://www.elca.org/Growing-In-Faith/Ministry/Interim-Ministry-Association/Newsletter.aspx>

[Images for Bishop's Reflection on Interim Ministry](#)

info@nalip.net

Bishop, when a pastor leaves – Who can help?

Interim Ministry Association Serving the ELCA. The Newsletter. Spring 2007.

Page 6

<http://www.elca.org/Growing-In-Faith/Ministry/Interim-Ministry-Association/Newsletter.aspx>

[Images for Bishop, when a pastor leaves – Who can help?](#)

info@nalip.net

IIM Pastor's Forum - Intentional Interim Ministry

The Interim Ministry Forum is an online discussion room for persons interested in theory and practice of transitional ministry. There is no cost to become a member, but you must request to join.

It allows intentional interim pastors an opportunity to ask questions, seek advice and to share their own experiences and approaches to this ministry in a collegial and supportive setting.

<http://interimministrylcms.org/forum.php>

[Images for IIM Pastor's Forum - Intentional Interim Ministry](#)

Interim MinistriesABC Code of Ethics

Each interim pastor serving an Interim Ministries-ABC Program is required to affirm the Codes of Ethics as presented on each side of this page: (1) "The Covenant and Codes of Ethics for Professional Church Leaders of the American Baptist Churches in the U.S.A." developed by the ABC Ministers Council and (2) the interim ministry addition to the Code of

Ethics adopted by the Interim Ministries-ABC Board. Your signature below affirms your commitment to comply.

<http://www.interimministries-abc.org/Local/documents/codeofethics.pdf>

[Images of interim ministries abc code of ethics](#)

Interim ministry - PC(USA) OGA - Presbyterian Church (USA)

What can a congregation expect from an interim pastor?

Like all pastors, Interim Pastors offer to the congregations they serve: Worship leadership and preaching, Pastoral care, Work with the session to provide for the life and ministry of the congregation, Administrative work including supervision of other staff persons, Staff support for programs and committees of the congregation.

In addition, an Interim Pastor leads a congregation during the transition time after an installed pastor has departed, helping the congregation prepare to welcome the leadership of a new installed pastor. Interim Pastors understand the dynamics of a congregation in transition, including feelings of grief, loss, and, sometimes, relief or anger.

Interim pastors will help the session provide for continuity of essential programs and may assist the session in assessing needs for changes in programs and ministries of the congregation.

Some interim pastors have special skills and experience that can help a congregation recover from a time of conflict or after the disclosure of clergy sexual misconduct or other trauma.

Ordinarily, an interim pastor is not eligible to serve as the next installed pastor, or co-pastor, or associate pastor of the congregation (G-2.0504c). The interim pastor may, if the session and the Committee on Ministry approve, work with the session in a mission study or assist the Pastor Nominating Committee in gathering data for the writing of the Church Information Form. With those possible exceptions, the interim pastor may not be involved in the work and discernment of the PNC.

A good interim pastor will "hit the ground running," beginning his/her time with the congregation with intensity and energy, and will leave with intentionality, engaging in a "good goodbye" with the congregation and its staff. A good interim pastor is fully present with the congregation from the beginning, and really leaves when she/he leaves.

<http://www.presbyterianmission.org/ministries/ministers/interim-pastors>

[Images for Interim ministry - PC\(USA\) OGA - Presbyterian Church \(USA\) What can a congregation expect from an interim pastor?](#)

<http://oga.pcusa.org/section/mid-council-ministries/ministers/ministry-development-and-support/>

[Images for ministers/ministry-development-and-support](#)

Sand Bur Consulting - Services

[Churches At Risk](#)

[Conflict Management](#)

[Transitional Ministry](#)

[Downsizing](#)

[Church Mergers](#)

[Small Churches](#)

[Mission - Strategic Planning](#)

<http://www.sandburconsulting.com/resources.html>

[Images for Sand Bur Consulting - Services Churches At Risk Conflict Management Transitional Ministry Downsizing Church Mergers](#)

[Small Churches Mission - Strategic Planning](#)

<http://www.sandburconsulting.com/faq.html>

Snapshot of a Synod Interim Support Group

Interim Ministry Association Serving the ELCA. The Newsletter. Spring 2007.

Page 1

<http://www.elca.org/Growing-In-Faith/Ministry/Interim-Ministry-Association/Newsletter.aspx>

info@nalip.net

[Images for Synod Interim Support Group](#)

Support, Encouragement, Protection, Team Work

Interim Ministry Association Serving the ELCA. The Newsletter. Spring 2008.

Page 3

<http://www.elca.org/Growing-In-Faith/Ministry/Interim-Ministry-Association/Newsletter.aspx>

[Images for Support, Encouragement, Protection, Teamwork Interim Ministry Association](#)

info@nalip.net

10 reasons why interim pastors need special training

[Interim pastors serve a unique role.](#) A church calls an interim pastor for a fixed period of time to deal with a defined set of problems. The interim pastor may be hired to provide pulpit supply while the search committee looks for the next pastor. An interim pastor could be retained to [provide leadership during a period of major change](#) such as a building program. Interim pastors may also be hired to deal with difficult problems the congregation can't handle such as a power struggle between important players, conflict resolution or resolving severe financial challenges.

<http://www.transitionministriesgroup.com/10-reasons-why-interim-pastors-have-unique-ministry/>

[Images for interim pastors need special training](#)

4) Lifelong Learning

A Lifelong Call to Learn: Continuing Education for Religious Leaders by Robert E. Reber (Author), D. Bruce Roberts (Author)

A Lifelong Call to Learn is aimed at directors of lifelong learning and continuing education that serve both clergy and laity in Catholic, Protestant, and Jewish seminaries and conference and retreat centers. While proposing new approaches in continuing theological education, it also addresses the need for programs that involve both clergy and laity at the congregational level and that support ongoing interreligious dialogue in our increasingly pluralistic society. The contributors to this book include seasoned practitioners as well as teachers and scholars in seminaries and universities from every part of the country in both denominational and ecumenical settings. The chapters explore historical perspective and educational contexts; theory and research in professional continuing education; innovations in continuing theological education; development, management, and promotion of programs; and directions and resources for the future. Particularly in this time of foment in theological education, when institutional leaders are striving to develop new models for the basic master of divinity degree, this collection will be of keen interest to theological educators in every setting.

<https://www.amazon.com/Lifelong-Call-Learn-Continuing-Education/dp/1566993997>

<https://books.google.com/books?isbn=1566994586>

http://www.talbot.edu/ce20/educators/protestant/robert_reber/

<http://www.cts.edu/faculty/emeriti-and-research-professors/dbruce-roberts.aspx>

<http://www.tandfonline.com/doi/abs/10.1080/00344087.2011.570190?scroll=top&needAccess=true&journalCode=urea20> BOOK REVIEWS

[Images for A Lifelong Call to Learn: Continuing Education for Religious Leaders by Robert E. Reber, D. Bruce Roberts](#)

Clergy Lifelong Learning | General Board of Higher Education and Ministry

Annual Conference Clergy Lifelong Learning Educators
Policies & Guidelines
Seminaries and Independent Centers of Clergy Lifelong Learning
Spiritual Formation
Standards and Guidelines for use of CEUs
Recommended Resources

<http://www.gbhem.org/education/clergy-lifelong-learning>

[Images for Clergy Lifelong Learning | General Board of Higher Education and Ministry](#)

<https://www.facebook.com/clergy lifelong learning/>

Faith and Wisdom: Life Long Learning Opportunities for People of Faith

Welcome to Faith and Wisdom, your source for information on lifelong learning opportunities. Faith and Wisdom compiles events and programs throughout the world offered by some of the most distinguished organizations in North American and worldwide. These organizations have proven themselves trustworthy source of lifelong learning for clergy, other church professionals, and for all who wish to pursue education as Christians.

www.faithandwisdom.org

[Images for Faith and Wisdom: Life Long Learning Opportunities for People of Faith](#)

Lifelong Learning - Admissions - Luther Seminary

Luther Seminary provides several continuing education opportunities for ministry leaders, in addition to online resources, conferences, and community events.

<https://admissions.luthersem.edu/degrees-and-programs/lifelong-learning/>

[Images for Lifelong Learning - Luther Seminary](#)

Lifelong learning - Wikipedia

Lifelong learning is defined as "all learning activity undertaken throughout life, with the aim of improving knowledge, skills and competences within a personal, civic, social and/or employment-related perspective".

https://en.wikipedia.org/wiki/Lifelong_learning

[Images for Lifelong learning](#)

[PDF]Ordained Ministers.indd - ELCA Resource Repository

The ordained minister recognizes the importance of **lifelong growth in learning**. Such growth is intended to renew, extend, and deepen insight into the Scriptures and the doctrinal teaching of the church, and to enable one to respond to the insights and challenges of the world with greater awareness and a more faithful confession. In an increasingly complex and educated society, the development of an informed intellect and professional skills is crucial to competent ordained ministry. This church expects of its ordained ministers regular and disciplined time for personal study, study in the company of others, participation in programs of continuing education and periodic times for extended study. Congregations and other entities of this church are expected to provide the ordained minister time and assistance with the financial resources needed for such study.

http://download.elca.org/ELCA%20Resource%20Repository/Vision_and_Expectations_for_Ordained_Ministers.pdf Page 11

[Images for ordained minister importance of lifelong growth in learning](#)

28 best Lifelong Learning Quotes images on Pinterest

<https://www.pinterest.com/wweduofficial/lifelong-learning-quotes/>

[Images for Lifelong Learning Quotes images on Pinterest](#)

5) Loneliness

Best 25+ Lonely quotes ideas on Pinterest

<https://www.pinterest.com/explore/lonely-quotes/>

[Images for Lonely on Pinterest](#)

<https://www.pinterest.com/explore/loneliness/>

<https://www.pinterest.com/explore/lonely>

<https://www.pinterest.com/explore/being-lonely-quotes/>

<https://www.pinterest.com/threexsalady/loneliness/>

<https://www.pinterest.com/explore/feeling-lonely/>

<https://www.pinterest.com/explore/being-lonely/>

<https://www.pinterest.fr/explore/quotes-on-loneliness/>

<https://www.pinterest.ca/explore/feeling-of-loneliness/>

<https://www.lovethepic.com/tag/lonely>

[Images for loneliness pinterest](#)

Do You Feel Lonely As A Leader? Study Says You're Not Alone. - Forbes

Study says CEOs are often lonely and feel isolated. The same is true for all leaders who don't have peers. Here's what to do about it.

<https://www.forbes.com/sites/work.../if-mark-zuckerberg-is-lonely-heres-my-solution/>

[Images for Do You Feel Lonely As A Leader? Study Says You're Not Alone. - Forbes](#)

<https://www.forbes.com/sites/williamvanderbloemen/2016/10/02/5-ways-to-combat-the-stress-and-loneliness-of-being-a-leader/#493c4f1c76ef>

<https://www.forbes.com/sites/forbescoachescouncil/2019/02/13/how-to-combat-loneliness-as-a-leader/#329879583d42>

<http://www.rapidstartleadership.com/leader-isolation/>

[Images for leader isolation](#)

<https://www.forbes.com/sites/rogertrapp/2013/10/09/lonely-at-the-top/#3dedb6255fd2>

<https://www.forbes.com/sites/forbescoachescouncil/2017/10/18/its-lonely-at-the-top/#517d6a12552e>

[Images for lonely at the top](#)

<https://www.forbes.com/sites/jasonwingard/2020/02/14/loneliness-is-crippling-workplace-productivity-heres-the-leadership-prescription/#4d97b1de8f6f>

<https://www.forbes.com/sites/annabelacton/2017/12/19/its-the-most-wonderful-and-lonely-time-of-the-year/#706d1de45317>

<https://www.forbes.com/sites/bryanrobinson/2020/01/03/loneliness-on-the-job-is-a-public-health-crisis-former-surgeon-general-reveals-what-this-means-for-you/#71182c8a13d2>

<https://www.forbes.com/sites/sachin Jain/2019/12/19/addressing-loneliness-begins-with-every-one-of-us/#11aa984f39b2>

<https://www.forbes.com/sites/francesbridges/2019/05/16/how-to-battle-loneliness/#65f93c1136d8>

[Images for battle loneliness](#)

<https://fortune.com/2016/06/22/loneliness-is-a-modern-day-epidemic/>

[Images for loneliness-is-a-modern-day-epidemic](#)

Hey Leaders: Loneliness Is a Choice – Carey Nieuwhof

But isolation is a tool used by the enemy. When I isolate myself, I lose touch with reality, cut myself off from relationships that give life, and expose myself to risks that would never happen if I'm in authentic community.

<https://careynieuwhof.com/hey-leaders-loneliness-is-a-choice/>

[Images for Hey Leaders: Loneliness Is a Choice – Carey Nieuwhof](#)

<https://careynieuwhof.com/the-early-warning-signs-of-a-hard-heart/>

<https://careynieuwhof.com/how-do-you-kill-the-cynicism-inside-you/>

<https://careynieuwhof.com/7-effective-ways-to-battle-discouragement-in-leadership/>

<https://careynieuwhof.com/friends/>

<https://careynieuwhof.com/episode130/> Scott Sauls On Cultivating True Friendships in A Lonely Culture and On Working with Tim Keller

<https://scottsauls.com/> <https://scottsauls.com/books/>

<https://www.amazon.com/Scott-Sauls/e/B00MCUTP7A>

<https://www.amazon.com/Jesus-Outside-Lines-Forward-Taking/dp/1496400933>

<https://www.amazon.com/Befriend-Create-Belonging-Judgment-Isolation/dp/1496400941>

[Images for carey nieuwhof \(author\)](#)

Loneliness: A Calling

One of the major illusions pastors have is that because one is doing the Lord's work they are connected with God. Since they assume such is the case, the way pastors try to find connectedness with God is by working harder, working more faithfully, and immersing themselves in a love for God which requires *all* of their heart and mind...*but not their soul*.

No matter how hard they work, no matter how much sweat and success or tireless efforts and failures, it seems that at some point the loneliness begins to be felt in an incrementally increasing strength.

http://www.ministryhealth.net/mh_articles/099_loneliness_a_calling.html

[Images for loneliness in ministry](#)

Loneliness Quotes - BrainyQuote

<https://www.brainyquote.com/topics/loneliness>

<https://www.brainyquote.com/topics/lonely>

[Images for loneliness quotes](#)

<https://www.goodreads.com/quotes/tag/loneliness>

<https://thoughtcatalog.com/lorenzo-jensen-iii/2015/03/36-absolutely-heartbreaking-quotes-about-loneliness/>

<https://www.powerofpositivity.com/11-quotes-to-remember-when-you-feel-lonely/>

<https://www.yourtango.com/2017299380/25-sad-quotes-perfectly-describe-how-loneliness-feels>

www.notable-quotes.com/loneliness_quotes.html

<https://www.facebook.com/Loneliness-Famous-Quotes-583509328385950/>

<https://quotefancy.com/loneliness-quotes>

<http://inspower.co/famous-quotes-about-loneliness/>

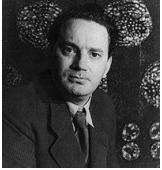
www.azquotes.com/quotes/topics/loneliness.html

www.wiseoldsayings.com/being-lonely-quotes/

Loneliness - Wikipedia

Loneliness is a complex and usually unpleasant [emotional](#) response to [isolation](#). Loneliness typically includes anxious feelings about a lack of [connection](#) or [communication](#) with other beings, both in the present and extending into the future. As such, loneliness can be felt even when surrounded by other people. The causes of loneliness are varied and include social, mental, emotional and physical factors.

Research has shown that loneliness is prevalent throughout society, including people in marriages, relationships, families, veterans, and those with successful careers.^[1] It has been a long explored theme in the literature of human beings since classical antiquity. Loneliness has also been described as [social pain](#)—a psychological mechanism meant to motivate an individual to seek social connections.^[2] Loneliness is often defined in terms of one's connectedness to others, or more specifically as "the unpleasant experience that occurs when a person's network of social relations is deficient in some important way".^[3]



Thomas Wolfe who in an oft quoted passage stated "The whole conviction of my life now rests upon the belief that loneliness, far from being a rare and curious phenomenon, is the central and inevitable fact of human existence." ^[1]

<https://en.wikipedia.org/wiki/Loneliness>

<https://simple.wikipedia.org/wiki/Loneliness>

[Images for Loneliness](#)

Lonely pastors | The Christian Century

There's no feeling quite as depressing as a line of connection being suddenly cut short. Ministers have this sensation a lot. We're often lonely in a crowded room. There are reasons for this.

<http://www.christiancentury.org/blogs/archive/2014-09/lonely-pastors>

[Images for Lonely pastors by Carol Howard Merritt | The Christian Century](#)

<https://www.christiancentury.org/archive/76481/201409>

<http://day1.org/6185-carol-howard-merritt-lonely-pastors>

<https://www.christiancentury.org/blogs/archive/2016-02/why-cant-we-be-friends>

<http://www.carolhowardmerritt.org/>

<https://www.faithandleadership.com/carol-howard-merritt>

<https://twitter.com/carolhoward?lang=en>

<https://www.amazon.com/Carol-Howard-Merritt/e/B001JRXF9Q>

http://www.goodreads.com/author/show/948561.Carol_Howard_Merritt

7 Ways to Help Prevent Leadership Loneliness - ChurchLeaders

You have to believe something better is possible and make a plan to alter the slow slide into loneliness.

<http://www.churchleaders.com/pastors/pastor-articles/153917-how-pastors-can-prevent-loneliness-and-isolation>.

[Images for 7 Ways to Help Prevent Leadership Loneliness - ChurchLeaders](#)

<http://www.churchleaders.com/youth/youth-leaders-articles/158376-9-healthy-ways-to-deal-with-leadership-loneliness.html>

[Images for Leadership Loneliness](#)

https://www.huffingtonpost.com/naphtali-hoff/why-leaders-feel-lonely-a_b_10311318.html

<https://www.inc.com/mandy-gilbert/feeling-lonely-that-means-youre-actually-a-good-leader.html>

<https://coachingforleaders.com/loneliness-in-leadership/>

<https://www.psychologytoday.com/us/blog/what-is-your-true-north/201510/overcoming-the-loneliness-leadership>

[Images of overcoming-the-loneliness-leadership](#)

<http://www.ronedmondson.com/2015/11/addressing-the-loneliness-of-a-pastor.html>

<http://ronedmondson.com/2018/02/the-loneliness-of-leadership.html>

<https://www.christianitytoday.com/women-leaders/2012/january/lonely-leadership.html>

<https://www.thegospelcoalition.org/article/leadership-is-lonely-and-it-should-be>

<https://leadershipfreak.blog/2016/06/21/10-reasons-leaders-feel-alone/>

<https://churchleaders.com/youth/youth-leaders-articles/158376-9-healthy-ways-to-deal-with-leadership-loneliness.html>

[Images of healthy-ways-to-deal-with-leadership-loneliness](#)

<http://switchandshift.com/lonely-at-the-top-why-good-leaders-must-learn-to-manage-loneliness>

https://speeches.byu.edu/talks/gordon-b-hinckley_loneliness-leadership/

<https://www.hotelmanagement.net/leadership-and-loneliness>

<https://www.lollydaskal.com/leadership/lonely-at-the-top/>

<http://orangeblogs.org/orangeleaders/2017/07/28/safeguarding-against-loneliness-in-leadership/>

[Images of safeguarding-against-loneliness-in-leadership](#)

https://www.huffingtonpost.com/naphtali-hoff/why-leaders-feel-lonely-a_b_10311318.html

The Lonely Pastor: Nine Observations - ThomRainer.com

I plead with pastors who are experiencing loneliness to take one or all of the following steps:

<http://thomrainer.com/2013/09/the-lonely-pastor-nine-observations/>
Images for The Lonely Pastor: Nine Observations - ThomRainer.com
<http://pastors.com/poll-many-pastors-feel-lonely-discouraged/>
http://thomrainer.com/2012/09/pastors_are_hurting/
<http://redemptionministry.org/lonely-pastor/>
<http://thomrainer.com/2014/02/12-reasons-pastors-wives-are-lonely/>
<https://www.pinterest.com/kathythom58/the-pastors-wife/>
<https://www.pinterest.com/explore/pastors-wife/>
<https://www.amazon.com/Thom-S.-Rainer/e/B0011GLMVG>
http://www.goodreads.com/author/show/27470.Thom_S_Rainer
Images for thom rainer (author)

The Lonely Small Church Pastor: Breaking the Cycle | Pivot |

The smaller the church, the more likely the pastor is doing most ministry alone. But there is hope.

<http://www.christianitytoday.com/karl-vaters/2015/october/lonely-small-church-pastor-breaking-cycle.html>
Images for The Lonely Small Church Pastor: Breaking the Cycle | Pivot | images
<https://www.christianitytoday.com/pastors/browse/>

What Does the Bible Say About Loneliness? - OpenBible.info

<https://www.openbible.info/topics/loneliness>
Images for bible and loneliness
<https://www.gotquestions.org/loneliness.html>
<https://www.biblestudytools.com/topical-verses/loneliness-bible-verses/>
<https://bible.knowing-jesus.com/topics/Loneliness>
www.beliefnet.com/ilovejesus/features/10-great-bible-verses-to-cure-loneliness.aspx
Images of bible-verses-to-cure-loneliness
<https://bible.org/seriespage/lesson-17-lessons-loneliness>
<https://www.thoughtco.com/the-bible-says-about-loneliness-712781>

Why being a loner may be good for your health - BBC - Future

We tend to decry being alone. But emerging research suggests some potential **benefits to being a loner** – including for our creativity, mental health and even leadership skills.

<http://www.bbc.com/future/story/20180228-there-are-benefits-to-being-antisocial-or-a-loner>
Images for benefits to being a loner

6) Mentor

Becoming the Pastor You Hope to Be: Four Practices for Improving Ministry by Barbara J. Blodgett (Author)

Becoming the Pastor You Hope to Be unapologetically urges clergy readers to develop practices that will help them become more excellent ministers. A long-time field educator, now serving as a denominational staff person responsible for ministerial formation, Barbara Blodgett believes excellence is a matter of doing simple things with care and consistency. Ministers who commit themselves to excellence will grow and flourish, and even become happier in ministry. Blodgett urges ministers to resist praise and instead to ask for feedback, to seek the company of **mentors** who are better than the reader is at what he or she does, to be vulnerable before their peers in order to learn from them, and to define themselves as a leader who does not merely take activist stances but risks entering into deep, transformative relationships. Improvement in ministry, Blodgett argues, comes about not through extraordinary leaps and bounds but rather through adopting simple habits and carrying through on small but thoughtfully made choices. Addressed to ministers, *Becoming the Pastor You Hope to Be* is also a valuable resource for discernment committees, Christian educators, leaders of continuing education and lay education programs, and all those who partner with theological schools to help form ministers, both lay and ordained.

<https://www.amazon.com/Becoming-Pastor-You-Hope-Practices/dp/156699411X>
<https://books.google.com/books?isbn=156699473X>
<https://alban.org/archive/myth-busting-emotional-intelligence-conflict-competence-and-the-clergy/>
<http://www.goodreads.com/book/show/12754814-becoming-the-pastor-you-hope-to-be>
<https://www.amazon.com/Barbara-J.-Blodgett/e/B001JSBRR2>
http://www.goodreads.com/author/show/1251281.Barbara_J_Blodgett
Images for Barbara J. Blodgett (Author)
<http://fortresspress.com/author/barbara-j-blodgett>
<https://books.google.com/books?isbn=0253346851> Contributors xvii
<https://www.uccresources.com/products/becoming-the-pastor-you-hope-to-be-four-practices-for-improving-ministry-blodgett>
<https://www.lextheo.edu/2013/01/7130/> Rev. Dr. Barbara Blodgett to be installed
<http://wipfandstock.com/brimming-with-god.html>
Images for Becoming the Pastor You Hope to Be: Four Practices for Improving Ministry by Barbara J. Blodgett (Author)

Don't Wait To Be Invited - Argonne Blogs - Argonne National Laboratory

Mentoring isn't necessarily conversation. Some of the best mentoring comes when you simply go along with someone more experienced to an event or meeting. Having the opportunity to simply watch how people who are experienced behave in certain settings is very helpful. So, I suggest asking if you can go along but be willing to accept "no" and not take it personally.

<https://blogs.anl.gov/mentoring/2013/10/30/robingraham/>
[Images of watch how people who are experienced behave](#)

8 Tips on How to Access Free Advice from any Expert or Mentor

I stand on the shoulders of many superb leaders who were always willing to take time for me. But the more I grew in leadership the more inaccessible the best experts became. And yet, I still found ways to get free advice and time with great mentors.

<http://www.willmancini.com/2016/04/8-tips-on-how-to-access-free-advice-from-any-expert-or-mentor.html>
[Images for Access Free Advice from a Mentor](#)

4 Things I Need from a Mentor - ChurchLeaders.com

One question about mentoring I am consistently asked is, "*What should a mentor do?*" That's an obvious question. What do you do when you have been asked to be a mentor or you decide to intentionally recruit someone to mentor you? What role should the mentor play in the mentee's life?

Well, I don't believe the point of a mentor is to script another person's life. That's not what I've ever wanted from my mentors or what I've attempted to do with those I mentor. I can't share everything you may need in a mentor, but I can share what I have sought in one.

http://www.churchleaders.com/pastors/pastor-blogs/160821-ron_edmondson_4_things_i_need_from_a_mentor.html
[Images for 4 Things I Need from a Mentor - ChurchLeaders.com](#)
<https://www.churchleadership.com/category/50-ways/>

Mentor Pastors Network | Leadership Network

The Mentor Pastors Network is a program designed to bring senior pastors and their spouses together for a time of rest, relationship and renewal with God and their spouse.

<http://leadnet.org/mentor-pastors-network/>
[Images for Mentor Pastors Network | Leadership Network](#)

Mentor Quotes - BrainyQuote

<https://www.brainyquote.com/topics/mentor>
[Images for mentor quotes](#)
www.wiseoldsayings.com/mentors-quotes/
<https://www.goodreads.com/quotes/tag/mentoring>
<https://www.goodreads.com/quotes/tag/mentor>
<https://www.goodreads.com/quotes/tag/mentors>
<https://www.inc.com/john-brandon/22-quotes-to-help-boost-your-mentoring-prowess.html>
[Images of quotes-to-help-boost-your-mentoring-prowess](#)
www.antoINETteoglethorpe.com/25-positive-quotes-about-mentoring/
www.doonething.org/quotes/mentor-quotes.htm
<https://redshoemovement.com/most-inspiring-mentoring-quotes-share-away/>
<https://www.shmoop.com/odyssey/mentor-quotes.html>
<https://education.cu-portland.edu/blog/classroom-resources/6-quotes-for-teacher-mentors/>

Mentoring interns and young pastors - Ministry Magazine

The personalities and the qualifications of mentors play a vital role in the process of introducing and integrating young pastors into the ministry.

<https://www.ministrymagazine.org/archive/2014/09/mentoring-interns-and-young-pastors>
[Images for Mentoring interns and young pastors - Ministry Magazine](#)

Mentoring That Produces Great Spiritual Leaders

It is important for those who want to be effective spiritual leaders to understand the difference between mentoring and coaching. A mentor shares what he personally knows — what he has learned. A coach assists by helping people discover answers and solutions to questions and problematic situations.

http://enrichmentjournal.ag.org/200704/200704_034_Mentor.cfm
[Images for Mentoring That Produces Great Spiritual Leaders - Enrichment Journal](#)
http://enrichmentjournal.ag.org/200803/200803_000_mentoring.cfm Mentoring: Investing in the Future By Steve W. Raimo
<https://www.steveraimo.com/>
http://enrichmentjournal.ag.org/200102/062_proximity.cfm Purposeful Proximity—Jesus' Model of Mentoring By Alicia Britt Chole
<https://aliciachole.com/product/the-making-of-a-mentor/>
http://enrichmentjournal.ag.org/200904/200904_000_Mentoring.cfm Mentoring Others By Wayne Lee
<https://www.amazon.com/Church-Life-Model-Biblical-Spirit-Filled/dp/1616386029>
http://enrichmentjournal.ag.org/200604/200604_BeyondPreach.cfm Beyond Preaching: The Necessity Of Mentoring Staff By David Raley

http://enrichmentjournal.ag.org/200702/200702_000_barnabas.cfm Be a Barnabas; Pursue a Paul; Train a Timothy By Paul R. Martin
<http://dotheword.org/2011/10/31/be-a-barnabas-pursue-a-paul-train-a-timothy/>
<https://www.facebook.com/pages/category/Magazine/Enrichment-journal-103362513030988/>

Needed: Pastor-Mentors for Emerging Ministers | byFaith

In the following post, Dr. Stephen Baldwin, Executive & Personal Coach at Trailhead Coaching, and Spiritual Director for The Genesis Project, Inc. (see a brief biographical sketch at the end of the article), discusses and advocates mentoring for emerging pastors. As always, feel free to post any constructive comment, but we would particularly like to hear your thoughts on the following:

<http://byfaithonline.com/needed-pastor-mentors-for-emerging-ministers/>

[Images for Needed: Pastor-Mentors for Emerging Ministers | byFaith](#)

[PDF] Toward Effective Pastoral Mentoring - Christian Reformed Church in N.A.

A tool to assist mentors and mentees as together they explore parish ministry.

http://192.168.1.1:8181/http://www2.crcna.org/site/uploads/uploads/spe/Pastoral_Mentoring_3rd_Ed.pdf

[Images for Toward Effective Pastoral Mentoring - Christian Reformed Church](#)

Why Church Leaders Need a Mentor – Rainer on Leadership #194 – ThomRainer.com

We explain why mentoring is so important for your continued growth as a pastor or church leader.

<http://thomrainer.com/2016/01/why-church-leaders-need-a-mentor-rainer-on-leadership-194/>

[Images for Why Church Leaders Need a Mentor – Rainer on Leadership #194 – ThomRainer.com](#)

<http://thomrainer.com/2013/04/why-mentoring-matters/>

http://thomrainer.com/2010/04/lessons_on_mentoring/

http://thomrainer.com/2011/09/thinking_about_mentoring/

<http://thomrainer.com/2017/11/seven-ways-mentoring-can-transform-church-rainer-leadership-383/>

<http://churchanswers.com/monthly-coaching/>

<https://twitter.com/ThomRainer/status/755062110334353408>

<http://thomrainer.com/2014/09/everybody-needs-mentor-find-one/>

<http://thomrainer.com/2014/05/10-things-need-hear-young-church-leaders/>

#4

<http://thomrainer.com/2017/12/four-considerations-baby-boomer-pastors/>

#1

<http://thomrainer.com/2016/05/six-areas-where-millennial-pastors-are-asking-for-help-rainer-on-leadership-224/>

http://thomrainer.com/2011/02/the_high_commitment_christian_lessons_from_two_mentors/

<http://www.lifeway.com/n/Product-Family/Mentor:-How-Along-the-Way-Discipleship-Will-Change-Your-Life?carid=jhowe-rainer-mentoring-20140909>

<https://www.youtube.com/watch?v=wesxfdJ8Bkk> Thom Rainer's Mentor Program

<http://www.churchcentral.com/blogs/thinking-about-mentoring/>

<http://www.lifeway.com/pastors/2016/06/22/every-pastor-needs-a-mentor-like-paul/>

<http://www.christianpost.com/news/effective-church-leaders-one-common-factor-mentoring-thom-rainer-155457/>

<https://www.linkedin.com/pulse/mentoring-relationship-empowers-tribute-my-mentor-john-rod>

<https://docshawn.com/tag/thom-rainer/>

[Images for thom rainer \(author\)](#)

7) Networks

Association of Presbyterian Interim Ministry Specialists

The Association of Presbyterian Interim Ministry Specialists (APIMS) exists to provide SUPPORT for pastors, spouses, and families as well as governing bodies within the Presbyterian Church (USA) who are involved with interim ministry, and to provide information regarding placement, training, certification and research in the specialized field of interim ministry.

<http://apims.org/>

[Images for Association of Presbyterian Interim Ministry Specialists](#)

Interim Ministry - Center for Congregational Health

The center assists congregations in determining the type of interim ministry that will be most helpful for them, including:

Traditional Interim Ministry - involves calling an interim pastor who provides limited services in worship leadership and pastoral care. A search committee works to locate a new pastor, and the Center helps congregations locate specialists who can lead that process. E-mail Les Robinson (congreg@wfubmc.edu) for more information.

Intentional Interim Ministry - a process that guides a congregation to explore its heritage, mission, leadership, and connection to the wider church before beginning the formal search for a new pastor. For detailed information on this aspect of our work, read [Intentional Interim Ministry—In Perspective](#).

The center also trains interim pastors to serve as traditional interim pastors and intentional interim ministry specialists. To get started with this training, enroll in [Interim Ministry for Today's Church](#). Training for intentional interim ministry requires that one enroll in this course first.

<http://healthychurch.org/ministries/interim-ministry>

[Images for Interim Ministry - Center for Congregational Health](#)

Faith and Wisdom: Lifelong Learning Opportunities for People of Faith

Faith and Wisdom compiles events and programs throughout the world offered by some of the most distinguished organizations in North America and worldwide. These organizations have proven themselves trustworthy sources of lifelong learning for clergy, other church professionals, and for all who wish to pursue education as Christians.

<http://www.faithandwisdom.org/>

[Images of lifelong learning opportunities for people of faith](#)

Interim Ministry Conference – The Lutheran Church Missouri Synod

Providing healing, care, and renewal for congregations in transition

In every congregation, there will be times when members wrestle with their church's identity and ministry. These unique transitions occur after particularly long pastorates, when conflicts exist within the congregation, when there are instances of pastoral misbehavior, when demographics change drastically, or during other church-changing circumstances.

Such times of transition are often marked by congregational stress, hampering ministry and making a fulfilling church experience difficult. Intentional Interim Ministry is designed to restore congregational health by offering a safe bridge between challenging times and the selection of the next permanent pastor.

<http://interimministrylcms.org/>

[Images for Interim Ministry Conference – The Lutheran Church Missouri Synod](#)

Interim Ministry Network | Welcome to the IMN

For over three decades, the Interim Ministry Network has dedicated itself to the health and wellness of church congregations. The wellness of churches is influenced by three kinds of learned leadership skills - prevention of unhealthy practices before they take root, maintenance of congregational health during times of stress or change and restorative care when it is required.

IMN has a skilled and proven faculty who are practicing ministers and rabbis with years of ecumenical education experience. It offers regularly scheduled training programs, dedicated and specific news sources, an annual international conference, an advanced skills designation program (PTS and Church Consultants) and membership in a professional association. IMN provides clergy, administrators and lay leaders with contemporary education and training to help them avoid or reduce the severity of unhealthy practices, manage the effects of change and restore spiritual wellness where it has been lost.

<http://www.imnedu.org/>

[Images for Interim Ministry Network](#)

Interim Ministry - Southeastern Minnesota Synod

The Southeastern Minnesota Synod Interims meet the third Thursday of every month at the synod office (Assisi Heights, 1001 14th St., Rochester, MN) from 10:00 a.m. – 12:00 noon.

Interim Ministry Forms

[Letter of Agreement \(form for a 2-point congregation\)](#)

(This form is available only in PDF format. It can be filled out electronically by simply clicking on the blanks and typing. Remember to perform a "Save As" when finished. It can also be filled out by hand. The signatures must be hand-signed.)

Resumé – [Word](#) or [PDF](#)

Quarterly Report – [Word](#) or [PDF](#)

Review of Interim Pastorate – [Word](#) or [PDF](#)

Exit Report – [Word](#) or [PDF](#)

604.20 Congregational Authorization – [Word](#) or [PDF](#)

PDF forms from [Portico Benefit Services](#):

[End of Call Notification](#) (PDF from Portico)

[Continuing Coverage](#) (PDF from Portico)

Miscellaneous

[Call Process](#)

[Call Update](#) (list of congregations in the call process)

[Interim Ministry vs. Candidate](#)

[Blessing of the Interim](#)

[Litany of Farewell](#)

<http://semnsynod.org/for-rostered-leaders/interims/>

[Images for Interim Ministry - Southeastern Minnesota Synod](#)

National Association of Lutheran Interim Pastors: An Association of Lutherans Who Work with Congregations in Transition

The National Association of Lutheran Interim Pastors, on behalf of its member Associations, the Interim Ministry Association of the Evangelical Lutheran Church in America (IMA-ELCA) and the Interim Ministry Conference, Lutheran Church - Missouri Synod (IMC-LCMS) works to: Promote general awareness of Intentional Interim Ministry and its issues, Advocate high performance standards in its practice, Support the Church's servants called to interim ministry, Develop and offer programs for the training and continuing education of Lutheran Interim ministry practitioners, and Exercise good stewardship of resources and pursue sources of funding.

<http://www.nalip.net/>

[Images for National Association of Lutheran Interim Pastors](#)

The Association of Disciples Intentional Interim Ministers

Welcome to the web presence of ADIIM.

This is a site dedicated to Intentional Interim Ministry within the Christian Church (Disciples of Christ).

Inside you may find information for Members of ADIIM, Regional/Area Staff, as well as Congregations.

Please take some time to browse our site and if you need any additional information or would just like to know more, please contact us through the News and Resource page.

<http://www.adiim.org/>

[Images for Association of Disciples Intentional Interim Ministers](#)

The Association of United Church of Christ Intentional Interim Ministers

We are committed to advancing the importance and the quality of intentional interim ministry within the United Church of Christ.

Strategy to Accomplish our Mission

In our rapidly changing religious environment, professionally trained Interim Ministers are essential to the vitality of the United Church of Christ. We who devote our ministry to churches experiencing change are prepared to serve as partners with congregations in their process of change and renewal by the following:

As the association of intentional interim ministers of the United Church of Christ, we engage in collegial networking and denominational advocacy for intentional interim ministry and this profession.

We network with each other in-person and through media communications knowing that we are at our best when we are in community. We mentor, and share employment information, and denominational news and contacts. Our network encourages regional support groups for collegiality and continuing education.

We partner with all who shape ministry in the United Church of Christ in all its settings. We have a voice on the floor of General Synod and coordinate UCC Life and Disability benefits between calls. In local association and conference settings, we advocate for intentional interim ministry.

<https://aucciim.org/>

[Images for Association of United Church of Christ Intentional Interim Ministers](#)

The Lombard Mennonite Peace Center

As a non-profit ministry, LMPC works to encourage the nonviolent transformation of conflict in relationships in homes, workplaces, schools, churches, and throughout our world. Our programs and resources address ways of resolving conflicts and building healthier relationships in all of these various settings.

<http://www.lmpeacecenter.org/>

[Images for Lombard Mennonite Peace Center](#)

Transition Ministries | American Baptist Churches USA

Interim Ministries-ABC is in a transformative process and is becoming a part of ABCUSA rather than a separate ministry organization. As we move to a new denominational website, the existing Interim Ministries-ABC website will remain active, but eventually this will be incorporated into the ABCUSA website under a new program name, Transition Ministries.

<http://www.interimministries-abc.org>

[Images for Transition Ministries | American Baptist Churches USA](#)

Transitional Ministry Network

Providing Resources for Clergy and Congregations During Transitional Times

Parishes seeking interims can list their vacancy with TMN. This information will be posted to the Positions Open page, and members of TMN will be automatically notified by email.

Interims can sign up to become members, update their membership, and request email notification of positions as they become available.

Apprentice Interim Ministry Education, In association with the Clergy Leadership Institute interims can participate in the yearlong Apprentice Interim Ministry (AIM) training either as preparation for interim ministry or as continuing education.

Members can also subscribe to the TMN-Group an un-moderated email user group for Transitional Ministry Specialists.

Articles and Resources for Clergy and congregations in Transition.

Coaching and Consulting for clergy and congregations engaged in transitional ministry and the clergy search process.

<http://transitionalministry.org>

[Images for Transitional Ministry Network](#)

8) Pastoral Excellence

Center for Pastoral Excellence at Christian Theological Seminary | CRG

The Center for Pastoral Excellence has a home at Christian Theological Seminary in Indianapolis, Indiana. It hosts a variety of endeavors including: The Discipleship Project, Academy of Preaching and Celebration, Lilly Endowment Clergy Renewal Programs, Pastoral Excellence Network and the New Media Project.

<https://thecrg.org/resources/center-for-pastoral-excellence-at-christian-theological-seminary>

<https://www.facebook.com/CenterForPastoralExcellence/>

<http://cpx.cts.edu/>

[Images for Center for Pastoral Excellence at Christian Theological Seminary](#)

<http://www.cpx.cts.edu/docs/default-source/pen-documents/sustaining-pastoral-excellence-report.pdf?sfvrsn=0>

https://en.wikipedia.org/wiki/Lilly_Endowment
<http://www.ptsem.edu/Publications/inspire2/7.3/pdfs/new/sabbatharticle2.pdf>
<http://www.faithandleadership.com/programs/spe/articles/200511/recoveringlostvoices.html>
http://www.luthersem.edu/lpi/pdfs/LPI_Proposal.pdf
http://www.resourcingchristianity.org/sites/default/files/transcripts/research_article/TrudyBush_Sustaining_Pastoral_Excellence_Essay.pdf
http://enrichmentjournal.ag.org/200701/200701_084_nuturing.cfm
[Images for excellent pastoral leadership](#)

Pastoral Excellence | An Educational Resource from Faith & Leadership

What is Pastoral Excellence?

Pastoral excellence is a specific approach to nurturing the lives and ministries of clergy. It invites pastors to connect with each other through a structured community of peers, explore Christian practices for thriving throughout the life of their ministries, and rediscover the beauty of their calling and vocation by cultivating imagination through border crossing.

<http://pastoralexcellence.com/>
[Images for Pastoral Excellence](#)

Pastoral Excellence Network

Our mission is to create and foster a network of organizations committed to encouraging and supporting excellence in pastoral ministry. We seek to help churches and church-related organizations provide opportunities for pastors to find support and learning throughout their professional lives. We work with congregations and organizations to help new pastors get the best possible start in ministry. And we help congregations and organizations equip experienced pastors with practices that will sustain their vital ministry, particularly through peer learning groups.

<http://www.cpx.cts.edu/network>
[Images for Pastoral Excellence | An Educational Resource from Faith & Leadership](#)

Sustaining Pastoral Excellence - Christian Reformed Church

The Current State of Pastoral Ministry

We believe the following categories outline some of the major challenges facing pastoral ministry today. They identify both what encourages and what inhibits the practice of good ministry, as well as what types of programs need to be expanded or created.

<http://www2.crcna.org/pages/spe.cfm>
[Images for Sustaining Pastoral Excellence – Christian Reformed Church](#)

Sustaining Pastoral Excellence – ECC | Vocational Ministry

We ask a lot of our ministerial leaders. The Evangelical Covenant Church is pleased to be able to partner with the local church in helping resource our pastors in fulfilling their call. It takes a denominational-wide effort to support those who help lead our churches in kingdom endeavors. Pastoral excellence involves holistic Christ-centered development, life-long vocational and Biblical formation, and regular occasions of renewal and re-visioning that sustain healthy enduring ministry.

<http://www.covchurch.org/vocational-ministry/spe/>
[Images for Sustaining Pastoral Excellence – ECC | Vocational Ministry](#)

9) Pastoral Renewal

A strategy for pastoral renewal - Ministry Magazine

Continuing education can play a role in this new dynamic. It can help ministers face the challenge of the changing congregation and the “paradigm shift.” It can help us focus on priorities of the ministry.

Here are some of the practical aspects of continuing education.

<https://www.ministrymagazine.org/archive/1998/10/a-strategy-for-pastoral-renewal>
[Images for strategy for pastoral renewal - Ministry Magazine](#)

Aldersgate Renewal Ministries - Pastoral Renewal

A life in ministry is full of unique challenges. The daily pressure of seeking to meet the spiritual needs of people entrusted to your care can be emotionally, physically, and spiritually exhausting. Aldersgate Renewal Ministries provides experiences and resources for you and your family to be renewed and refreshed by the power of the Holy Spirit. ARM also provides teaching and ministry equipping that you may not have necessarily learned in seminary.

<http://aldersgaterenewal.org/pastoral-renewal>
[Images for Aldersgate Renewal Ministries](#)

Lilly Endowment Clergy Renewal Programs

Through its religion grant-making, Lilly Endowment, an Indianapolis-based, private philanthropic foundation, seeks to deepen and enrich the lives of American Christians. It does this largely through initiatives to enhance and sustain the quality of ministry in American congregations and parishes.

To this end, National and Indiana Clergy Renewal Programs provide an opportunity for pastors to step away briefly from the persistent obligations of daily parish life and to engage in a period of renewal and reflection. Renewal periods are not vacations, but times for intentional exploration and reflection, for drinking again from God's life-giving waters, for regaining enthusiasm and creativity for ministry.

<http://www.cpx.cts.edu/renewal>
[Images for Lilly Endowment Clergy Renewal Programs](#)

Pastoral Renewal – Mid-America Nazarene University

We recognize how important it is for pastors to find time for renewal in the rhythms of ministry. That's why MNU's Church Relations department offers on-campus resources and amenities to pastors, free of charge.

<http://www.mnu.edu/resources/church-relations/pastoral-renewal.html>
[Images for Pastoral Renewal – Mid-America Nazarene University](#)

Pastoral Renewal - Pinnacle Ministries

Healthy pastors and healthy leaders are at the core of any healthy church. Take steps today to really “recover your life.”

<http://pinmin.org/ministries/pastoral-renewal/>
[Images for Pastoral Renewal - Pinnacle Ministries](#)
[Images for recover your life](#)

The Parboiled Pastor: The Joys and Pressures of Parish Ministry [Steven L. McKinley]

There are plenty of pressures in parish ministry, as Pastor Steven L. McKinley well knows. But there are also joys. And McKinley writes realistically and winsomely about both. A storyteller who has been compared to Garrison Keillor, McKinley shares incidents and insights from his own ministry in short chapters marked by warmth and gentle humor. Seminary students and new pastors will find wise counsel on preaching, leadership, counseling, worship, and the personal life of a pastor. For experienced pastors of all denominations, McKinley offers understanding, fresh ideas, and renewal.

<http://www.amazon.com/The-Parboiled-Pastor-Pressures-Ministry/dp/0806636335>
<https://www.goodreads.com/book/show/15988566-parboiled-pastor>
<https://books.google.com/books?isbn=1451411235>
<http://www.christianitytoday.com/pastors/1989/summer/89l3108.html>
http://www.luthersem.edu/contextual_learning/blog.aspx?m=4136&post=2458
https://www.luthersem.edu/contextual_learning/blog.aspx?m=3739&post=3055
http://www.luthersem.edu/contextual_learning/blog.aspx?m=4136&post=2458
<http://www.intrust.org/Authors/Steven-L-McKinley>

Page 37

[Images for The Parboiled Pastor: The Joys and Pressures of Parish Ministry \[Steven L. McKinley\]](#)

10) Quit

Nine Thoughts for Pastors Who Are Considering Quitting – ThomRainer.com

If you are a pastor who has not considered quitting, you are likely in the minority. And certainly, there are time when we should leave. But, if your desire to quit is the result of the typical challenges of pastoring, allow me to share nine thoughts that may lead you to reconsider.

<http://thomrainer.com/2015/06/nine-thoughts-for-pastors-who-are-considering-quitting/>
[Images for Nine Thoughts for Pastors Who Are Considering Quitting – ThomRainer](#)
<http://thomrainer.com/2016/07/four-reasons-pastors-church-staff-regret-quitting-jobs/>
<http://thomrainer.com/2016/05/current-update-on-why-pastors-are-quitting-rainer-on-leadership-227/>
<http://thomrainer.com/2017/09/six-reasons-not-quit-rainer-leadership-362/>
<http://thomrainer.com/2016/01/six-things-you-need-to-know-about-pastors-who-leave-their-ministry/>
<http://thomrainer.com/2014/06/dangerous-third-year-pastoral-tenure/>
<http://thomrainer.com/2012/12/eight-negative-reasons-pastors-leave-a-church/> #1
<http://lifewayresearch.com/2016/01/12/former-pastors-report-lack-of-support-led-to-abandoning-pastorate/>
<http://www.lifeway.com/pastors/2016/06/27/six-reasons-pastors-should-not-quit-their-jobs-on-monday/>
<http://www.lifeway.com/pastors/2015/06/04/four-reasons-why-pastors-should-quit/>
<http://www.lifeway.com/pastors/2017/06/02/thoughts-pastors-considering-quitting/>
<https://www.amazon.com/Thom-S.-Rainer/e/B0011GLMVG>
http://www.goodreads.com/author/show/27470.Thom_S_Rainer
[Images for thom rainer \(author\)](#)

Pastor, before you Quit...

This is probably a good place to drop in a few words of counsel we give pastors in stressful, high-pressure situations who are thinking of throwing in the towel.

<http://www.crosswalk.com/church/pastors-or-leadership/pastor-before-you-quit-11546110.html>
[Images for pastors in stressful, high-pressure situations](#)

10 Real Reasons Pastors Quit Too Soon - ChurchLeaders.com

More than 1,700 pastors leave the ministry every month. To prevent the continued flight of our pastors, we need to understand the cause of the problem.

http://www.churchleaders.com/pastors/pastor-articles/161343-tim_peters_10_common_reasons_pastors_quit_too_soon.html
[Images for 10 Real Reasons Pastors Quit Too Soon - ChurchLeaders.com](#)
<https://www.churchleadership.com/category/50-ways/>

That Stat that Says Pastors Are All Miserable and Want to Quit

Are pastors really leaving ministry in droves? Not so fast... / Ed Stetzer

<http://www.christianitytoday.com/edstetzer/2015/october/that-stat-that-says-pastors-are-all-miserable-and-want-to-q.html>

<https://www.christianitytoday.com/edstetzer/2015/october/that-stat-that-says-pastors-are-all-miserable-and-want-to-2.html>

Images for Ed Stetzer on pastors want to quit

<http://www.charismanews.com/culture/54447-the-real-reasons-pastors-are-quitting-the-ministry>

Images for Reasons Pastors Are Quitting the Ministry

<https://www.christianitytoday.com/news/2016/january/why-734-pastors-quit-how-churches-could-have-kept-them.html>

<https://religionnews.com/2016/01/12/conflict-burnout-among-top-reasons-pastors-quit/>

<https://edstetzer.com/2018/01/recognize-your-role-in-the-church/>

https://en.wikipedia.org/wiki/Ed_Stetzer

<http://www.christianitytoday.com/gleanings/2015/september/one-percent-why-so-few-evangelical-pastors-quit-lifeway.html>

Why Do So Many Pastors Leave the Ministry? - ExPastors.com

It's true that some pastors fall into temptation, and yet others simply feel it's their time to call it **quits**. But often it goes much deeper than that. And the stats reveal much.

<http://www.expastors.com/why-do-so-many-pastors-leave-the-ministry-the-facts-will-shock-you/>

Images for Why Do So Many Pastors Leave the Ministry? - ExPastors.com

Images for pastors feel it's their time to call it quits

11) Rest

Come away and rest - The Lutheran Magazine

Pastors: 'You aren't called to work harder than your Creator'

Even Jesus needed a break. Mark R. Vance Jr. reflected on this reality as he prepared a sermon partly based on Mark 6:31, when Jesus said to his disciples, "Come away to a deserted place all by your selves and rest a while."

Vance, pastor of Holy Shepherd Lutheran Church, St. John, Ind., said clergy are often reluctant to follow Christ's example to step aside, to seek renewal. "But if we are continually burdened by people's needs and administrative stuff, then we don't have much chance to build up our own relationship with God," he said.

Vance was one of 23 Indiana clergy who received grants last year from the Lilly Endowment Clergy Renewal Program. For Vance, the \$30,000 grant funded a three-month leave that included:

http://www.thelutheran.org/article/article.cfm?article_id=3787

Images for Come away and rest - The Lutheran Magazine

<https://www.livinglutheran.org/contact-us/>

<https://www.livinglutheran.org/issues/>

Even pastors need time for rest and renewal!

Q: As a pastor, I've always thought I had to do everything people wanted me to do. But lately I've gotten so tired that some days I have to force myself to even get out of bed. I've heard about people in business getting burned out, but can it happen to someone who's supposed to be serving God?

<https://billygraham.org/answer/even-pastors-need-time-for-rest-and-renewal/>

Images for Even pastors need time for rest and renewal!

4 Reasons Pastors Need Rest - Outreach Magazine

Rest removes us from the pressure of the urgent to see the possibilities of the future.

<https://outreachmagazine.com/features/22264-pastors-need-rest.html>

Images for 4 Reasons Pastors Need Rest - Outreach Magazine

Images for Rest removes us from the pressure of the urgent to see the possibilities of the future.

Pastors Need Rest Too | RELEVANT Magazine

Church leaders can get so focused on the spiritual health of their congregations that they ignore their own.

<https://relevantmagazine.com/god/church/pastors-need-rest-too/>

Images for Pastors Need Rest Too | RELEVANT Magazine

When Rest Is the Only Solution | CT Pastors | Christianity Today

In ministry there's always more work to do. That's why it's essential to stop.

<https://www.christianitytoday.com/pastors/2015/winter/when-rest-is-only-solution.html>

Images for When Rest Is the Only Solution | CT Pastors

12) Retreat

Be Still: Designing and Leading Contemplative Retreats by Jane E. Vennard (Author)

Many people long for a deeper relationship with God, yearning for silence in a noisy world and a respite from busyness. Written for lay and ordained leaders who wish to bring the gift of space and silence to members who feel called to the contemplative journey,

the book introduces the purpose of retreats, provides a theological and biblical understanding of the model, and offers guidance for designing and leading these gatherings. Sample retreats, a design for home retreats, and suggested resources are included.

<https://www.amazon.com/Be-Still-Designing-Contemplative-Retreats/dp/156699229X>
http://www.goodreads.com/book/show/2560395.Be_Still
<https://rowman.com/ISBN/9781566994699/Be-Still-Designing-and-Leading-Contemplative-Retreats>
<https://books.google.com/books?isbn=1566994691>
<http://books.upperroom.org/book-author/jane-e-vennard/>
<http://www.spiritualityandpractice.com/explorations/teachers/view/133>
<http://www.sdiworld.org/resources/educational-videos/reverend-jane-e-vennard>
<https://www.amazon.com/Jane-E.-Vennard/e/B001JSB3LC>
http://www.goodreads.com/author/show/185737.Jane_E_Vennard
Images for Jane E. Vennard (Author)
Images for Be Still: Designing and Leading Contemplative Retreats by Jane E. Vennard (Author)

Best 25+ Retreat ideas ideas on Pinterest

<https://www.pinterest.com/explore/retreat-ideas/>
Images for Retreat Pinterest
<https://www.pinterest.com/wmtoolbox/retreat-planning/>
<https://www.pinterest.com/explore/women's-retreat/>

Leaders Gather at Fall Ministry Retreat

Rostered leaders will have an opportunity to network, share ideas and learn from each other as they relax and renew at the Fall Ministry Retreat September 21-23 at Heartwood Conference Center, Trego.

http://www.nswwi.org/webfiles/fnitools/documents/fmr_brochure_2014.pdf
Images for Rostered Leaders Gather at Fall Ministry Retreat

List of Pastors' Retreats and Getaways - Christianity Today

Here are some free or discounted retreat opportunities for pastors.

<http://www.christianitytoday.com/edstetzer/2014/march/free-or-discounted-getaways-for-pastors.html>
Images for Pastors' Retreats and Getaways - Christianity Today
<https://www.christianitytoday.com/pastors/browse/>
<https://pastors.lifeway.com/retreats-and-getaways/>
<https://www.convergencemidamerica.org/church-health/pastoral-retreats>
Images of church-health/pastoral-retreats
<https://churchrelevance.com/top-20-getaways-and-retreats-for-pastors/>
Images of getaways-and-retreats-for-pastors

What Does the Bible Say About Retreats? - OpenBible.info

<https://www.openbible.info/topics/retreats>
Images for bible and retreats
<https://heathercking.org/2014/07/28/12-bible-verses-for-a-spiritual-retreat/>
<https://bible.org/article/retreats-first-things-first>
Images of bible/retreats-first-things-first

13) Sabbath

A. SABBATH DAY (Recommended: 40 to 45 hours per week; at least one full day off)

1. Weekly Rhythm of Work and Rest Full-time called rostered leaders of our congregations must strive for a healthy balance in their lives between their time for God, time for their families and personal life, and their calling to the church. Clearly defined expectations of work and time off are important for both the rostered leader and the congregation. Knowing that some weeks will be more demanding and some less, 40 to 45 hours per week is a fair expectation for both congregation and rostered leader. A Sabbath day each week is God's command and, even more importantly, God's gift. Since church work requires a great deal of evening and weekend involvement, one way to reasonably set expectations with the rostered leader is to think in terms of blocks of time. Each day can be considered to have three blocks of time—morning, afternoon, and evening. A seven-day week consists of 21 time blocks. A reasonable expectation of full-time service might be 13-14 time blocks. Weekly time off to provide a normal opportunity for renewal, refreshment, and personal business would usually involve 7-8 time blocks per week. Arrangements should be flexible for both the rostered leader and the congregation, but should also provide for emergency pastoral care when the rostered leader is unavailable.
2. Encourage Rest as Well as Work Congregations should be sure to support their rostered leader taking at least one full day off each week. The specific regular day off each week should be announced and communicated so all understand this. Flexibility is necessary, but a definite pattern makes for better health and attitude for all concerned.

Northwest Synod of Wisconsin | Synod Assembly 2017 2018 SALARY STANDARDS
[PDF] 2018 Minimum Standards for Compensation and Benefits Resolution
https://s3.amazonaws.com/media.cloversites.com/0a/0a854394-3a19-4d9f-b1ae-f93021508921/documents/2018_Completed_Salary_Standards.pdf

Images for Weekly Rhythm of Work and Rest

Best 25+ Sabbath day ideas on Pinterest

<https://www.pinterest.com/explore/sabbath-day/>

Images for Sabbath day Pinterest

<https://www.pinterest.com/explore/sabbath-activities/>

<https://www.pinterest.com/explore/sabbath-lesson/>

<https://www.pinterest.com/bobtheborean/remember-the-sabbath-day-to-keep-it-holy/>

<https://www.pinterest.com/ekeymer/keeping-the-holy-sabbath-day-holy/>

<https://www.pinterest.com/conniesmith1/sabbath-day-holy/>

<https://www.pinterest.com/explore/happy-sabbath/>

Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting [Marva J. Dawn]

Drawing deeply both from Scripture and from Jewish practices, the author of *I'm Lonely, Lord--How Long?* (LJ 3/15/84) shares ideas for various ways of keeping the Sabbath: by ceasing (from striving, productivity, anxiety); by resting (physically, emotionally, intellectually); by embracing (intentionality, Christian values); and by feasting (on the eternal, with affection). A thoughtful, prayerful book that opens new vistas on the underlying spirituality of what is too often understood in terms of shallow conventionality alone.

<http://www.amazon.com/Keeping-Sabbath-Wholly-Embracing-Feasting/dp/0802804578>

http://books.google.com/books/about/Keeping_the_Sabbath_Wholly.html?id=W9XgUStQgv4C

<https://eerdword.wordpress.com/2011/12/14/review-of-marva-dawns-keeping-the-sabbath-wholly/>

http://www.luthersem.edu/stewardship/resource_detail.aspx?resource_id=702

http://en.wikipedia.org/wiki/Marva_Dawn

<http://www.baylor.edu/ifl/christianreflection/SabbathbookreviewBrachlow.pdf>

<https://www.youtube.com/watch?v=4XEKxmnnowsQ> Marva Dawn: Why We Keep the Sabbath – YouTube

<https://www.youtube.com/watch?v=TWxk9BiAQbc> Marva Dawn and Sabbath Rest – YouTube

<https://www.youtube.com/watch?v=RHQKtXVy-LM> Marva Dawn on the Importance of a Day of Rest – YouTube

https://en.wikipedia.org/wiki/Marva_Dawn

http://www.marvadawn.org/about_marva

<https://www.logos.com/product/43953/eerdmans-marva-j-dawn-collection>

<http://www.eerdmans.com/Pages/Item/57678/Author-Interview-Marva-Dawn.aspx>

<http://www.reformedworship.org/author/marva-j-dawn>

<https://www.amazon.com/Marva-J.-Dawn/e/B000AP7OJK>

https://www.goodreads.com/author/list/91254.Marva_J_Dawn

https://www.goodreads.com/author/quotes/91254.Marva_J_Dawn

Images for Marva J. Dawn

Images for Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting [Marva J. Dawn]

Pastor: Take a Sabbath Each Week - Pastors.com

The Sabbath doesn't mean we take a day off in order to run a bunch of errands. God wants us to take one day of real rest once a week. If you simply call it a day off, you'll be tempted to cheat on it or to work through it. If you call it the Sabbath, which it is, then you are more likely to keep it; otherwise, you will be breaking one of the Ten Commandments.

<http://pastors.com/pastor-take-a-sabbath-each-week/>

Images for Pastor: Take a Sabbath Each Week - Pastors.com

Resources for Sabbath Keeping and Sabbatical Taking - Faith and Leadership

This collection of resources and reflections is meant to stimulate conversation about the meaning of renewal and rest, of Sabbath keeping and sabbatical taking. It is an invitation to pastors and lay leaders to consider *with* their parishes the need for rest and renewal as a congregation. It's an opportunity to engage communities of faith in intentional observation of Sabbath time. It's also an opportunity to think about pastoral sabbatical time, modeling the importance of renewal and the meaning of Sabbath keeping, sabbatical taking.

<http://www.faithandleadership.com/programs/spe/articles/200509/resources-sabbath.html>

Images for Resources for Sabbath Keeping and Sabbatical Taking - Faith and Leadership

Sabbath Quotes - BrainyQuote

<https://www.brainyquote.com/topics/sabbath>

Images for Sabbath quotes

<http://sabbathliving.org/sabbath-quotes/>

<https://www.goodreads.com/quotes/tag/sabbath>

www.azquotes.com/quotes/topics/sabbath-day.html

<https://faithunlocked.wordpress.com/2014/10/11/quotes-on-sabbath-rest/>

From: Clergy Life Coaching

LLC <barbara@clergylifecoaching.com>

Date: Thu, May 22, 2014 at 7:00 AM

Subject: May 2014—"God Put Me in a Time Out"

Sabbath-taking thoughts

- If you take a weekly Sabbath (day off) call it that - have your secretary call it "Sabbath" - put it on the calendar as the Pastor's Sabbath - not only are you modeling Sabbath-taking, but parishioners are less likely to get a hold of you on your "Sabbath" than on your "day off" because it sounds holy (which it is).
- You and only you can be intentional about setting aside Sabbath time and then making it Sabbath time.
- There will always be exceptions and emergencies - just make sure those are the exceptions and not the rule.

- If taking a whole day off is "impossible" then schedule Sabbath mornings or evenings in your week. When there are late night meetings - come in later those days. When you have breakfast meetings - leave earlier those days.
- Plan out your week to get everything you MUST get done, done the other six days. Do not use your Sabbath as a buffer day to finish what you couldn't get done.
- Pull out your calendar RIGHT NOW - look at your month ahead and SCHEDULE your Sabbath times as real appointments - you will be blessed and strengthened in your ministry!

Taking a Break from the Lord's Work - The New York Times

The findings have surfaced with ominous regularity over the last few years, and with little notice: Members of the clergy now suffer from obesity, hypertension and depression at rates higher than most Americans. In the last decade, their use of antidepressants has risen, while their life expectancy has fallen. Many would change jobs if they could.

Public health experts who have led the studies caution that there is no simple explanation of why so many members of a profession once associated with rosy-cheeked longevity have become so unhealthy and unhappy. But while research continues, a growing number of health care experts and religious leaders have settled on one simple remedy that has long been a touchy subject with many clerics: **taking more time off.**

<http://www.aecunity.net/TheIssues/HealthCare/ClergySelfCareTakingaBreak/tabid/47570/Default.aspx>

Images of taking a break from the lord's work

The Pastor's Sabbath | Leadership Journal - Christianity Today

Daily and weekly rest

Sabbath means "quit." "Stop." "Take a break." The word itself has nothing devout or holy in it. It is a word about time, denoting our nonuse thereof, what we usually call "wasting time."

The biblical context is the Genesis week of creation. Sabbath is the seventh and final day, in which "[God] rested [*shabath*] ... from all His work which He had done" (Gen. 2:2 nasb). As we reenter that sequence of days when God spoke energy and matter into existence, we repeatedly come upon the refrain "And there was evening and there was morning, one day.... And there was evening and there was morning, a second day.... And there was evening and there was morning ..." (Gen. 1:5-31 nasb) — on and on, six times.

This is the Hebrew way of understanding day, but it is not ours. Our day begins with an alarm clock ripping the predawn darkness and closes, not with evening but several hours past that, when we turn off the electric lights. In our conventional references to day, we do not include the night except for the two or three hours we steal from either end to give us more time to work. Because our definition of day is so different, we have to make an imaginative effort to understand the Hebrew phrase *evening and morning, one day*. More than idiomatic speech is involved here; there is a sense of rhythm.

<http://www.christianitytoday.com/le/topics/soul/sabbath/lelead04-2.html>

Images for The Pastor's Sabbath | Leadership Journal - Christianity Today

<https://www.christianitytoday.com/pastors/browse/>

<https://www.christianitytoday.com/pastors/leadership-journal-archives/>

These 7 Practical Tips Will Keep Pastors Encouraged and Healthy in Ministry – Ex-Pastors

2. Take regular time off.

You're not called to work harder than your Creator.

Develop a way of being *through for the day* (at least most days). Take your full four weeks annual leave in one stretch (and make alternative arrangements for weddings, etc.). Encourage your denomination to include an extra two weeks, all-expenses-paid study leave each year. On your day/s off, do something very different from what you do the other days. Listen to Spurgeon: 'Repose is as needful to the mind as sleep to the body... If we do not rest, we shall break down. Even the earth must lie fallow and have her **Sabbaths**, and so must we. Jesus said, 'Come apart and rest awhile'. If you don't rest awhile, you'll soon come apart.

<http://www.expastors.com/7-ways-pastors-can-stay-encouraged-and-healthy-in-ministry/>

Images for These 7 Practical Tips Will Keep Pastors Encouraged and Healthy in Ministry – Ex-Pastors 2. Take regular time off.

What Does the Bible Say About Sabbath? - OpenBible.info

<https://www.openbible.info/topics/sabbath>

https://www.openbible.info/topics/the_sabbath_day

Images for bible and sabbath

<https://www.biblestudytools.com/blogs/founders-ministries-blog/6-biblical-reasons-to-observe-the-sabbath.html>

<https://bible.knowing-jesus.com/topics/Sabbath.-In-Ot>

<http://sabbathliving.org/sabbath-scripture/>

Yes, Pastor, You Also Need a Sabbath Day - Ministry Today

When you take a Sabbath, you are saying to yourself and God, "God is really in charge of the universe. There is nothing He can't handle, and I work because He works through me. If I let go, the world will continue to spin."

<http://ministrytodaymag.com/index.php/ministry-leadership/pastoral-care/20035-even-pastors-need-a-sabbath-day>

Images for Yes, Pastor, You Also Need a Sabbath Day - Ministry Today

<https://www.ministrymagazine.org/archive/>

14) Self-Care

A Center in the Cyclone: Twenty-first Century Clergy Self-Care [Bruce Epperly - Professor of Practical Theology and Director of Continuing Education]

Here is a twenty-first century text on clergy self-care, written in the context of hundreds of conversations with pastors.

Pastors today are overwhelmed by the perfect storm of too many responsibilities, too few resources, and too rapid congregational, cultural, and technological changes. Many of them confess that the cares of modern ministry have nearly choked the life out of their holy service. Here is a resource for integrated personal and professional transformation and healing for pastors; better equipping them to be effective spiritual leaders for the long haul of professional ministry.

<http://www.amazon.com/Center-Cyclone-Twenty-first-Century-Self-Care/dp/1566997135>

<https://www.goodreads.com/book/show/22180690-a-center-in-the-cyclone>

<https://rowman.com/ISBN/9781566997133/A-Center-in-the-Cyclone-Twenty-first-Century-Clergy-Self-Care>

<https://books.google.com/books?isbn=1566997143>

<https://www.barnesandnoble.com/w/a-center-in-the-cyclone-bruce-epperly/1119613497>

<https://www.waterstones.com/book/a-center-in-the-cyclone/bruce-epperly/bruce-g-epperly/9781566997577>

<http://www.christianitytoday.com/le/2015/fall/sacrificing-body.html?share=&paging=off>

<http://darkwoodbrew.org/bruce-epperly/>

https://en.wikipedia.org/wiki/Bruce_G._Epperly

<http://www.spiritualityandpractice.com/explorations/teachers/view/43/bruce-g-epperly>

<http://www.bruceepperly.com/biography/>

<http://www.bruceepperly.com/biography/>

http://www.abingdonpress.com/bruce_g_epperly

https://www.goodreads.com/author/show/7096934.Bruce_Epperly

Images for Bruce Epperly

Images for A Center in the Cyclone: Twenty-first Century Clergy Self-Care by Bruce Epperly

A Time for Healing: Overcoming the Perils of Ministry [Jody Seymour]

Using the Enneagram, Seymour examines the perils of ministry using various biblical figures as models for understanding the unique challenges that come from ministering to others.

<http://www.amazon.com/Time-Healing-Overcoming-Perils-Ministry/dp/0817012354>

<http://www.amazon.com/Jody-Seymour/e/B001KHV32Q>

<http://journalofchristianministry.org/article/viewFile/4017/2848>

<http://jodyseymour.blogspot.com/>

<http://wipfandstock.com/author/view/detail/id/10882/>

http://www.goodreads.com/author/show/585932.Jody_Seymour

Images for Jody Seymour, author overcoming perils of ministry

Images for A Time for Healing: Overcoming the Perils of Ministry [Jody Seymour]

Clergy and Clergy-Spouse Stress-Management Skills – The Parish Paper

Study/Discussion Session #1

Creating and Building Effective Study/Discussion Quads

Page 2

Study/Discussion Session #2

Stress, Stress Causes, and Stresses Unique to Clergy Spouses

Pages 3-10

Study/Discussion Sessions #3

Coping with Your Unique Stress Reactions

Pages 11-22

Study/Discussion Session #4

Ten Ways to Reduce Stress-Reaction Intensity

Pages 23-29

Appendix I—Addressing the Mood-Swing Challenge

Page 30

Appendix II—Why and How Prayer & Meditation Reduce Stress Intensities

Page 31

Appendix III—Improving Food-Intake Management

Page 32

Appendix IV—Fifteen Steps to Lower Stress

Page 33

[PDF] Ch. Effectiveness Nuggets--Volume 16-- Clergy and Clergy-Spouse Stress-Management Skills - The Parish Paper

<http://www.theparishpaper.com/files/resources/Church%20Effectiveness%20Nuggets-%20Volume%2016.pdf>

<https://www.theparishpaper.com/free-resources> Church Effective Nugget, Volume 16: Clergy and Clergy-Spouse Stress-Management Skills

<http://www.wisconsinumc.org/connections/conference-news/the-parish-paper>

<http://www.wcucc.org/resource-center/church-management/parish-paper/>
<http://www.hcucc.org/the-parish-paper>
<https://www.theparishpaper.com/back-issue-index> Back Issue Index | The Parish Paper
[Images for Addressing the Mood-Swing Challenge](#)
[Images for Prayer & Meditation Reduce Stress](#)
[Images for Improving Food-Intake Management](#)
[Images for Steps to Lower Stress](#)

Clergy Health Initiative | Duke Divinity School

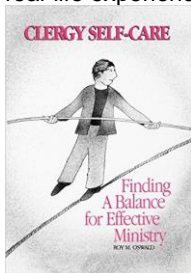
The Clergy Health Initiative's research is the first to examine how to tailor health interventions to clergy. We now know that programs to improve clergy health will succeed only if they address the multiple conditions that contribute to health, especially conditions created by congregations and denominational polities.

This information formed the basis for our pilot program, and for [Spirited Life](#), the Clergy Health Initiative's wellness program and behavioral health study.

<http://www.divinity.duke.edu/initiatives-centers/clergy-health-initiative>
[Images for Clergy Health Initiative | Duke Divinity School](#)

Clergy Self-Care: Finding a Balance for Effective Ministry by Roy M. Oswald (Author)

Nationally known for his work and teaching on clergy development, Oswald integrates research and experience into a liberating perspective on the pastoral calling. Discover how imbalances in your physical, emotional, spiritual, and intellectual lives can destroy the very ministry you seek to carry out. Learn what you can do to restore that balance. Packed with self-assessment tools, real-life experiences, and specific self-care strategies.



<http://www.amazon.com/Clergy-Self-Care-Finding-Effective-Ministry/dp/1566990440>
http://www.goodreads.com/book/show/1016937.Clergy_Self_Care
<https://rowman.com/ISBN/9781566994880/Clergy-Self-Care-Finding-a-Balance-for-Effective-Ministry>
<https://www.christianbook.com/clergy-self-care-roy-oswald/9781566990448/pd/990448>
<https://books.google.com/books?isbn=1566994888>
<http://www.ministrymatters.com/all/article/topic/Clergy+self-care>
<http://imnedu.org/wp-content/uploads/2012/05/2010Program.pdf>
<http://www.jmm.org.au/articles/30391.htm>
[Images for Clergy Self-Care: Finding a Balance for Effective Ministry by Roy M. Oswald \(Author\)](#)
<https://www.pinterest.com/pin/34269647140273256/> Discover ideas about Self Assessment
[Images for clergy self care pinterest](#)
[Images for Roy M. Oswald \(Author\)](#)

Page 5

Clergy Self-Care Strategies for Good Times and Bad

Clergy need to create a strong net of such belonging beyond their place of work, for both "normal" times and to help them meet strain of the emergency times.

<https://alban.org/archive/clergy-self-care-strategies-for-good-times-and-bad/>
[Images for Clergy Self-Care Strategies for Good Times and Bad](#)
<https://www.faithandleadership.com/those-who-flourish-ministry-are-intentional-about-their-well-being>
<https://alban.org/2014/09/01/featured-post/> Self-care is not selfish
<https://alban.org/archive/healthy-practices-for-practicing-balance/>
<https://alban.org/archive/good-enough-self-care/>
<https://alban.org/archive/the-first-five-years-four-programs-offering-support-to-new-pastors/>
<https://alban.org/category/care-ministries/page/2/>

Congregational concierge | Faith & Leadership

Pastors need to fight the impulse to fulfill congregants' unrealistic expectations. In order to do that, they must understand that they are players in a number of powerful systems that reward such behavior, writes Nelson Granade.

<http://www.faithandleadership.com/content/congregational-concierge>
[Images for Congregational concierge | Faith & Leadership](#)

Elijah Sits Down under a Broom Tree

4 But he himself went a day's journey into the wilderness and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O LORD, take away my life, for I am no better than my ancestors.' ⁵Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' ⁶He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank and lay down again. ⁷The angel of the LORD came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' ⁸He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

oremus Bible Browser: [1 Kings 19:4-8](#)

<http://bible.oremus.org/?passage=1+Kings+19:4-8>

[Images for Elijah Sits Down under a Broom Tree](#)

Commentary

1 Kings 19:4-8 Commentary by Sara Koenig – Working Preacher

Many interpreters of this text see Elijah as discouraged, suffering burnout from his ministerial (or prophetic) duties, or even exhibiting signs of depression. Richard Nelson explains, "God's therapy for prophetic burnout includes both the assignment of new tasks and the certain promise of a future that transcends the prophet's own success or lack of it."³ But Leong Seow observes, "Given his attitude, one should expect a divine rebuke. There is not one, however. Instead, there is a series of epiphanies...Elijah's perspective is strongly challenged, and a lesson is offered to him; but he is never rebuked for showing weakness."⁴

What Elijah receives are practical, tangible provisions that enable him to go "in the strength of that food forty days and forty nights" (verse 8). What is given, then, is sufficient and strengthening. The gospel lectionary for today identifies Jesus as the living bread that came down from heaven (John 6:51). Certainly, the bread of Jesus gives us strength for the journeys in our lives, however difficult or overwhelming they may be.

http://www.workingpreacher.org/preaching_print.aspx?commentary_id=1429

[Images of elijah strength of that food](#)

1 Kings 19 - God Encourages Discouraged Elijah

a. He wrapped his face in his mantle and went out and stood in the entrance of the cave: Immediately, Elijah sensed that God was present in the *still small voice* in a way that He was not in the previous, more dramatic phenomenon. Because he sensed the special presence of God, Elijah immediately humbled himself when he wrapped his face in his mantle.

1 Kings 19 - Enduring Word Media

<http://www.enduringword.com/commentaries/1119.htm>

[Images for 1 Kings 19 - God Encourages Discouraged Elijah](#)

Resources

Broom Tree Retreat & Conference Center

Welcome to Broom Tree, a South Dakota Jewel, owned and operated by the Catholic Diocese of Sioux Falls. This unique venue rests on 300 acres of some of the most beautiful land Eastern South Dakota has to offer.

Nestled in the rolling hills of Missouri Valley, Broom Tree provides a picturesque setting that makes for a tranquil and serene environment. Within walking distance from pristine Lake Marindahl, the facilities provide a perfect atmosphere where one can come away from the constant demands of everyday life. The peaceful grounds, adjacent lake, Conference Center, Lodge, cabins and prairie church provide a place of recollection and prayer for people of all ages and faiths.

<http://www.broom-tree.org/>

[Images for Broom Tree Retreat & Conference Center](#)

Broom Tree Ministries

Jesus said; "Come away with me to a quiet place"

Pastors - You are invited to attend a 5-day spiritual retreat available for full time Christian pastors and their spouses.

Retreat agenda is designed to allow participants to spend large blocks of time alone with God in prayer, rest, Bible study, reading, hiking and lots of time with their spouse. Pastors set their own daily schedule or can use the self-directed guide to enhance the retreat experience. Materials are provided for our guest's use such as, books, video and audio tapes. This is a gift of time to drink from the "Living Water".

<http://www.broomtreeministries.org/default.aspx>

[Images for Broom Tree Ministries](#)

The Broom Tree Refuge

The mission of the Broom Tree Refuge is to help bring healing, restoration, rest, and direction to the Lord's weary or hurting laborers. Our desire is to minister to those in Christian ministry. We seek to serve small groups, families, and individuals.

<http://www.thebroomtreerefuge.org/>

[Images for Broom Tree Refuge](#)

21 Protect Yourself From The Elijah Syndrome

The Elijah Syndrome is an extreme feeling of disappointment, loneliness, and failure which specifically follows a time of great success. Immediately after having boldly and publicly stood up against the antagonistic prophets of Ba'al, Elijah, devoid of energy, longed for death under the broom tree (I Kings 19:1ff).

http://www.ministryhealth.net/mh_articles/021_protect_yourself_from_the_elijah_syndrome.html

Images for Protect Yourself From The Elijah Syndrome

www.wordandwork.org/2011/09/the-elijah-syndrome-i-kings-191-18/

<https://www.reviveourhearts.com/true-woman/blog/the-elijah-syndrome/>

<https://www.christiantoday.com/article/the-elijah-syndrome-why-the-greatest-old-testament-prophet-might-not-be-a-great-role-model-today/95339.htm>

<http://www.joniandfriends.org/blog/elijahs-up-syndrome/>

http://www.pastorlife.com/members/sermon.asp?SERMON_ID=4330&fm=authorbio&authorid=1713 Elijah Syndrome

<https://pearlsanddiamonds.wordpress.com/2009/01/15/the-elijah-syndrome/>

<http://www.patheos.com/blogs/nolongerquivering/2016/01/evangelical-preachers-and-the-elijah-syndrome/>

Images of preachers-and-the-elijah-syndrome



Ferdinand Bol - Elijah Fed by an Angel

https://commons.wikimedia.org/wiki/File:Ferdinand_Bol_-_Elijah_Fed_by_an_Angel_-_WGA2360.jpg

Images for Elijah Fed by an Angel

General Colin Powell: A Leadership Primer

Lesson 17 "Have fun in your command. Don't always run at a breakneck pace. **Take leave when you've earned it: Spend time with your families.** Corollary: surround yourself with people who take their work seriously, but not themselves, those who work hard and play hard."

<http://nets.ucar.edu/nets/intro/staff/jcustard/jc-la2004/powell-leadership.pdf>

Images for General Colin Powell: A Leadership Primer

The Leadership Secrets of Colin Powell

Chapter 15 **Take Leave When You've Earned It**

<http://search.barnesandnoble.com/Leadership-Secrets-of-Colin-Powell/Oren-Harari/e/9780071418614>

Images for Leadership Secrets of Colin Powell

Healthy Boundaries, Self-Care Important for Clergy and Spiritual Teachers – FaithTrust Institute

Healthy boundaries are imperative to maintain the integrity of the ministerial relationship. If you have taken our Healthy Boundaries training, you know that self-care is a key component of the curriculum A Sacred Trust: Boundary Issues for Clergy and Spiritual Teachers, an integral resource used during this training. The importance of healthy boundaries and self-care for clergy is discussed in the following New York Times article.

<http://www.faithtrustinstitute.org/news/self-care-for-clergy>

Images for Healthy Boundaries, Self-Care Important for Clergy and Spiritual Teachers – FaithTrust Institute

How to Practice Self-Care and Feel More Energized - Pinterest

<https://www.pinterest.com/pin/71705819047718788/>

Images for self-care on pinterest

<https://www.pinterest.com/canyouhearmeorg/self-care-well-being/>

<https://www.pinterest.com/usqedu/self-care-and-wellness/>

Images of self-care-and-wellness

<https://www.pinterest.com/NDVHotline/self-care/>

<https://www.pinterest.com/lauraagarwilson/self-care/>

<https://www.pinterest.com/iowaCASA/self-care/>

<https://www.pinterest.com/dennie1969/self-care-ideas/>

<https://www.pinterest.com/jillconyers/self-care/>

<https://www.pinterest.com/simplyfiercely/self-care/>

<https://www.pinterest.com/suncoasthospice/self-care-sunday/>

<https://www.pinterest.com/therodiamondugh/self-care/>

<https://www.pinterest.com/LuZimmerman/self-care-ideas/>

<https://www.pinterest.com/selenanxcole/selfcare/>

<https://www.pinterest.com/tncoalition/self-care-toolbox/>
Images for self-care on pinterest
<https://www.pinterest.com/chandrakean/self-care-quotes/>
<https://www.pinterest.com/amandarochelaursw/self-care-quotes/>
Images for self-care quotes pinterest

How to Survive Desolation: Insights from St. Ignatius

Emphasis on healthy ministry is nothing new. It has been around since the writings of the prophets and the disciples. Christian leaders in subsequent centuries continued that tradition. They, too, wrote of consolation and hope in times of difficulty and persecution.

http://www.ministryhealth.net/mh_articles/314_ignatius_survive_desolation.html

Images for Survive Desolation

http://www.ministryhealth.net/mh_articles/261_df_compassion_fatigue.html

Images for compassion fatigue

http://www.ministryhealth.net/mh_articles/293_pride_sloth_loneliness.html

Images for pride sloth and loneliness

http://www.ministryhealth.net/mh_articles/235_relighting_your_fire.html

<http://byfaithonline.com/resilient-ministry/>

Images for Resilient Ministry

http://www.ministryhealth.net/mh_articles/236_so_you_want_passion.html

Images for passionate love of Christ

Images for life-changing, ministry-directing passion for Christ

http://www.ministryhealth.net/mh_articles/234_twenty-five_ways_passion.html Twenty-Five Ways to Lose Your Passion for Ministry...

And How to Get It Back

Images for Passion for Ministry

http://www.ministryhealth.net/mh_articles/220_42_anxiety_indicators.html

Images for anxiety indicators

Leadership on the Line: Staying Alive through the Dangers of Leading [Martin Linsky, Ronald A. Heifetz]

Part Three: Body and Soul

8. Manage Your Hungers

9. Anchor Yourself

10. What's on the Line?

11. Sacred Heart

To lead is to live dangerously. It's romantic and exciting to think of leadership as all inspiration, decisive action, and rich rewards, but leading requires taking risks that can jeopardize your career and your personal life. It requires putting yourself on the line, disturbing the status quo, and surfacing hidden conflict. And when people resist and push back, there's a strong temptation to play it safe. Those who choose to lead plunge in, take the risks, and sometimes get burned. But it doesn't have to be that way say renowned leadership authorities Ronald Heifetz and Marty Linsky. In *Leadership on the Line*, they show how it's possible to make a difference without getting "taken out" or pushed aside. They present everyday tools that give equal weight to the dangerous work of leading change and the critical importance of **personal survival**. Through vivid stories from all walks of life, the authors present straightforward strategies for navigating the perilous straits of leadership. Whether parent or politician, CEO or community activist, this practical book shows how you can exercise leadership and survive and thrive to enjoy the fruits of your labor.

<http://www.amazon.com/Leadership-Line-Staying-through-Dangers/dp/1578514371>

<https://www.goodreads.com/work/quotes/203268-leadership-on-the-line-staying-alive-through-the-dangers-of-leading>

Images for Part Three: Body and Soul 8. Manage Your Hungers 9. Anchor Yourself 10. What's on the Line? 11. Sacred Heart

<https://eboardsecure.dcsdk12.org/attachments/9fa8dcc2-05dd-4b73-9178-5cdf531a918.pdf> Page 20

<https://hbr.org/2002/06/a-survival-guide-for-leaders>

<http://hbswk.hbs.edu/archive/2952.html>

<https://www.linkedin.com/pulse/book-summary-leadership-line-ronald-heifetz-marty-linsky-d-k>

http://www.summary.com/book-reviews/_/Leadership-on-the-Line/

http://www.lifelongfaith.com/uploads/5/1/6/4/5164069/becoming_an_adaptive_leader.pdf

<http://www.leadershipnow.com/leadershop/1437-1.html>

http://www.faithformationlearningexchange.net/uploads/5/2/4/6/5246709/ronald_a_heifetz_and_marty_linsky.pdf

http://keithdwalker.ca/wp-content/summaries/_/Leadership%20on%20the%20Line.Heifetz%20%26%20Linsky.EBS.pdf

<https://www.mchnavigator.org/transformation/documents/Heifetz%20Leadership%20in%20Permanent%20Crisis%202009.pdf>

<http://www.ascd.org/publications/educational-leadership/apr04/vol61/num07/When-Leadership-Spells-Danger.aspx>

https://en.wikipedia.org/wiki/Ronald_Heifetz

<https://www.hks.harvard.edu/about/faculty-staff-directory/ronald-heifetz>

<https://www.amazon.com/Ronald-A.-Heifetz/e/B001IGQZIG>

http://www.goodreads.com/author/show/122962.Ronald_A_Heifetz

Images for Ronald A. Heifetz

<https://www.amazon.com/Marty-Linsky/e/B005HE2LYM>

http://www.goodreads.com/author/show/122963.Martin_Linsky

[Images for Martin Linsky](#)

[Images for Staying Alive through the Dangers of Leading \[Martin Linsky, Ronald A. Heifetz\]](#)

Leading the Congregation: Caring for Yourself While Serving the People, Revised Edition [Roger Heuser, Norman Shawchuck]

Leading the Congregation is a complete and definitive guide to the practice of church leadership. The book describes essential paradigms for the leader that integrate spiritual integrity and service within a "systems" view of the congregation and its ministry. This revised and updated version focuses on the challenges of congregational leadership in a culture that has fewer ties to Christian faith. The authors lay out the dual contexts in which church leaders must function – within the congregation, and as the congregation's representative to the community – and they explain the very different skill sets required to flourish in each. Underlying the revised edition is an insistence on the congregational leader's call from God, and cultivation of her or his relationship with God. Leadership is not the same thing as charisma, they explain; it is rather a set of attitudes and practices that each of us can and must master if we are to be worthy servants of Christ.

<http://www.amazon.com/Leading-Congregation-Caring-Yourself-Serving/dp/0687084202>

<https://www.christianbook.com/leading-congregation-yourself-serving-revised-edition/roger-heuser/9781426729966/pd/20327EB>

<https://www.scribd.com/book/381708481/Leading-the-Congregation-Caring-for-Yourself-While-Serving-the-People>

https://books.google.com/books/about/Leading_the_Congregation.html?id=e2Uy0ht28IsC

<http://www.ministrymatters.com/all/article/entry/1498/review-leading-the-congregation>

<http://www.lifeandleadership.com/book-summaries/heuser-and-shawchuck-leading-the-congregation.html>

<http://imissional.org/wp-content/uploads/2012/02/What-is-Pastoral-Leadership.pdf>

Page 4

<http://fuller.edu/campuses/common/adjunct-faculty/roger-heuser/>

<https://www.amazon.com/Roger-Heuser/e/B0043BAFIO>

https://www.goodreads.com/author/show/691917.Roger_Heuser

[Images for roger heuser, author leading congregation](#)

http://bismarcktribune.com/lifestyles/announcements/obituaries/norman-shawchuck/article_0624b974-a77c-11e1-9b9b-001a4bcf887a.html

<http://books.upperroom.org/book-author/norman-shawchuck/>

<https://www.amazon.com/Norman-Shawchuck/e/B0011YZ8S6>

https://www.goodreads.com/author/list/307029.Norman_Shawchuck

[Images for norman shawchuck, author leading congregation](#)

[Images for Leading the Congregation: Caring for Yourself While Serving the People, Revised Edition \[Roger Heuser, Norman Shawchuck\]](#)

[PDF]Ordained Ministers.indd - ELCA Resource Repository

The **ordained minister needs to be an example of self-care**, as well as caring for others. The significant demands of time and effort within the office of ordained ministry can lead one to neglect proper nutrition, exercise, and time for recreation. The congregation, agency or institution the ordained minister serves, should respect the need for the ordained minister to have adequate time for self-care. Caring for self also includes seeking counseling and/or medical care when there is evidence of physical or mental illness, substance abuse, eating disorders, or relational problems.

http://download.elca.org/ELCA%20Resource%20Repository/Vision_and_Expectations_for_Ordained_Ministers.pdf Page 11

[Images for ordained minister example of self-care](#)

[Images for elca resource repository](#)

Pastors in the pastures - The Lutheran Magazine

Pastors in the pastures: On an Indiana family farm, here's the lesson

Pastors and pastures have more in common than similar names

On a warm day this summer, Indiana pastors worked up a sweat on Jeff Hawkins' family farm. They dragged a bottomless wire cage filled with about 50 chickens over the bumpy terrain of an old hayfield.

http://www.thelutheran.org/article/article.cfm?article_id=2076

[Images of pastors in the pastures - the lutheran magazine](#)

<https://www.livinglutheran.org/contact-us/>

<https://www.livinglutheran.org/issues/>

Psyche and Spirit: pastoral support publication, clergy self-care

Clergy Self-Care & the Psychological Aspects of Ministry

brief clergy wellness articles for busy pastors

<http://www.psycheandspirit.com/>

[Images for Psyche and Spirit: pastoral support publication, clergy self-care](#)

Redrafting "Trustworthy Servants of the People of God" – Evangelical Lutheran Church in America

158 Faithfulness in Health and **Self-Care**

159 Physical health is central to well-being, vital to relationships, and makes it possible to live out vocations

160 in church, family, and community. Pastors and deacons are expected to make their own health a priority

161 in their lives, and to express their care for others by a concern for others' health as well. Congregations

162 and ministry settings are likewise to respect the needs of pastors and deacons for rest and self-care. If a

163 pastor or deacon is faced with the challenge of serious illness, then it is important that the rostered minister

164 inform both the synod bishop and congregation so that the leader's and congregation's needs may be met
165 and compassionate care extended.

Trustworthy Servants 3.4.2019

<https://www.elca.org/rosteredlife>

https://download.elca.org/ELCA%20Resource%20Repository/Trustworthy_Servants_Common_Draft_3-4-2019.pdf?_ga=2.167756730.542240428.1565090772-1300080783.1535476976

<https://www.livinglutheran.org/2019/05/trustworthy-servants-of-the-people-of-god/>

Images for "Trustworthy Servants of the People of God" - Evangelical Lutheran Church in America

Images for Faithfulness in Health and Self-Care

Page 7

Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers [Kirk Byron Jones]

Are you overdosing on overcommitment? In trying to uphold the godly callings of managerial and administrative leadership in the pastorate, even the most committed and competent ministers suffer enormous physical, mental, and spiritual strain.

Drawing from biblical, theological, and sociological sources as well as personal experience, author Kirk Jones discusses the fundamental importance of self-care for clergy and other professions engaged in helping people. Filled with creative and practical strategies for integrating self-care into vocational life, this compelling resource identifies the factors that influence overload and outlines plausible strategies for escaping such bondage.

Dr. Jones offers wisdom from personal experience combined in a book that is both practical and clear. The strategies for finding daily rest from professional caregiving is the key to avoiding burnout. He offers the spiritual, physical and emotional tools needed to rest while being present to the demands of relational and institutional responsibilities. *Rest in the Storm* is sure to be a requirement in seminaries and universities who are training professionals to care for others. It is a book that will keep professionals healthy and happy in their lives and work.

<http://www.amazon.com/Rest-Storm-Self-Care-Strategies-Caregivers/dp/0817013938>

http://www.goodreads.com/book/show/2476942.Rest_in_the_Storm

<https://www.christianbook.com/storm-care-strategies-clergy-other-caregivers/kirk-jones/9780817013936/pd/13938>

<https://www.judsonpress.com/Products/0448/rest-in-the-storm.aspx>

http://www.judsonpress.com/product.cfm?product_id=7772

<http://kirkbjones.com/article/Rest-in-the-Storm.html>

<http://www.spiritualityandpractice.com/books/reviews/view/6379>

<https://www.amazon.com/Kirk-Byron-Jones/e/B001IYVCCC>

http://www.goodreads.com/author/show/292996.Kirk_Byron_Jones

Images for Kirk Byron Jones

Images for Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers [Kirk Byron Jones]

Self-Care or Self-Medication: Which Path Are You On? - Carey Nieuwhof

When stress and life overwhelm you, you will either choose to respond to it in a healthy way (self-care) or an unhealthy way (self-medication).

<http://careynieuwhof.com/self-care-o-self-medication-which-path-are-you-on/>

Images for Self-Care or Self-Medication: Which Path Are You On? - Carey Nieuwhof

<http://careynieuwhof.com/2014/12/5-socially-acceptable-ways-church-leaders-self-medicate/>

<http://careynieuwhof.com/2016/02/25-things-all-the-great-leaders-do/>

#12

<http://careynieuwhof.com/2015/05/12-often-overlooked-practices-great-leaders-develop-that-poor-leaders-dont/>

#12

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Images for carey nieuwhof (author)

Self-care - Wikipedia

In [health care](#), self-care is any necessary human regulatory function which is under [individual](#) control, deliberate and self-initiated.^[1] Some place self-care on a continuum with [health care providers](#) at the opposite end to self-care^[2] while others see a more complex relationship.^[3] In modern medicine, [preventive medicine](#) aligns most closely with self-care. A lack of adherence to [medical advice](#) or the onset of a [mental disorder](#) can make self-care difficult.^[4] Self-care is seen as a partial solution to the global rise in health care costs placed on governments. The notion that self-care is a fundamental pillar of health and social care means it is an essential component of a modern [health care system](#) governed by [regulations and statutes](#).^[5]

Self-care is considered a primary form of care for patients with chronic conditions who make many day-to-day decisions or self-manage their [illness](#).^{[6][3]} Self-management is critical and self-management education complements traditional patient education in [primary care](#) to support patients to live the best possible [quality of life](#) with their chronic condition.^{[1][6]} Self-care is learned, purposeful and continuous.^[7] In philosophy, self-care refers to the care and cultivation of [self](#) in a comprehensive sense, focusing in particular on the [soul](#) and the knowledge of self.^[citation needed]



Walking is beneficial for health

<https://en.wikipedia.org/wiki/Self-care>

[Images for Self-care](#)

6 Traits of Effective Interim Pastors - Pastors.com

2. You have physical and spiritual stamina

Any sort of pastoral ministry will take its toll on you. The endless meetings, problem solving, planning, sermon prep and being there to care for those in need will tax you. Interim ministry amplifies the effect because you're often in strange surroundings, perhaps enduring a long weekly commute, and trying to get things done through people you don't know well.

You're able to sleep well when you've away from home.

You draw vigor and energy from the challenges of interim ministry.

You have [personal care](#) tools that sustain you through the dry spells.

You're able to stay faithful through long periods without affirmation.

You are in good health and maintain good diet and exercise regimens away from home.

<http://pastors.com/6-traits-of-effective-interim-pastors/>

[Images for Traits of Effective Interim Pastors - Pastors.com physical and spiritual stamina](#)

Take Care Quotes - BrainyQuote

https://www.brainyquote.com/topics/take_care

[Images for self-care quotes](#)

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<http://yogascapes.com/10-quotes-inspire-commit-greater-self-care>

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<http://janetravis.com/self-care-quotes-motivate-inspire/>

The Impact of Acute and Chronic Anxiety on Intentional Interim Pastorates

Rev. Thomas R. Searfoss

This session begins by looking at the definition of acute anxiety and chronic anxiety. Rev. Searfoss will help attendees see ways to identify such anxiety and stress in the congregation and then explore strategies for addressing it constructively. Left along, chronic stress can not only destroy a congregation's future, but can also destroy the pastorate of an intentional interim minister. The session will also address personal stress and how to identify and address stress in our day-to-day lives.

<http://imnedu.org/wp-content/uploads/2012/05/2013-IMN-Conference-program.pdf>

Page 6

[Images for The Impact of Acute and Chronic Anxiety on Intentional Interim Pastorates](#)

<http://www.stevenrnefffuneralhome.com/notices/ReverendThomas-Searfoss>

The Seven Habits of Highly Effective People.pdf - Texas Tech University

Habit 7 Sharpen the Saw

Principles of Balanced [Self-Renewal](#)



<http://www.depts.ttu.edu/upwardbound/books/the-7-habits-of-highly-effective-people.pdf>

Page 147

Images of principles of balanced self-renewal

The Spiritual Leader's Guide to Self-Care [Rochelle Melander, Harold Eppley]

As spiritual guides, clergy and lay leaders alike often find themselves in need of direction about how to make changes in their personal life and ministry. Rarely, however, do they find a book that presents self-care as an integral part of being a spiritual leader. The Spiritual Leader's Guide to Self-Care gives readers the tools to discern God's intention for their lives and to be faithful to that vision through proper self-care. Arranged in 52 chapters, one for each week of the year, the guide addresses seven themes: Creating a Life Vision, Caring for Yourself at Work, Nurturing Your Relationships Caring for Your Spirit and Body, Caring for Your Finances, Caring for Your Intellect, and Sustaining a Life Vision. Included are journal writing suggestions, personal reflection questions and activities, guidance for sharing the discovery process with another person, an activity for the coming week, and suggested further resources, such as novels, videos, and Web sites.

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<https://www.livinglutheran.org/author/rochelle-melander/>

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Images for Harold Eppley

Images for The Spiritual Leader's Guide to Self-Care [Rochelle Melander, Harold Eppley]

15) Spiritual Direction

40 best Spiritual Direction images on Pinterest

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Holy Listening: The Art of Spiritual Direction [Margaret Guenther, Alan Jones]

Guenther uses the images of the spiritual director as host, teacher, and midwife to describe the ministry of spiritual direction today. She pays particular attention to spiritual direction for women, and addresses such down-to-earth questions as setting, time, and privacy. The stories of real people bring the practice of spiritual direction alive.

"In the pages that follow, I will attempt to describe the shape that spiritual direction might take for people of our time, aware that the subject is an elusive one. I am speaking to the beginner, those persons lay or ordained, with or without formal theological training, who find themselves drawn to this ministry. Perhaps they feel the stirring of their own unacknowledged gifts. Or perhaps they wonder about receiving direction, whether it is a ministry available to 'ordinary people' or reserved for the especially holy. I hope some dark corners will be illuminated and some questions answered."

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Images for Margaret Guenther, Alan Jones

Images for Holy Listening: The Art of Spiritual Direction [Margaret Guenther, Alan Jones]

My Journey into Spiritual Direction | CT Pastors - Christianity Today

Recognizing God's work in your life usually requires a guide.

<http://www.christianitytoday.com/pastors/2016/winter/my-journey-into-spiritual-direction.html>

Images for My Journey into Spiritual Direction | CT Pastors - Christianity Today

<https://www.christianitytoday.com/pastors/browse/>

<https://www.christianitytoday.com/pastors/leadership-journal-archives/>

On Spiritual Direction – Let's Talk

Where is God in my life? To what is God calling me? What is God's will for my life, and how do I discern it?

If you find yourself asking these questions, you may be a candidate for the ancient Christian practice of spiritual direction. Or, perhaps you sense God calling you to a deeper prayer life, or to a more intentional commitment to your own personal faith walk.

Or, maybe God seems distant from you because of the many stresses in your life, or silent as you struggle with a difficult decision or grieve a painful loss. Or, God seems so far removed from your life that you doubt God's very existence. Or, perhaps the term spiritual direction keeps popping up in your reading or your conversation, and you are curious, or skeptical or confused.

The reasons for seeking spiritual direction are many and varied, but one thing is certain: even if you do not know exactly what it is, if God is calling you to spiritual direction, the subject will keep recurring and your heart will not find rest until you have tried this life-giving and life-changing Christian discipline.

<http://mcsletstalk.org/Vol2No22.htm>

Images for On Spiritual Direction – Let's Talk

Quotes About Spiritual Direction (26 quotes) - Goodreads

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Rostered Leaders, Start the New Year with Spiritual Direction

Christos Center, Luther Park and the Northwest Synod of Wisconsin are happy to announce their new collaborative adventure. Christos Center in Lino Lakes, Minnesota, will open a satellite office at Luther Park in Chetek, Wisconsin, for individual and group spiritual direction with support from the Northwest Synod of Wisconsin.

INDIVIDUAL AND GROUP SPIRITUAL DIRECTION

Beginning January 8, on the second Thursday of every month a Spiritual Director will be available at the Shalom Retreat Center at Luther Park for **individual and group spiritual direction**. Cost for one-hour session is \$60. Continuing Education dollars may be used for Spiritual Direction. Scholarships for spiritual direction are available. Contact the synod office for information about the scholarships. To schedule individual spiritual direction, call Dan Johnson at Christos: 651-853-8207.

[View brochure.](#)

<http://archive.constantcontact.com/fs191/1101126434512/archive/1119493071772.html>

[Images for INDIVIDUAL AND GROUP SPIRITUAL DIRECTION](#)

Sacred Companions: The Gift of Spiritual Friendship & Direction by David G. Benner (Author), Larry Crabb (Foreword)

An ECPA 2003 Gold Medallion Finalist! We need companions on our spiritual journey. The modern world has taught us to value autonomy and individualism. Our churches often see spirituality as personal and private. But we cannot go long in our Christian pilgrimage before realizing that isolation leads to spiritual barrenness. We soon discover that our souls long for accompaniment, intimacy and spiritual friendship. As a result, many Christians today are rediscovering the ancient practice of spiritual direction. In this inviting guide, David G. Benner introduces readers to the riches of spiritual friendship and direction, explaining what they are and how they are practiced. Spiritual direction moves beyond mere moral lifestyle accountability and goes deeper than popular notions of mentoring or discipling. Through prayerful, guided attunement to God's activity, sacred companions provide care for the soul. If we are to experience significant spiritual formation and growth, our souls must be nurtured through spiritual companions. Benner, well-accustomed to God's work through relationships, models the kind of traveling companion who can move us toward deeper intimacy with God.

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[Images for Larry Crabb](#)

[Images for Sacred Companions: The Gift of Spiritual Friendship & Direction by David G. Benner \(Author\)](#)

Spiritual Direction: A Guide to Giving and Receiving Direction by Gordon T. Smith (Author)

We are not alone. God is present with us. And God gives us companions on the journey. A spiritual director is one such companion, offering spiritual guidance to help make sense of the faith journey; interpret the significant markers on the road; encourage us, particularly through the more difficult transitions and valleys of our pilgrimage; and, most of all, to notice the ministry of the Spirit in our lives.

Gordon Smith writes: Even if we have been Christians and maturing in our faith for many years, we still need the encouragement and guidance that might come through spiritual direction... Genuine humility is evident in our realization that we need a companion, a fellow pilgrim and Christian, who can help us discern and foster an attentiveness to God's presence in our lives. This is the gift of spiritual direction. Whether you are a director, a directee or simply someone who wants to learn more about this ancient ministry, you will find this book to be a helpful guide.



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[Images for Gordon T. Smith \(Author\)](#)
[Images for Spiritual Direction: A Guide to Giving and Receiving Direction by Gordon T. Smith \(Author\)](#)

Spiritual direction - Wikipedia

Spiritual direction is the practice of being with people as they attempt to deepen their relationship with the [divine](#), or to learn and grow in their own personal [spirituality](#). The person seeking direction shares stories of their encounters of the divine, or how they are cultivating a life attuned to spiritual things. The director listens and asks questions to assist the directee in his or her process of [reflection](#) and spiritual growth. Spiritual direction advocates claim that it develops a deeper awareness with the spiritual aspect of being human, and that it is not psychotherapy, counseling, or financial planning.

https://en.wikipedia.org/wiki/Spiritual_direction
[Images for Spiritual direction](#)

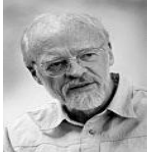
Spiritual Wholeness for Clergy: A New Psychology of Intimacy with God, Self and Others [Donald R. Hands, Wayne L. Fehr]

The authors combine clinical psychology and spiritual direction to create a practical model of spirituality that integrates theology, psychology, and an understanding of individual frailties in a new way. Spiritual Wholeness draws on counseling experience with more than 400 clergy and pinpoints the human problems, traps, and temptations awaiting those who choose the clergy role. Clergy will learn to develop and maintain a psychologically healthy spirituality in relationships with others. Judicatory executives and therapists working with clergy will gain insight into addiction problems and how to help clergy move toward greater emotional and spiritual health.

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[Images for Spiritual Wholeness for Clergy: A New Psychology of Intimacy with God, Self and Others \[Donald R. Hands, Wayne L. Fehr\]](#)

The Contemplative Pastor: Returning to the Art of Spiritual Direction [Eugene H. Peterson]

Peterson, who has been gaining a growing reputation as a “pastor’s pastor”, speaks words of wisdom and refreshment for pastors caught in the busy-ness of preaching, teaching, and “running the church”. Chapters include poetic reflections on the Beatitudes, advice on spiritual direction “between Sundays”, and the language of prayer.



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[Images for Eugene H. Peterson](#)

[Images for The Contemplative Pastor: Returning to the Art of Spiritual Direction \[Eugene H. Peterson\]](#)

The Practice of Spiritual Direction by William A. Barry (Author), William J. Connolly (Author)

The Classic Work on Helping People Become Closer to God

Fathers Barry and Connolly see the work of spiritual direction as helping people to develop their relationship with God. In thinking and practice they have absorbed the insights of modern psychotherapy but have not been absorbed by them. This highly practical book reflects the authors' experience at the Center for Religious Development in Cambridge, Massachusetts, where spiritual direction is available and where directors are trained.

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[Images for The Practice of Spiritual Direction by William A. Barry \(Author\), William J. Connolly \(Author\)](#)

Page 25

What Does the Bible Say About Direction? - OpenBible.info

<https://www.openbible.info/topics/direction>

[Images for Bible and Spiritual Direction](#)

<https://www.amazon.com/Using-Bible-Spiritual-Direction-Hoare/dp/0819232572>

<http://opcentral.org/resources/2015/01/12/richard-m-gula-using-scripture-in-prayer-and-spiritual-direction/>

<http://www.stanneswausau.org/wordpress/wp-content/uploads/2012/02/Spiritual-Direction-Flyer.pdf>

When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life by Gil W. Stafford (Author), Ph.D Sample Tex (Foreword)

Modern church leaders need to cultivate innovative and creative leadership skills, as they navigate today's post-Christian world, and as their congregations look to them for insight and guidance. Gil Stafford takes a fresh look at this vital need, drawing upon his experience as a college coach, university president, and parish priest, and interweaving them with ancient spiritual practices found within the discipline of spiritual direction. Personal anecdotes help the reader envision their own life-transforming pilgrimage, as they develop into the type of adaptive leader that churches need in today's rapidly changing world.

This book challenges church leaders to foster sacred safe space, holy listening, silence, and wisdom storytelling in order to create a discerning church community. These techniques of spiritual direction can be applied to every aspect of the church, from small group studies to conducting parish business.

<https://www.amazon.com/When-Leadership-Spiritual-Direction-Meet/dp/1566994411>

<https://www.goodreads.com/book/show/23208914-when-leadership-and-spiritual-direction-meet>

<https://rowman.com/ISBN/9781566994415/When-Leadership-and-Spiritual-Direction-Meet-Stories-and-Reflections-for-Congregational-Life>

<https://books.google.com/books?isbn=1566994489>

<https://www.bookshout.com/authors/gil-w-stafford>

https://en.wikipedia.org/wiki/Gilbert_W._Stafford

https://www.goodreads.com/author/show/1088642.Gilbert_W_Stafford

[Images for Gil W. Stafford \(Author\)](#)

https://en.wikipedia.org/wiki/Tex_Sample

<http://www.texsample.com/>

<http://www.carlmccolman.net/2016/07/20/books-spiritual-directors/>

<https://www.cokesbury.com/forms/bookstore.aspx?contributorid=12732>

<http://www.spst.edu/tex-sample-community-organizing/>

http://www.abingdonpress.com/tex_sample

<https://www.facebook.com/tex.sample>

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[Images for tex sample, author](#)

[Images for When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life by Gil W. Stafford \(Author\), Ph.D Sample Tex \(Foreword\)](#)

16) Stress

How healthy are our pastors? - The Lutheran Magazine

Report reveals church leaders have above average **stress**, weight gain and depression

Many ELCA pastors find their work fulfilling, but lately they report feeling a little “sluggish,” “burned out” and “down.”

They tend to say their weight gain doesn't help matters, but it's difficult to exercise or eat better when putting in 60- to 70-hour workweeks.

Many find it hard to take time for vacations or even personal devotions. And that's on top of worries at home, such as paying bills and spending enough time with family.

http://www.thelutheran.org/article/article.cfm?article_id=4464

[Images for How healthy are our pastors? - The Lutheran Magazine](#)

<https://www.livinglutheran.org/contact-us/>

<https://www.livinglutheran.org/issues/>

Pastoral Stress: Sources of Tension: Resources for Transformation [Anthony G. Pappas]

A superb handbook for every pastor, and a marvelous example of the reflective practice of ministry. Draws upon contemporary and classic sources as it gives you a gift of insight, wisdom, and even humor. An in-depth study of the cost and joy of ministry, valuable not only for clergy, but for pastoral relations committees and judicatory staff as well. A virtual catalogue of models for understanding pastoral stress at the personal, interpersonal, role-related, congregational, and environmental levels. It brings essential insights and suggestions to all who practice ministry.

<http://www.amazon.com/Pastoral-Stress-Sources-Resources-Transformation/dp/1566991501>

<https://books.google.com/books?isbn=1597521329>

<http://www.christianbook.com/pastoral-stress-sources-tension-resources-transformation/anthony-pappas/9781597521321/pd/521321>

http://www.judsonpress.com/author.cfm?author_id=141

http://www.goodreads.com/author/show/391442.Anthony_G_Pappas

[Images for Anthony G. Pappas](#)

[Images for Pastoral Stress: Sources of Tension: Resources for Transformation \[Anthony G. Pappas\]](#)

Stressed Out - Religion Online

The most common reason Protestant pastors leave parish ministry is an experience of stressful conflict, usually arising from differences with laity or staff but sometimes with denominational officials. Compounding these stresses, ex-pastors say, is a lack of support from church officials and fellow clergy.

<http://www.religion-online.org/showarticle.asp?title=2919>

[Images for Stressed Out - Religion Online](#)

Stress-Management: Increasing Your Alligator-Wrestling Skills – The Parish Paper

Study/Discussion Session #1

Creating and Building Effective Study/Discussion Quads

Page 2

Study/Discussion Session #2

Stress, Stress Causes, and Stresses Unique to Some Individuals

Pages 3-9

Study/Discussion Sessions #3

Coping with Your Unique Stress Reactions

Pages 10-21

Study/Discussion Session #4

Ten Ways to Reduce Stress-Reaction Intensity

Pages 22-28

Appendix I—Addressing the Mood-Swing Challenge

Page 29

Appendix II—Why and How Prayer & Meditation Reduce Stress Intensities

Page 30

Appendix III—Improving Food-Intake Management

Page 31

Appendix IV—Fifteen Steps to Lower Stress

Page 32

[PDF] Ch. Effectiveness Nuggets--Volume 17- Stress-Management: Increasing Your Alligator-Wrestling Skills- The Parish Paper

<http://www.theparishpaper.com/files/resources/Church%20Effectiveness%20Nuggets-%20Volume%2017.pdf>

<https://www.theparishpaper.com/free-resources> Church Effective Nugget, Volume 17: Stress-Management: Increasing Your Alligator-Wrestling Skills

[Images for Stress-Management: Increasing Your Alligator-Wrestling Skills – The Parish Paper](#)

<http://www.wisconsinumc.org/connections/conference-news/the-parish-paper>

<http://www.wcucc.org/resource-center/church-management/parish-paper/>

<http://www.hcucc.org/the-parish-paper>

<https://www.theparishpaper.com/back-issue-index> Back Issue Index | The Parish Paper

13 steps for interim pastors to reduce stress and stay healthy

Interim periods in the life of a church are hard on everyone. They can be especially stressful on the intentional interim pastor just when his less-anxious presence is the order of the day. What can an interim minister do to reduce the stress level and its toll? Here are 13 common sense strategies interim pastors should employ to reduce stress and stay healthy.

<http://www.transitionministriesgroup.com/self-care-during-the-interim/>

[Images for steps for interim pastors to reduce stress and stay healthy](#)

Tips for managing stress and anxiety

As you know, the situation with the COVID-19 pandemic changes day by day. At Go365, we understand these uncertain times can cause anxiety and we want you to know that the health and well-being of our members is our highest priority.

Here are some times that may help ease your stress and anxiety:

Eat healthy and stay hydrated

Practice sleep hygiene. Limit screens – and news – before bedtime, limit caffeine, and practice relaxation techniques like deep breathing before bed

S.T.O.P. to practice mindfulness during the day: Stop, Take a breath, Observe thoughts/feelings/emotions, Proceed

Cultivate (virtual) connection: Connect with friends and family through FaceTime, Skype, email or over the phone

While we don't know exactly when this uncertainty will pass, we know that if we support each other, our friends, family and neighbors, we will get through this!

Go365 by Humana humana@humana-email2.com

Email received May 7, 2020, 3:24PM

17) Support

Growing Personal and Professional Wellness through a Support Group

Here's a scary statistic from Expastors.com: "50% of ministers starting out will not last 5 years. 1 out of every 10 ministers will actually retire as a minister in some form." I've been a pastor of one form or another for 40 years. Early in my life as a parish pastor I was feeling the pressure of being the pastor of a congregation whose senior pastor had just resigned due to alcoholism and other issues. A member of the council referred me to a local ecumenical Christian leader who welcomed me into a small support group made up of church and counseling professional called CARE. For over 30 years this small group has helped me and the others in it to work through our personal and professional issues, so we can restore and increase our personal and professional wellness. Come hear my story of how this small group has helped me continue on in ministry and explore how a similar small support group experience may help you to restore and increase our personal and professional wellness in the fact of all the pressures of ministry and life. If there's an interest, we will discuss setting up small support groups among those who attend. While this workshop is aimed primarily at church professionals, those in other professions and/or those interested in helping their church leaders maintain wellness are welcome, too.

2014 Walking Together – June 7, 2014 Northwest Synod of Wisconsin

[View program descriptions. - Northwest Synod of Wisconsin](#)

http://www.nwswi.org/webfiles/fnitools/documents/workshop_descriptions_4.30.2014.pdf Page 3

[Images for Growing Personal and Professional Wellness through a Support Group](#)

How to Build a Support System for Your Ministry by Roy Oswald (Author)

Preface	v
I Clergy Support Systems	1
II Analyzing Your Need for Support	20
III The Carlisle Project: Clergy Morale and Support	31
IV. Type and Support	66
V. Getting Started	78
VI. Implications for Lay Groups within Your Congregation	96
Bibliography	103

<http://www.amazon.com/Build-Support-System-Your-Ministry/dp/1597521299>

http://www.goodreads.com/book/show/1756071.How_to_Build_a_Support_System_for_Your_Ministry

<https://www.barnesandnoble.com/w/how-to-build-a-support-system-for-your-ministry-roy-m-oswald/1001604263>

<https://books.google.com/books?isbn=1597521299>

<https://books.google.com/books?isbn=1566996759>

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[Images for Clergy Support Systems](#)

<https://mcec.ca/library-pastoral-leadership>

<https://www.uua.org/sites/live-new.uua.org/files/documents/congservices/smallcongs/a16resource.pdf>

[Images for Roy Oswald \(Author\)](#)

[PDF] Support and Care Resources for Pastors – Southwestern Minnesota ELCA

Collegial Mutual Support

Pastor-2-Pastor

Counseling

Support Groups

First Call Theological Education

Fairview Ministerial Health and Leadership, Minneapolis
Adult Partial Hospital Program at Woodland Centers
Spiritual Direction
Financial Counseling
Sabbath Rest
Vacation
Continuing Education
Sabbatical

http://www.swmnelca.org/PDF/Support_Care_Resources_Pastors.pdf

[Images for Support and Care Resources for Pastors – Southwestern Minnesota ELCA](#)

18) Survive

A Pastor's Survival Guide by Otto F. Crumroy Jr (Author), Stan Kukawka (Author), Frank M. Witman (Author)

A condensed how-to workbook to help pastors successfully lead a church. Includes reproducible forms, outlines, checklists, and worksheets for planning Christian education, worship, financial management and more.

<https://www.amazon.com/Pastors-Survival-Guide-Otto-Crumroy/dp/0819217190>

<https://www.churchpublishing.org/products/apastorssurvivalguide>

<https://books.google.com/books?isbn=0819224901>

<http://www.bloomsbury.com/author/otto-f-crumroy-jr>

<http://www.bloomsbury.com/author/stanley-j-kukawka>

<http://www.bloomsbury.com/author/frank-m-witman>

[Images for A Pastor's Survival Guide by Otto F. Crumroy Jr \(Author\), Stan Kukawka \(Author\), Frank M. Witman \(Author\)](#)

A Pastor's Survival Guide — Ministry Today

We have asked some of today's most insightful leaders what it will take for pastors to navigate the waves of cultural change in coming years and not only survive-but thrive-in their ministries.

<http://ministrytodaymag.com/index.php/ministry-today-archives/110-a-special-ministries-today-forum/7006-a-pastors-survival-guide>

[Images for Pastor's Survival Guide — Ministry Today](#)

The Introvert Leader's Survival Guide - ChurchLeaders.com

Extroverts dominate leadership literature, but what about the introverts?

<http://www.churchleaders.com/pastors/pastor-articles/165611-peter-haas-introvert-leaders-survival-guide.html>

[Images for The Introvert Leader's Survival Guide - ChurchLeaders.com](#)

<https://www.churchleadership.com/category/50-ways/>

The Pastor's Survival Guide - Patheos

This is where I repost things I believe are helpful for **survival and "thrival" in the ministry.**

<http://www.patheos.com/blogs/gloryseed/thepastorssurvivalguide/>

[Images for Pastor's Survival Guide - Patheos](#)

[Images for survival and "thrival" in the ministry](#)

The Pastor's Survival Manual: 10 Perils in Parish Ministry and How to Handle Them [Kenneth Alan Moe]

Describes the NET Groups program (an acronym for Nurturing Experience Theologically), which begins with experiences and leads people into biblical and theological reflection.

<http://www.amazon.com/The-Pastors-Survival-Manual-Ministry/dp/1566991579>

<https://www.goodreads.com/book/show/3049410-the-pastor-s-survival-manual>

<https://rowman.com/ISBN/9781566996679/The-Pastor's-Survival-Manual-10-Perils-in-Parish-Ministry-and-How-to-Handle-Them>

<https://www.barnesandnoble.com/w/the-pastors-survival-manual-kenneth-alan-moe/1113177052>

<https://books.google.com/books?isbn=1566996678>

<http://dq-life.net/content/discover-kenneth-alan-moe-pastors-survival-manual-10-perils-parish-ministry-and-how-handle>

https://www.huffingtonpost.com/rev-emily-c-heath/ten-ways-to-support-your-b_4306203.html

<https://rowman.com/action/search/rl/alban%20books>

<https://www.facebook.com/kennethalan.moe>

<https://www.amazon.com/Kenneth-Alan-Moe/e/B00J92U98S>

https://www.goodreads.com/author/show/1307839.Kenneth_Alان_Moe

[Images for Kenneth Alan Moe, author](#)

[Images for The Pastor's Survival Manual: 10 Perils in Parish Ministry and How to Handle Them \[Kenneth Alan Moe\]](#)

The Pastor's Wife's Survival Guide: Top 12 Ministry Bloopers

The top dozen lessons I've learned regarding what not to do in over 35 years as a pastor's wife...

<http://www.crosswalk.com/church/pastors-or-leadership/pastors-wife-survival-guide-12-ministry-bloopers.html>

[Images for Pastor's Wife's Survival Guide](#)

19) Thrive

From Surviving to Thriving: A Practical Guide to Revitalize Your Church by John H Krahn (Author)

For years, Rev. Dr. John H. Krahn has been a successful interim pastor whom God has used to save many dying churches. He shares his proven methods for helping churches which are barely surviving to once again thrive. Whether your church is on life support or is doing quite well, *From Surviving to Thriving -- A Practical Guide to Revitalize Your Church* is a hands-on approach that will assist you and your church greatly.

Pastor Krahn has done what he recommends and seen the results of intentional missional ministry in more than one context. Overflowing with good stories and examples of excellent ministry, his comprehensive approach includes getting the church's financial house in order, practicing good stewardship, developing a strategic plan and vision, marketing the church in new and old ways, and developing an evangelism program. Here is a book by a veteran pastor who knows how to revitalize a congregation that is long on hope and short on excuses.

Some chapters included

Stop Making Excuses and Start Doing Something

Get Your Church's Financial House in Order

Reclaim Your Inactive Members

Reach the Unchurched in Your Community

Remove the Roadblocks That Impede Thriving



<https://www.amazon.com/Surviving-Thriving-Practical-Revitalize-Church/dp/0788028812>

<https://www.goodreads.com/book/show/35156034-from-surviving-to-thriving>

<https://www.christianbook.com/surviving-thriving-practical-guide-revitalize-church/john-krahn/9780788028816/pd/028816>

<https://www.barnesandnoble.com/w/from-surviving-to-thriving-john-h-krahn/1125268299>

https://www.goodreads.com/review/show/2039310844?book_show_action=true

<https://www.amazon.com/John-H-Krahn/e/B01MQT7G4L>

https://www.goodreads.com/author/show/1579559.John_H_Krahn

[Images for John H Krahn \(Author\) thriving](#)

[Images for From Surviving to Thriving: A Practical Guide to Revitalize Your Church by John H Krahn \(Author\)](#)

How to Thrive as a Small-Church Pastor [Steve R. Bierly]

Practical and encouraging wisdom to help small-church pastors understand why they often feel the way they do abounds in this book, as well as tips on how to recover personal well-being and the joy of a small-church ministry.

Pastoring a small church is no small job. It can be physically, emotionally, and spiritually exhausting. Read this book for a relief . . . And a turning point. Steve R. Bierly offers the seasoned reassurance of one who has been in the trenches of small-church pastoring. He understands your unique needs and problems not just as a pastor, but as a person. And he shows that, by God's grace, you can fulfill your calling and thrive in the face of its challenges. With humor and fatherly wisdom, Bierly helps you reframe your perspectives on - God - Your ministry - Your relationships - Your personal needs . . . And more. Drawing on years of experience, he offers assurance that you're not alone, a fresh outlook on the successes of your ministry, and an upbeat, practical approach to spiritual, emotional, and physical well-being. *How to Thrive as a Small-Church Pastor* will help you face realistically the rigors of your vocation . . . and reclaim your first love of ministry.

<https://www.amazon.com/How-Thrive-as-Small-Church-Pastor/dp/0310216559>

<http://www.zondervan.com/how-to-thrive-as-a-small-church-pastor>

http://www.goodreads.com/book/show/2018087.How_to_Thrive_as_a_Small_Church_Pastor

<http://browseinside.harpercollins.ca/index.aspx?isbn13=9780310216551>

<https://books.google.com/books?isbn=0310877555>

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<https://books.google.com/books?isbn=0310499518>

<https://www.amazon.com/Steve-R.-Bierly/e/B000APF2PS>

http://www.goodreads.com/author/show/917040.Steve_R_Bierly

[Images for Steve R. Bierly, author small church pastor](#)

[Images for How to Thrive as a Small-Church Pastor \[Steve R. Bierly\]](#)

Resilient Ministry: What Pastors Told Us About Surviving and Thriving by Bob Burns (Author), Tasha D. Chapman (Author), Donald C. Guthrie (Author)

What does it take to have fruitful ministry over the long haul? The stresses of pastoring are well known and can be a match for even the best-prepared, most experienced in ministry--multiple tasks, long hours, taxing responsibilities and, yes, some challenging personalities. Too often the results can be burnout, being run out or just feeling worn out. To find out how pastors can thrive as well as survive, the authors undertook a five-year in-depth research project among working pastors. Here in this ground-breaking book is the distilled wisdom of dozens of pastors who have been on the front lines of ministry. We hear from them what works, what doesn't and what distinctive issues people in ministry face. The authors uncover five key themes that promote healthy, sustainable

ministry that lasts--spiritual formation, self-care, emotional and cultural intelligence, marriage and family, leadership and management. These themes are unpacked from the vantage point of ministry on the ground. Questions for personal evaluation and reflection are included throughout the book to bring home the significance of each section. This is the perfect companion for a peer cohort of pastors to read together. It can also be of value to church boards and others who want to better understand how to help sustain their pastors in ministry. In short, this is a book pastors can't live without.

<https://www.amazon.com/Resilient-Ministry-Pastors-Surviving-Thriving/dp/0830841032>

<http://www.goodreads.com/book/show/16211581-resilient-ministry>

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<https://www.thegospelcoalition.org/article/what-it-takes-to-survive-and-thrive-in-ministry>

<http://byfaithonline.com/resilient-ministry/>

<https://www.theaquilareport.com/review-resilient-ministry-pastors-told-us-surviving-thriving/>

<https://www.covenantseminary.edu/the-thistle/resilient-ministry-new-book-reveals-what-it-takes-to-survive-and-thrive-in-ministry/>

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http://www.goodreads.com/author/show/239400.Bob_Burns

Images for bob burns author resilient ministry

http://www.goodreads.com/author/show/6606589.Tasha_Chapman

Images for tasha d. chapman author resilient ministry

Images for donald c. guthrie author resilient ministry

Images for Resilient Ministry: What Pastors Told Us About Surviving and Thriving by Bob Burns (Author), Tasha D. Chapman (Author), Donald C. Guthrie (Author)

So Much Better: How Thousands of Pastors Help Each Other Thrive (The Columbia Partnership Leadership Series) by Penny Long Marler, D Bruce Roberts, Janet Maykus, James Bowers, Larry Dill, Brenda K. Harewood, Richard Hester, Sheila Kirton-Robbins, Marianne Labarre, Lis Van Harten, Kelli Walker-Jones

Meant to both inspire and inform pastoral leaders, *So Much Better* examines the impact of peer group participation on pastoral leaders, their families, and ministries. This book goes beyond numbers and data by breathing life into the statistical bones. At this book's heart are seven peer group models including stories and examples from participants, families, and church members. Also featured is information about peer group recruitment, leadership, content, and structure, and practical advice about the cost, sustainability, and evaluation of peer groups.

So Much Better can change the way you think about and perform your ministry and lead you to a life that is-- well, so much better.

<https://www.amazon.com/Much-Better-Thousands-Partnership-Leadership/dp/0827235240>

<http://www.goodreads.com/book/show/16211563-so-much-better>

<https://www.barnesandnoble.com/w/so-much-better-penny-long-marler/1112949126>

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<https://books.google.com/books?isbn=0827235240>

So Much Better: How Thousands of Pastors Help Each Other Thrive

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<http://www.religioninsights.org/articles/so-much-better-how-peer-support-can-revive-pastors-passion>

<https://www.ctsnet.edu/journeying-together-article?id=176>

<https://www.chalicepress.com/StoreClosed.aspx>

<http://bullardjournal.blogs.com/files/tcp-powerpoint-overview.pdf>

Images for So Much Better: How Thousands of Pastors Help Each Other Thrive (The Columbia Partnership Leadership Series) by Penny Long Marler, D Bruce Roberts, Janet Maykus, James Bowers, Larry Dill, Brenda K. Harewood, Richard Hester, Sheila Kirton-Robbins, Marianne Labarre, Lis Van Harten, Kelli Walker-Jones

Images for Columbia Partnership Leadership Series

Survive or Thrive: 6 Relationships Every Pastor Needs (PastorServe Series) by Jimmy Dodd (Author)

The majority of pastors are not truly known—by anyone. They subconsciously isolate themselves from both staff and congregation, so their insecurities, doubts, and failures aren't exposed. Yet confiding in the wrong person can be a dead end at best and disastrous at worst.

Former pastor Jimmy Dodd reveals how those in pastoral ministry can receive ongoing support, accountability, and restoration from relationships with a boss, counselor, trainer, mentor, coach, and good friend. Discover how you can move from surviving to thriving with the six relationships every pastor needs.

<https://www.amazon.com/Survive-Thrive-Relationships-Pastor-PastorServe/dp/1434709191>

<http://www.goodreads.com/book/show/24795796-survive-or-thrive>

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<http://www.churchleaders.com/podcast/273153-jimmy-dodd-differene-between-surviving-or-thriving-6-relationships.html>

<http://www.hallels.com/articles/13477/20150814/author-pastor-jimmy-dodd-releases-new-book-survive-or-thrive.htm>

<https://www.youtube.com/watch?v=uM5sK8-2WGk> Survive or Thrive: 6 Relationships Every Pastor Needs - YouTube
<https://www.amazon.com/Jimmy-Dodd/e/B015AQSNC0>
http://www.goodreads.com/author/show/13436686.Jimmy_Dodd
Images for Jimmy Dodd (Author)
Images for Survive or Thrive: 6 Relationships Every Pastor Needs (PastorServe Series) by Jimmy Dodd (Author)
<http://davidccook.com/pastorserve/>
<http://pastorserve.net/resources/pastorserve-book-series/>
<https://www.facebook.com/PastorServe/>
Images for PastorServe Series

10 ways to thrive in the face of pastoral challenges | Southern Equip

He has a plan and purpose for His leaders, and leadership can be more effective if we follow some very practical and thoroughly scriptural guidelines.

<http://www.sbts.edu/blogs/2014/10/10/10-ways-to-thrive-in-the-face-of-pastoral-challenges/>
Images for 10 ways to thrive in the face of pastoral challenges | Southern Equip
<http://equip.sbts.edu/article/10-ways-to-thrive-in-the-face-of-pastoral-challenges/>
<https://www.thegospelcoalition.org/article/thriving-in-the-face-of-pastoral-challenges/>

The Girlfriends' Clergy Companion: Surviving and Thriving in Ministry by Melissa Lynn DeRosia (Author), Marianne J. Grano (Author), Amy Morgan (Author), Amanda Adams Riley (Author)

As increasing numbers of young women are discerning a call to ministry, entering seminary, graduating, and searching for the call to a parish or other ministry setting, they need to be aware of the realities that face them. The Girlfriends' Clergy Companion is about the nitty gritty of ministry for young female clergy—how to maintain a sense of personal style, what it's really like to be a solo pastor, how to date, what to do when they're ready to quit. The authors met in 2008 at a gathering of young women who serve as pastors. Since then, they have been meeting monthly to develop a 'young girlfriends network' and to support one another in their ministries. In their conversations, they heard one another talking about what they wished they had known before beginning ministry. Those yearnings gave rise to this book. The authors discuss the call process and the ministry situations in which young women most commonly find themselves serving as a solo pastor and as an associate. Additional chapters explore personal style, the single life, relationships, children, and self-care, as well as challenges pastors, particularly new pastors, often face. Each chapter ends with 'The Girlfriends' Checklist,' a summary of strategies to help young women be happier and more effective ministers.

<https://www.amazon.com/Girlfriends-Clergy-Companion-Surviving-Thriving/dp/1566994187>
<http://www.goodreads.com/book/show/12379634-the-girlfriends-clergy-companion>
<https://rowman.com/ISBN/9781566994187/The-Girlfriends-Clergy-Companion-Surviving-and-Thriving-in-Ministry>
<https://www.barnesandnoble.com/w/the-girlfriends-clergy-companion-marianne-j-grano/1124817395>
<https://www.bookdepository.com/Girlfriends-Clergy-Companion-Melissa-Lynn-Derosia/9781566994187>
<https://books.google.com/books?isbn=1566996538>
https://books.google.com/books/about/The_Girlfriends_Clergy_Companion.html?id=D_5YAwwAAQBAJ
The Girlfriends' Clergy Companion: Surviving and Thriving in Ministry
http://www.episcopalcafe.com/the_girlfriends_clergy_companion/
<http://www.minnesotavalleys.org/Resource%20Center.html>
<https://rowman.com/Action/Search/RL/alban%20books>
Images for The Girlfriends' Clergy Companion: Surviving and Thriving in Ministry by Melissa Lynn DeRosia (Author), Marianne J. Grano (Author), Amy Morgan (Author), Amanda Adams Riley (Author)

Thrive Quotes - BrainyQuote

<https://www.brainyquote.com/topics/thrive>
Images for thrive quotes
<https://www.goodreads.com/quotes/tag/thriving>
www.wiseoldsayings.com/thrive-quotes/
www.azquotes.com/quotes/topics/thrive.html
<https://medium.com/thrive-global/21-quotes-to-inspire-you-to-take-action-on-living-out-your-vision-2d2fa2de815>
Images for thrive live out vision
<http://thinkexist.com/quotes/with/keyword/thrive/>
https://www.huffingtonpost.com/arianna-huffington/six-of-my-favorite-quotes_b_5303067.html
<https://www.uopeople.edu/blog/12-inspiring-educational-quotes-students-help-thrive/>
<https://www.consciouspeoplethrive.com/quotes.html>
<https://www.pinterest.com/aeschaef/i-thrive-inspirational-quotes/>
<https://www.pinterest.com/shannon4joy/survive-thrive-quotes/>
<https://www.pinterest.com/ithrivehere/ithrivehere-thrive-quotes/>

23 Best Practices to Thrive in Church Ministry | Redbud Writers Guild

More personally, I've also been asking myself: How have I managed to thrive in ministry? In honor of my 23 years, here are my 23 best practices in no particular order. Some are over-arching concepts and others more specific life hacks, totally unresearched and untested except in the personal crucible of my ministry.

<http://www.redbudwritersguild.com/23-best-practices-to-thrive-in-church-ministry/>
[Images for 23 Best Practices to Thrive in Church Ministry | Redbud Writers Guild](#)

What Does the Bible Say About Thrive? - OpenBible.info

<https://www.openbible.info/topics/thrive>

[Images for bible and thrive](#)

<https://www.guideposts.org/faith-and-prayer/bible-resources/bible-verses-to-help-you-thrive>

<https://bible.knowing-jesus.com/words/thrive>

<https://www.bible.com/reading-plans/2765-thrive-in-seasons-of-trials-and-blessings/day/1>

[Images of thrive-in-seasons-of-trials-and-blessings](#)

<https://www.takethethrivechallenge.com/thrive/>

<http://www.thrivebible.com/>

www.biblestudytools.com/msg/proverbs/passage/?q=proverbs+13:19-25

<https://www.pinterest.com/heatherbugs/thrive/>

<https://www.pinterest.co.uk/enjoytoda/thrive/>

What It Takes to Thrive in Ministry | Seminary Grad School

Seminary researchers identified five key areas where pastors should pursue growth to establish healthy ministries.

<http://www.seminarygradschool.com/article/What-It-Takes-to-Thrive-in-Ministry>

[Images for What It Takes to Thrive in Ministry | Seminary Grad School](#)

[Images for establish healthy ministries](#)

20) Training

Appreciative Interim Ministry Certificate Training Program

Interim Ministry or Transitional Ministry

Historically ministry during the time between senior pastors was called Interim Ministry. The current approach is to call this Transitional Ministry. This change in name also indicates a change in the scope of understanding transitions. Since any change, and not just the change in pastor, will result in change dynamics all clergy whether "settled pastors" or "interim" need to understand the process of facilitating change.

Our Transitional Ministry Training Programs would be very appropriate for:

- Clergy ministering during a transition between senior pastors

- Clergy joining new congregations as the settled pastor

- Clergy on extended, but time limited ministries, as a response to special circumstances in the congregation

- Settled clergy embarking on a significant change in congregational culture or ministry

- Consultants and coaches to congregations in transition

- Certificate in Appreciative Transitional Ministry

The Clergy Leadership Institute has developed a year-long Appreciative Transitional Ministry training program that is a unique blend of Theological Reflection, Appreciative Inquiry, Organizational Psychology, Transitional Leadership Theory.

The training which may be taken in a variety of locations is typically arranged in the following sequential format:

Transitional Ministry 1: Week Long Residential Intensive,

[Introduction to Appreciative Inquiry \(2.5 days\)](#)

[Introduction to Appreciative Interim Ministry\(2.5 days\)](#)

Weekly Teleconference for Implementation Consultation

Pre-Training Leadership Assessment

Transitional Ministry 2: Week Long Residential Intensive,

[Appreciative Leadership for Transformation \(5 days\)](#)

Transitional Ministry 1: Introduction to Appreciative Interim Ministry

This five-day intensive is broken into two segments. The first half is devoted to learning the philosophy and process of [Appreciative Inquiry](#) which provides the foundation of Appreciative Transitional Ministry. The second half of the training is devoted to presenting the incarnational model of Appreciative Transitional Ministry and strategies for joining a congregation and working with the parish dynamics to co-create preferred outcomes. Participants may complete these two segments separately at differing locations provided that the AI portion precedes the interim ministry training. Please see [Introduction to Appreciative Transitional Ministry](#) for more details of the program.

<http://www.clergyleadership.com/training/aim-prog.cfm>

[Images for Appreciative Interim Ministry Certificate Training Program](#)

Basic Education for the Practice of Interim Ministry

The NALIP (National Association of Lutheran Interim Pastors) Basic Education curriculum is designed for clergy and lay professionals to introduce participants to the practice of intentional interim ministry. Although focusing on Lutheran theology and polity, the event is open to all lay leaders and clergy desiring and/or called to this special ministry in congregations during a pastoral transition. It is also helpful for those who would serve as interim principals in Christian Day Schools. This course is designed in three phases (Planting, Cultivating, and Harvesting) covering a period of about six months. The first and third phases are in-residence, beginning at noon on Monday and concluding at noon on Friday with a total of at least 60 contact hours.

<http://www.csl.edu/resources/continuinged/interim-ministry/>

Discerning God's Mission 2015 - Christopher Hagen Consultant

Discerning God's Mission prepares church leaders for navigating congregations through collective discovery of God's intent for their church. Trust is fundamental for teamwork. Collaborative leadership leverages collective wisdom and skills. Relevant ministry aligned with God's will is the result.

Congregations in transition will connect with God's present work in the world, a more faithful approach than inventing their own purpose and direction.

Churches in a rut will discover anew God's purpose for them and will identify key ministries for engaging God's mission.

Church leaders seeking renewed enthusiasm for ministry see afresh the Spirit's work in their lives, journey with colleagues in ministry, explore God's ways in the world, and awaken to renewed passion for ministry.

Interim pastor training is valued by congregations, synods and districts. Trust-building and collaborative leadership for collective insight are essential tasks for guiding congregations into a new chapter in God's mission in the world. Interim ministry training track is available.

Instructors are an interdisciplinary, interfaith team skilled in transitions of churches and nonprofit organizations, representing the best in leadership development, team building, and change management.

<http://www.christopherhagenconsulting.com/discerning-gods-mission-2015.html>

[Images for Christopher Hagen Discerning God's Mission](#)

<https://www.christopherhagenconsulting.com/>

Education - Interim Ministry Network

This three-day, self-contained Fundamentals of Transitional Ministry: The Work of the Leader course introduces theories that are foundational to interim ministry. The class hours are devoted to providing opportunities for experiential learning through the use of case studies and sacred story. The work of the interim leader is presented and discussed along with tools and resources that facilitate the work of the transitional leader.

While this course emphasizes the work of the transition pastor, it is helpful to judicatory and lay leaders to make informed and healthy choices about clergy leadership during times of transition.

http://imnedu.org/interim_transitional-education/fundamentals-of-transitional-ministry/

[Images for Education - Interim Ministry Network](#)

Intentional Interim Ministry – Luther Seminary

The National Association of Lutheran Interim Pastors' basic education curriculum is designed for clergy and lay professionals to introduce participants to the practice of intentional interim ministry. Although focusing on Lutheran theology and polity, the event is open to all lay leaders and clergy desiring and/or called to this special ministry in congregations during a pastoral transition.

This course is designed in three phases (Planting, Cultivating and Harvesting) that cover a period of about six months.

Phase I (Planting) is a residential week focusing on the theory, theology, leadership skills and congregational systems related to intentional interim ministry. We examine the interim journey through scenarios (propositional learning) including the dynamics of entry, pre-entry, stages and tasks of the congregation, emotional systems, conflict, grief, power structures, and leadership skills necessary to lead the congregation, and exiting/closure issues.

Phase II (Cultivating) is a six-month experience in a parish or institutional setting, ideally in a leadership transition, in which the participant in this program "puts into practice" the material learned in Phase I. During this time, you will learn contracting (covenanting), work on personal learning goals, and write two critical incident reports, all under the supervisor of your chosen fieldwork supervisor.

Phase III (Harvesting) is the second residential week at Mt. Olivet Retreat Center in Farmington, MN, May 4-8 2015 in which through a group process you will share one of your critical incident reports, review material learned in Phase I, and learn more about the dynamics of congregations in pastoral transition, and your leadership skills and needs. You will also discuss the biblical and theological connections in this special ministry as specifically related to the Lutheran church.

Note: Participants are responsible for securing a situation in which to complete Phase II fieldwork requirements. While most participants in the program will have a ministry site, some may not. NALIP program faculty will help you define options available for your fieldwork.



Courses - Luther Seminary

http://www.luthersem.edu/lifelong_learning/kairos/courses.aspx

[Images of intentional interim ministry – luther seminary](#)

Interim Ministry - Center for Congregational Health

Finding opportunity in transition – the Center assists congregations in finding and maximizing the many positives that can accompany a change in pastors, as well as lessening the uncertainty of this period

Interim ministry offers significant opportunity to improve the health of a congregation and establish a basis for a long and meaningful relationship with the next pastor. In our experience, when congregations choose the form of interim ministry that best fits their situation, this can be a period of spiritual growth that also improves organizational effectiveness.

The center assists congregations in determining the type of interim ministry that will be most helpful for them, including: **Traditional Interim Ministry** - involves calling an interim pastor who provides limited services in worship leadership and pastoral care. A search committee works to locate a new pastor, and the Center helps congregations locate specialists who can lead that process. E-mail Les Robinson (congreg@wfubmc.edu) for more information.

Intentional Interim Ministry - a process that guides a congregation to explore its heritage, mission, leadership, and connection to the wider church before beginning the formal search for a new pastor. For detailed information on this aspect of our work, read [Intentional Interim Ministry—In Perspective](#).

The center also trains interim pastors to serve as traditional interim pastors and intentional interim ministry specialists. To get started with this training, enroll in [Interim Ministry for Today's Church](#). **Training** for intentional interim ministry requires that one enroll in this course first.

<http://www.healthychurch.org/ministries/interim-ministry>

[Images for Interim Ministry - Center for Congregational Health](#)

<http://www.healthychurch.org/learning-opportunities/upcoming-learning-opportunities>

Interim/Transitional Ministry

Resources you will find on this page:

[Tips for Preparing a Personal Information Form for an Interim Pastor](#)

[Tips for Preparing a Ministry Information Form for an Interim Pastor](#)

[What can a Congregation Expect from an Interim Pastor?](#)

[Interim Pastor Education Sites and Transitional Ministry](#)

PC(USA) OGA

<http://www.presbyterianmission.org/ministries/ministers/interim-pastors/>

[Images for Interim Pastor Education](#)

<http://www.oga.pcusa.org/section/mid-council-ministries/ministers/interim-pastors/>

Rethinking Transitional Ministry by Norman Bendroth - Alban Institute

Many, if not most, interim ministers have received their **training** from the Interim Ministry Network, which continues to be the gold standard. The training is rigorous, requiring a three-day seminar in the Fundamentals of Transitional Ministry and a five-day intensive event called The Intentional Interim Minister. Those trained then work in "learning communities" of six to eight people coached by an IMN faculty member. Each member is to design a project based upon their training and the needs of the congregation they are serving. Before one can receive a certificate he or she must participate in five conference calls, field test the project, and reflect upon and receive feedback from their colleagues.

Rethinking Transitional Ministry - Alban Institute

<https://alban.org/archive/rethinking-transitional-ministry/>

http://macucc.s3.amazonaws.com/71BBE2C7B9B049B0883D51809D9A1E82_Rethinking%20Transitional%20Ministry.pdf

<https://alban.org/2015/03/06/norman-bendroth-transitional-ministry-today/>

<https://www.amazon.com/Transitional-Ministry-Today-Successful-Strategies/dp/156699750X>

<https://rowman.com/ISBN/9781566997669/Transitional-Ministry-Today-Successful-Strategies-for-Churches-and-Pastors>

<https://books.google.com/books?isbn=1566997518>

<http://www.goodreads.com/book/show/23811442-transitional-ministry-today>

<https://www.christiancentury.org/contributor/norman-b-bendroth>

<https://louisville-institute.org/interviews/norman-bendroth/>

https://www.bookdepository.com/Transitional-Ministry-Today-Norman-B-Bendroth/9781566997669?ref=bd_recs_1_1

[Images of rethinking transitional ministry by norman bendroth](#)

The Art of Transitional Ministry - Montreat Conference Center

The interim pastor is recognized as a specialized position in the Presbyterian Church (U.S.A.). Some interim pastors enter this field straight out of seminary, others enter at mid-career and find a new enthusiasm in this more specialized kind of ministry. Still others are retired ministers who wish to continue in service for a few more years. Presbyteries increasingly encourage sessions to call an interim while the congregation is in transition between installed pastors. Interim assignments vary in length from three months to a year or more.

This specialized ministry often requires skills which include reorganizing a session or congregation, problem-solving, program maintenance, and conflict management, as well providing trained leadership through a transitional period.

The interim is one who understands and helps the congregation address the five developmental tasks: coming to terms with history; shifts of leadership; thinking denominational linkages; discovering a new identity; and commitment to new pastoral leadership and to a new future.

The curriculum for these events has been standardized at regional sites across the country. Weeks are not repeatable. However, if it has been more than six years since you attended week I **training** you should take it again.

<http://www.montreat.org/current/2012-interim-pastors-seminars>

[Images for Art of Transitional Ministry - Montreat Conference Center](#)

Training & Credentials - Intentional Interim Ministry

Training is a critical component to the success of the Intentional Interim Ministry program. Through the process, all intentional interim ministers participate in peer review and in continuing education and conferences to provide the best possible service to the congregations they serve.

A typical Intentional Interim Ministry pastor has 60 hours of formal training and a six-month period of supervised fieldwork. A Certificate of Study is received upon completion of the training.

Training programs are offered on the campus of Concordia Seminary, St. Louis and other sites, under the auspices of the National Association of Lutheran Interim Pastors (NALIP). Detailed information is available at www.nalip.net.

<http://interimministrylcms.org/training.php>

[Images for Training & Credentials – Intentional Interim Ministry](#)

Training | intentionalinterimministry.org

Intentional Interim Ministry training is a three-phase event led by two experienced trainers for up to twenty participants. Phase 1 begins with a four-day gathering to introduce concepts, tools, and techniques used in short-term, intentional, pastoral leadership. A thirty-day interval follows during which participants will obtain and review the General Board of Global Ministries “Church Profile” and “Neighborhood Profile” pertaining to their current appointments as well as complete a Birkman questionnaire.

The group reconvenes for Phase II which includes a Birkman de-brief, and training in the *Discipline* 213 assessment process.

Additionally, participants are taught how to do CPR – how to write a “Change Process Report.”

The participants return to their ministry settings for a six-month mentored practicum during which they will initiate the assessment process and program changes required by the *Discipline*. They will write about two of their experiences, at least, in CPR form.

During Phase III, each participant presents two CPRs for group analysis and discussion.

http://intentionalinterimministry.org/?page_id=746

[Images for Training | intentionalinterimministry.org](#)

Transitional Ministry Education Consortium of the PCUSA

Top notch educational events available for Protestant ministers considering transitional ministry at multiple sites around the USA.

<https://www.transitionalministryeducation.net/>

[Images for Transitional Ministry Education Consortium of the PCUSA](#)

<http://oga.pcusa.org/section/mid-council-ministries/ministers/interim-pastors/>

21) Wellness

Best 25+ Health and wellness ideas on Pinterest

<https://www.pinterest.com/explore/health-and-wellness/>

[Images for health and wellness on Pinterest](#)

<https://www.pinterest.com/thedailymeal/health-and-wellness-advice/>

<https://www.pinterest.com/hlthadvocate/wellness-tips/>

<https://www.pinterest.com/explore/wellness-tips/>

<https://www.pinterest.com/explore/wellness-center/>

<https://www.pinterest.com/todayshow/health-%2B-wellness/>

<https://www.pinterest.com/wellnessmama/>

<https://www.pinterest.com/wellnessquest/>

Health and Wellness | Northwest Synod of Wisconsin - ELCA

The Wholeness Wheel reflects our call to care for our whole self. By balancing the interconnected dimensions of well-being, we are able to live well in Christ and pass on our faith.

http://www.nwswi.org/resources/health_and_wellness.phtml

[Images for Health and Wellness | Northwest Synod of Wisconsin - ELCA The Wholeness Wheel](#)

Ten best practices for health and wellness | The Lutheran

As Christians, we understand the value of rules to guide us in living a life of faith. Maintaining health and wholeness is essential in making the most of the life we were given. Here are some suggestions for being intentional about your health and wellness.

1. Love God with all your heart, soul, mind and strength.
2. Love your neighbor as you love yourself; be an example of self-care as well as caring for others.
3. Remember the Sabbath and keep it holy; be intentional about time for rest and renewal within your week, church year and life in ministry.
4. Honor your body as a gift from God and temple of the Holy Spirit. Feed it healthy foods, and build your physical and emotional endurance with regular physical activity.
5. Honor your mother, father, siblings, spouse, and/or children with your love, respect and time.
6. Reflect your faith and use your gifts in your vocation.
7. Develop healthy habits to keep your wholeness wheel in balance and to be fit for a ministry of servanthood.
8. Equip yourself to use your gifts effectively to proclaim and live out the gospel in the world.
9. Practice and seek forgiveness.
10. Pray daily.

(From [The Right Road: Life Choices for Clergy](#) by Gwen Wagstrom Halaas.)

http://www.thelutheran.org/article/article.cfm?article_id=4876

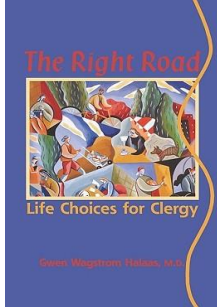
[Images for Ten best practices for health and wellness | The Lutheran](#)

<https://www.livinglutheran.org/contact-us/>

<https://www.livinglutheran.org/issues/>

The Right Road: Life Choices for Clergy by Gwen Wagstrom Halaas (Author)

Many clergy are in startlingly bad health. Not only do they regularly report depression, stress, and serious family and financial problems, they also exhibit higher than normal incidences of obesity, high cholesterol levels, inactivity, high blood pressure, and heart disease. How effective can professionals in ministry be with such debilities and vulnerabilities? Are clergy too busy helping others to take care of themselves? Gwen Halaas's caring and savvy book addresses clergy health directly: clergy have a spiritual as well as physical need to care for themselves, to live to the fullest, to ensure that they enjoy the life and gifts God gave them. Building her brief, practical book around the **wellness wheel**, Halaas emphasizes not just healthy eating but a whole array of life-affirming choices for clergy. Halaas provides the tools for clergy to choose growth and well-being over burnout and decline. With this practical and upbeat volume, clergy can begin to put their own lives in perspective and "keep [themselves] in training for a godly life" (1 Timothy 4:7).



<http://fortresspress.com/product/right-road-life-choices-clergy>
<http://fortresspress.com/author/gwen-wagstrom-halaas-md>
<https://www.amazon.com/Right-Road-Choices-Clergy-Prisms/dp/0800636570>
https://www.goodreads.com/book/show/976611.The_Right_Road
https://books.google.com/books/about/The_Right_Road.html?id=PA11bvKXDTEC
<https://books.google.com/books?isbn=0520938410>
<https://www.good-sam.com/about/leadership/board-of-directors/gwen-wagstrom-halaas>
<https://www.amazon.com/Gwen-Wagstrom-Halaas/e/B001K8H6V2>
https://www.goodreads.com/author/show/492795.Gwen_Wagstrom_Halaas
[Images for Gwen Wagstrom Halaas](#)
[Images for The Right Road: Life Choices for Clergy by Gwen Wagstrom Halaas \(Author\)](#)

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Wellness Quotes - BrainyQuote

<https://www.brainyquote.com/topics/wellness>
[Images for wellness quotes](#)
<https://www.goodreads.com/quotes/tag/wellness>
www.wiseoldsayings.com/wellness-quotes/
www.sagewoodwellness.com/25-inspirational-health-and-wellness-quotes/
<https://www.pinterest.com/wellresources/health-wellness-quotes/>
<https://www.pinterest.com/mentalhealtham/wellness-quotes/>
<https://tamboracai.com/10-inspirational-quotes-for-health-and-wellness/>
<http://ecosalon.com/30-best-quotes-about-health-and-wellness/>

Wellness - Wikipedia

Wellness may refer to:

- [Health](#)
- [Well-being](#), psychological wellness
- [Wellness \(alternative medicine\)](#)
- [Workplace wellness](#)
- [Wellness tourism](#)
- [Eudaimonia](#), wellness in Ancient Philosophy

<https://en.wikipedia.org/wiki/Wellness>

[Images for wellness](#)

[Images for Wellness may refer to: • Health • Well-being, psychological wellness • Wellness \(alternative medicine\) • Workplace wellness • Wellness tourism • Eudaimonia, wellness in Ancient Philosophy](#)