

Spiritual Wellness Journey



It has been a joy to serve as a Minister of Word and Sacrament for 25 years. The past three years, I have served as the chaplain at the University of

Jamestown in Jamestown, North Dakota. Prior to Jamestown, I served as a parish pastor in Spicer, Minnesota, Clarion and Fort Dodge, Iowa.

Spiritual wellness has been a primary focus of my ministry. My D.Min. dissertation examined the significance of clergy spiritual wellness during pastoral transitions. I have created various spiritual wellness assessment tools. As a coach, I have developed a spiritual wellness checkup and strive to encourage and support spiritual health and vitality.

My service to the larger church has included various capacities at the Presbytery level including moderator and vice-moderator and General Assembly advocate and commissioner. I have also had the privilege of serving on special committees for the Synod of Lakes and Prairies and as a Synod School teacher.

My journey includes my best friend and husband, Doug. Together we received a call to be foster and adoptive parents. We adopted six children through the foster care system. We have nine grandchildren. Our family journey has been a rollercoaster ride – many highs and lows, twists and turns. We have learned to trust the Lord in all circumstances. I enjoy spending time with God in creation, especially on water. A couple of my favorite activities are kayaking, swimming and walking. While I don't consider myself an artist, I appreciate opportunities to be creative.

Spiritual Wellness Journey Workshop

Do you feel like your connection with God is a mile wide and an inch deep? Have you struggled to discover meaningful ways to sustain your spiritual health? In this workshop, participants will gain a better understanding of spiritual wellness. They will assess their own spiritual wellness and identify their God-shaped connection style. They will also create an action plan to position themselves to develop a closer relationship with God and others.

WHEN: Friday November 20, 2020 @ 10:00 am-2:30 pm (CT, with lunch break)

WHERE: Virtual via Zoom (link will be sent in Welcome Email)

COST: \$75.00/participant

REGISTER HERE: <https://emc3coaching.com/spiritual-wellness-journey-workshop/>

WHAT PARTICIPANTS ARE SAYING ABOUT THIS WORKSHOP: "I thought Candace simply brought a warmth and energy that was so very much needed as a pastor trying to guide my congregation through this pandemic. I found Candace's discussion on the Fruits of the Spirit and the God-Shaped Connection very informative. A wonderful seminar! I would participate in any other seminars Candace put on!" Rev. Dr. W. Kirwin Stewart Jr., First Presbyterian Church of Holdrege, Nebraska