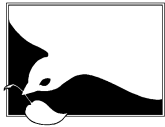


This workshop will help you . . .

- 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* equips leaders with strategies for addressing interpersonal, small group, and congregational conflicts.

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 information and dates: www.LMPeaceCenter.org

About the Workshop:

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders and all members become more effective stewards of their congregation's health. The workshop was 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 leaders and all church members 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. 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.

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

Healthy Congregations



**Friday, November 8 and
Saturday, November 9**

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

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

First Presbyterian Church

16 Leon Sullivan Way
Charleston, West Virginia

Sponsored by
First Presbyterian Church

Led by staff of
Lombard Mennonite Peace Center

Who Will Benefit

The workshop is designed for:

- Pastors and other church staff, lay leaders, all congregation members.
- Anyone interested in enhancing their capacity to manage self in a non-anxious and responsible way, whether in the church, the home, the workplace, or the community.

Workshop Location

First Presbyterian Church
16 Leon Sullivan Way
Charleston, West Virginia

Workshop Leader

Richard Blackburn is Executive Director of Lombard Mennonite Peace Center (LMPC) in Lombard, IL. Richard is a trainer and mediator, with broad experience in serving as a consultant to conflicted churches. He has participated in Dr. Edwin Friedman's *Postgraduate Clergy Seminar in Family Emotional Process* and the *Postgraduate Program in Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C.

Registration

The registration fee is \$10 per person (includes manual and lunch). **The pre-registration deadline is Thursday, October 31, 2019**, after which the registration fee is \$15 per person.

Registration may be submitted by mailing the form to Vanessa King, Programs Coordinator, First Presbyterian Church, 16 Leon Sullivan Way, Charleston, WV 25301 – or scanning and emailing to vannessa@firstpresby.com.

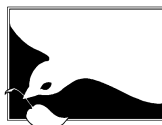
Workshop Schedule

Friday, November 8:

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

Saturday, November 9:

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 (served on-site)
1:00-2:30 *In Healthy Congregations, Leaders Challenge People*
In Healthy Congregations, Leaders Focus on Mission
2:30-2:45 Break
2:45-4:00 *In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning*
Planning For a Healthier Congregation



Registration Form

Healthy Congregations

Charleston, West Virginia

November 8-9, 2019

To register, clip this form and return it to the church office. You may also scan and email this registration form to vannessa@firstpresby.com.

Mail registration form to:
First Presbyterian Church
16 Leon Sullivan Way
Charleston, WV 25301

Name (s) _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

____ Yes! Please register me for the *Healthy Congregations* workshop. I've enclosed \$10 for one person (manual and lunch).

Pre-registration deadline is Thursday, October 31, 2019. All registrations received after this date, or on-site the day of the workshop, will be \$15.