

# 2019-2020 Confidential Clergy Wellbeing Groups

*for ongoing support of United Methodist clergy in ministry*

Offered by



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Director

- Reflection and support in multidimensional self-care
- Family Systems Theory lens for increased self-understanding
- 3 CEUs for intentional participation offered through Wesley Leadership Institute

## Orientation Sessions

• Monday September 9	10:00-1:30	Knoxville, TN	Holston Center for Wellbeing
• Wednesday September 11	10:00-1:30	Johnson City, TN	Wesley Memorial UMC
• Monday September 16	10:00-1:30	Chattanooga, TN	Tyner UMC
• Monday September 23	10:00-1:30	Emory, VA	Emory & Henry College

At orientation, groups will discuss and affirm a schedule of dates and times of meeting. All housekeeping matters will be covered. Clergy groups will meet monthly for 3.5 hours September 2019 through May 2020. Fellowship around a shared lunch time is part of group time as well.

*Research has shown that clergy leaders who devote time and energy to the development of their personal spirituality and emotional maturity will be more grounded and able to sustain themselves in ministry through difficulties. It is also known through research that having a more positive, hopeful outlook about one's life enables resilience and sustainability. Such outlooks are gained when a person intentionally is responsible for his or her wellbeing. Likewise, a positive outlook will enable a clergy leader to help others overcome fears and negative habits that may stand in the way of congregational vitality.*

This confidential gathering of colleagues will engage theological and ethical issues of relationships, both personal and congregational.

## **PARTICIPANTS**

1. Prepare by reading specific assignments in preparation for discussion of key topics
2. Agree to share group leadership in facilitating discussion

3. Reflect on both helpful and potentially self-damaging habits of their congregational leadership style, sometimes using the lens of Family Systems Theory.
4. Support one another in attending to holistic self-care as a faithful response to God.
5. Each participant will be asked to consider framing a personalized self-care plan to include responsibility for one's intellectual, emotional, physical, and spiritual self-care.

## **GROUP GOALS**

1. Growth in pastoral relationship skills and congregational leadership skills in the local church setting.
2. Growth in seeing and talking about our congregational relationships from a family systems perspective.
3. Gaining self-understanding so as to understand more objectively one's role in interactions with others within our ministry setting.
4. Learning ethical guidelines for pastoral care givers in the local church setting.
5. Personal growth and development through self-reflection.
6. Other goals as established by the group for individual concerns or group needs.

## **GROUP PROCEDURE**

The group will structure time each meeting in its own format.

Three aspects will be considered:

- 1) **Personal check in** (an opportunity to share from a personal standpoint or ministry setting as well to state one's feelings in relationship to situation)
- 2) **Discussion** of reading material **as presented by group members**.
- 3) **Case conferencing** with each participant to bring a minimum of one case study.

Participants will demonstrate their pastoral care awareness through case report of pastoral care interventions. Support will be offered by group members in response.

## **ATTENDANCE**

**Regular attendance is mandatory. No unexcused absences.** If unable to attend a session, you must let the group facilitator know. Call or text or email Kathy Heustess (843) 421-3536 [kathyheustess@holston.org](mailto:kathyheustess@holston.org) as soon as you know you will miss the group.

## **EXPECTATIONS**

1. Attendance at all scheduled group gatherings (9), September through May.
2. Completed reading of required books and preparation for group discussion. Be able to identify one point with which you make connection.
3. Members will volunteer to facilitate discussion on a schedule.
4. Case presentations to include a brief written verbatim (1 page maximum) on one pastoral issue which may be addressed through group questioning and dialogue.
5. Facilitation of discussion leadership will rotate among group members.
6. Confidentiality is the expectation of each participant. A breach will result in removal from the group.

7. The group will offer a comfortable pace for reflection about the participant's own family system and personal role in it. Such reflection enables self-understanding, which helps facilitate growth and authentic positive change in the participant's impact on all life relationships, both personal and professional.

## **CONFIDENTIALITY & COST**

Confidentiality Agreements will be reviewed and signed at the Orientation meeting. Confidentiality is expected toward all matters considered during group sessions. Participants' names are submitted to the Wesley Institute staff for crediting CEUs for the group. Payment of the CEU fee is made by check to Holston Conference Foundation for HCW CEUs. This **fee of \$50** supports the continuing ministry of pastoral counseling in Holston.

## **CASE PRESENTATION**

Case presentations on a pastoral discernment issue will be prepared and presented according to a schedule determined by participants. Please make enough copies for each group participant. No more than one page in length please, according to the following structure:

- 1) **A paragraph of background information** on the client, clients or parishioners. In order to maintain confidentiality, the paragraph should contain first names only, ages, presenting problems and demographic data that you believe impacts the case.
- 2) **A description of the appropriate family systems assumptions and theological assumptions** that guide your thinking about the interview or meeting with this person or group. You may also describe any specific interventions you used in the session.
- 3) **A question or issue** about the session on which you would like feedback from the group.

## **EXAMPLES OF CASE STUDY TOPICS**

1. Crisis Pastoral Care and Intervention
2. Marital or Premarital Pastoral Care
3. Spiritual Direction
4. Hospital or Homebound Care
5. Individual or Family Pastoral Care
6. Congregational Leadership Issues
7. Interactions/conflict with groups, committees, or chairpersons
8. Interaction with "difficult" persons
9. Others as you desire.

## **GROUP DISCUSSION**

A schedule will be formed to allow shared responsibility for leadership of this discussion. Group discussion will focus on **key ideas and tenets** presented in the book. Participants will need to be ready to identify explicit and implicit theological assumptions.

Group time is a time to speak about one's own self and ministry. It is not helpful to bring any stories of other persons into the group session and may be done only as they specifically relate to one's own area of ministry. It is important to tell and reflect on our own stories so that we might see growth in self-understanding.

### **TEXTS – OPTION 1 – REGULAR STUDY**

Tidsworth, Mark E., *Shift: Three Big Moves for the 21<sup>st</sup> Century Church*, Pinnacle Leadership Press, 2015. **ISBN-13-978-1517694333**

Rohr, Richard., *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*, Convergent Books, 2019. **ISBN-13-978-1524762094**

A text of the group's choosing with consensus.

### **TEXTS – OPTION 2 – ENNEAGRAM STUDY**

Cron, Ian Morgan and Stabile, Suzanne, *The Road Back to You: An Enneagram Journey to Self-Discovery*, InterVarsity Press, 2016. **ISBN-13-978-0830846191**

Cron, Ian Morgan and Stabile, Suzanne, *The Road Back to You Study Guide*, InterVarsity Press, 2016. **ISBN-13-978-0830846207**

Chestnut, Beatrice, *The 9 Types of Leadership: Mastering the Art of People in the 21<sup>st</sup> Century Workplace*, Post Hill Press, 2017. **ISBN-13-978-1682616383**

Stabile, Suzanne, *The Path Between Us: An Enneagram Journey to Healthy Relationships*, InterVarsity Press, 2018. **ISBN-13-978-0830846429**

Stabile, Suzanne, *The Path Between Us Study Guide*, InterVarsity Press, 2018. **ISBN-13-978-0830846436**

**GROUP MEMBERS CAN BEGIN STATING THEIR PREFERENCE FOR STUDY OPTIONS AS THEY SIGN UP TO ATTEND. AT ORIENTATION, GROUPS WILL BE INVITED TO REACH CONSENSUS ABOUT WHICH TEXTS (OPTION 1 OR OPTION 2) WILL BE USED FOR GROUP.**

## **TENTATIVE SCHEDULE**

### **Knoxville Group**

First Meeting: **Wednesday, September 9** - 10:00 a.m. to 1:30 p.m.  
Holston Center for Wellbeing, 151 Sherway Road, Suite 1, Knoxville, TN 37922-2236  
Meets one day each month from 10:00 a.m. to 1:30 p.m. including lunch  
Dates: TBD

Second Meeting & subsequent meetings: TBD  
Holston Center for Wellbeing, 2507 Mineral Springs Avenue, Knoxville, TN 37917

### **Johnson City Group**

First Meeting: **Wednesday, September 11** - 10:00 a.m. to 1:30 p.m.  
Wesley Memorial UMC, 225 Princeton Rd, Johnson City, TN 37601  
Meets one day each month from 10:00 a.m. to 1:30 pm including lunch time  
Dates: TBD

### **Chattanooga Group**

First Meeting: **Monday, September 16** - 10:00 a.m. to 1:30 p.m.  
Tyner UMC, 6805 Standifer Gap Rd., Chattanooga, TN 37421  
Meets one day each month from 10:00 a.m. to 1:30 p.m. including lunch time  
Dates: TBD

### **Virginia Group**

First Meeting: **Monday, September 23** - 10:00 a.m. to 1:30 p.m.  
Emory & Henry College, Wesley Parlor, 30461 Garnand Drive, Emory, VA 24327  
Meets one day each month from 10:00 a.m. to 1:30 p.m. including lunch time  
Dates: TBD