

Self-Care Workshop (Part 2 of Expanding Your Ministry Toolbox)
Friday, March 17 and Saturday, March 18

In addition to the stress of providing comfort and spiritual guidance in response to the recent natural disaster, church professionals are intimately involved with the normal emotional roller coaster of people in their community. How can we be intentional about addressing our own health needs so that we both model and guide people in loving self and neighbor? **Stephen McCutchan** is a Presbyterian Teaching Elder. He blogs at www.smccutchan.com and publishes a newsletter on care of clergy, www.pastoralcarenetwork.org. He is author of 11 books and 2 CDs.

Class time is 7–9 pm Friday and 9 am–4 pm Saturday; participants are expected to be present for the entire time. This will be held at Kanawha United Presbyterian Church in Charleston. The cost for this course is \$75, payable to the presbytery office. The registration deadline is Monday, February 13, in order to provide time for participants to complete a reading assignment prior to February. To register, please complete the form found at <http://www.wvpresbytery.org/wp-content/uploads/2013/08/self-care-workshop-flyer.pdf>.