



# Together We Thrive

A collaboration of the Southern New England Conference, UCC, the New England Synod ELCA, Lutheran and the Episcopal Diocese of Western Massachusetts, that is funded by Lilly Endowment, Inc.

## Nurturing Clergy Resiliency, Creativity & Wellness *with Rev. Dr. Sarah Lund*

Pastors & Chaplains, when was the last time you found time to take a deep breath and tend to your body and your spirit? With the extra demands of ministering in the midst of a pandemic, many ministers are in need of respite and self-care. Join us for presentations, workshops and conversations around building resiliency, attending to mental wellness, and nourishing the spiritual life of faith leaders. The event will also include opportunities to participate in spiritual practices and other forms of hands-on self-care.



*Rev. Dr. Sarah Lund* is the author of the widely regarded book *Blessed are the Crazy: Breaking the Silence About Mental Illness, Family and Church* (Chalice Press, 2014) and blogs at [sarahgriffithlund.com](http://sarahgriffithlund.com). In addition to serving as the Senior Pastor of First Congregational UCC in Indianapolis, she is the Minister for Disabilities and Mental Health Justice on the UCC's Wholeness Advocacy Team of Justice and Local Church Ministries.

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### Registration

**Dates:** January 26 & 27, 2021

Tuesday, January 26th – 8:30 am – 4:00 pm

Wednesday, January 27th – 8:00 am – 1:30 pm

*In order to create space for renewal, rest and attention to spiritual health, participants are encouraged to take 2 full days of continuing education time.*

**Cost:** \$45

**Register today:** <https://sneucc-reg.brtapp.com/NCRCWJan2021>

**Registration Deadline:** January 19, 2021

**Visit:** [www.togetherwethrivegrant.org](http://www.togetherwethrivegrant.org) to learn more about Together We Thrive.