

# Healthy Congregations



## Who Will Benefit:

This workshop is designed for:

- Pastors, Church Council / Vestry / Session members, Judicatory leaders, and lay leaders.
- The workshop would be especially helpful if a team made up of both clergy and lay leadership from a congregation would attend the event together.

## Workshop Location:

Utica United Methodist Church  
8650 Canal Road  
Sterling Heights, MI

(Map to workshop site sent with confirmation of registration.)

## Workshop Leader:

**Bill Blank** is Associate Director of the Lombard Mennonite Peace Center. As an ordained minister in the Mennonite Church, he has served as a pastor and interim pastor for a number of years. He has participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington D.C. He also has experience as a mediator, working with churches and other organizations.

## Registration Fee:

The preregistration fee is \$99.00. If received after Sept. 21, 2018 the fee is \$109.00. For those who register after September 28, 2018, or at the door, the fee is \$119.00. Fee includes training manual, lunch, and refreshment breaks. Cancellations are subject to a nonrefundable administration fee of \$25.00, if LMPC receives notice of cancellation by September 28, 2018; otherwise, no refund will be issued.

To register, return the form below with a check, or you may register online (for individual or group registrations) via credit card payment at the following website:

[www.brownpapertickets.com/event/3474290](http://www.brownpapertickets.com/event/3474290)

**Church group discounts are available.** When four to six persons register together **from the same congregation**, the discount is \$10 off the normal rate per person for the whole group. For groups of seven or more, the discount is \$20 per person. To qualify for the discount, all registration forms must be mailed together with a single check by September 21, 2018, the preregistration deadline. **For further information about the workshop or the group discount, call LMPC at (630) 627-0507 or email us at [admin@LMPeaceCenter.org](mailto:admin@LMPeaceCenter.org).**



Scan here to download a church discount coupon from our website:

## For More Information:

Call the LMPC office at (630) 627-0507, or visit our website at [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org).

## Workshop Schedule

### Friday, October 5:

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

### Saturday, October 6:

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

## Registration Form

### Healthy Congregations — Sterling Heights, Michigan — October 5-6, 2018

To register, clip this form, make your check payable to "LMPC," and mail to:  
Lombard Mennonite Peace Center, 101W 22nd Street, Suite 206, Lombard, IL 60148.

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Congregation/Organization \_\_\_\_\_ Work Phone \_\_\_\_\_  
Personal Email \_\_\_\_\_ Other Email \_\_\_\_\_

\* Confirmation of Registration is sent by **email** - Please be sure to include at least one email address, printed clearly.

\_\_\_\_\_ Yes! Please register me/us for the **Healthy Congregations** workshop in Sterling Heights, MI. I've enclosed \$99.00 per person (\$109.00 after September 21, 2018; after September 28, 2018 the fee is \$119.00)

\_\_\_\_\_ Please send # \_\_\_\_\_ copies of this brochure for sharing with others in my church.

\_\_\_\_\_ Please send information about how my congregation can host this workshop or other LMPC workshop options.

\_\_\_\_\_ Please send information about LMPC's *Mediation Skills Training Institute for Church Leaders*.

\_\_\_\_\_ Please send information about LMPC's *Clergy Clinic in Family Emotional Process*.

To register online, please visit: <https://www.brownpapertickets.com/event/3474290>  
or scan the QR code at right.





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## Healthy Congregations

**October 5-6, 2018**

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

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

**Utica United Methodist Church**

8650 Canal Road

Sterling Heights, Michigan

*Sponsor:* Lombard Mennonite Peace Center



### About the Workshop:

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders become more effective stewards of their congregations. The workshop utilizes a video case study developed by Dr. Peter Steinke and is based on the work of Dr. Edwin Friedman, author of *Generation to Generation: Family Process in Church and Synagogue*.

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

Friedman noted that in many congregations today negative, reactive forces are allowed to set the agenda for the church. He believed that such reactivity in churches is reflective of societal anxiety, which is likely to increase in the years ahead. We can, therefore, expect ever increasing levels of reactivity in our churches for the foreseeable future.

What can be done to prevent anxiety from becoming a toxic force in your congregation? The *Healthy Congregations* workshop is designed to equip leaders to respond to the presence or potential threat of anxiety in a congregational system in ways that prevent destructive conflict and help the church stay focused on its unique mission and purpose.

### This workshop will help you . . .

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



### Other LMPC Programs:

The *Mediation Skills Training Institute for Church Leaders* (MSTI) equips leaders with strategies for addressing interpersonal, small group, and congregational conflicts. Dates and locations for 2018-2019 are:

Aug. 6-10, 2018 – Glen Ellyn, IL (Chicago area)  
Oct. 1-5, 2018 – Minnetonka, MN (Twin Cities area)  
Nov. 12-16, 2018 – Richmond, VA  
Mar. 18-22, 2019 – San Francisco area (exact site TBD)

**Special Announcement: MSTI will be in eastern Michigan  
May 13-17, 2019 — Detroit area (exact site TBD)**

*Clergy Clinic in Family Emotional Process* is designed to enhance the ability of participants to function as self-differentiated leaders in their ministry setting. The clinic meets three times during the year for three days each time, for a total of nine days of training.

**Group A**

October 22-24, 2018  
February 18-20, 2019  
April 29-May 1, 2019

**Group B**

November 5-7, 2018  
February 25-27, 2019  
May 6-8, 2019

For further information please visit [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)

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