

## **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](http://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 It's 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 Vannessa King, Programs Coordinator, First Presbyterian Church, 16 Leon Sullivan Way, Charleston, WV 25301 – or scanning and emailing to [vannessa@firstpresby.com](mailto:vannessa@firstpresby.com).

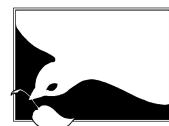
## Workshop Schedule

### 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](mailto: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.