



Pause, Don't Quit: Keeping Volunteering Spiritual instead of letting it go Stale

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During the pandemic, I read about happiness.

[Gretchen Rubin](#), a journalist who studies happiness and habits, found that happiness is largely influenced by habits, and that habits have dynamics. One of her key insights is that *it is much harder to restart an old habit than to pause or even to start a whole new habit.*

Think of a workout program: if you have ever quit a workout plan, it is very hard to get back to it. It is even harder than starting a new and different workout program!

Upcoming Stewardship Webinars

Selected 4th Wednesdays

7:30pm - 8:30pm

Eastern Time Unless Noted

Webinars Are Not Recorded

One big pandemic trend was that people fell out of the habit of church life. Specifically, they fell out of the habit of volunteering, even though volunteering is one of the healthiest and happiest habits possible. Pastors have all seen what happens when people fall out of the church habit and volunteering –if they quit, it's heaven and earth for them to regain their momentum and engagement.



What can pastors and church leaders *do* to make the habit of volunteering more manageable...even *happier*?

Pause - don't stop.

Pause, don't stop. It's not just a way to handle workouts or other habits – it is applicable to the life of the church. Let volunteers *pause* a commitment; instead of creating a situation where a volunteer must quit to get a breather, allow for a pause. Healthy boundaries and seasonal customs are valuable because they allow church folk to hit the pause button instead of making someone quit...and never return.

Pause – don't stop. Church volunteers, this means letting go of volunteering for a season and focusing simply on worship attendance. Go to the coffee hour instead of running it. Be in the pew instead of the choir loft or Sunday School room. Sleep late on Saturday instead of doing extra hours at the church and just come on Sunday to fill the spiritual tank while you pause in volunteering. Then return next season and pick up your volunteering, either in a

May 24 - Building an Endowment

An endowment can support a congregation and its wider mission. But where do you start? This webinar will provide ideas and policies for creating and growing an endowment for your congregation. Rev. Andrew Warner will draw on his experience with the Wisconsin Foundation UCC when discussing how to raise, manage, and use endowment funds.

[Registration for Building an Endowment](#)

Jul 26 - Discover Your Why: How a Clear Purpose Strengthens Evangelism, Giving, and Impact

Andrew Warner and Kent Siladi will talk about the importance of understanding the "why" of your congregation. You will learn methods to articulate this reason for being of your Church. Together, we will consider how to

new way or in the ministry you love to support with your time.

use the why to motivate and engage people.

Pastors and leaders, organize healthy pauses and limits into the rhythm of the program year. Embrace seasonality, so that people can shift their engagement up and down as the seasons of their lives shift -- without losing their overall bond with the church. Imagine:

- People-friendly meeting cadences (can the governing board meet quarterly instead of monthly?)
- Term limits (no life sentences!)
- Meaningful thank you events and gestures for volunteers (yummy annual lunches to celebrate the gift of time and talent)
- Gracious resignations (honor people when they step back and make it normal to be done with a volunteer role)
- Take the summer off (and come back refreshed in fall)
- Make something a project for six months (instead of committee that has to be filled with people)
- Allow people to commit less than full term limits on boards and committee. If terms limits are three years and Mz. B can do one, announce this at the top of the term: "We're so glad Mz. B can serve on the board for one year."

...all are helpful and allow people to hit the pause button instead of quitting.

Allow people to retain the discipleship habit of volunteering by pausing instead of quitting. There is a time and season for all things, so make church life

[Registration for Discover Your Why](#)

Aug 23 – Narrative Budgets: Telling your Story by the Numbers

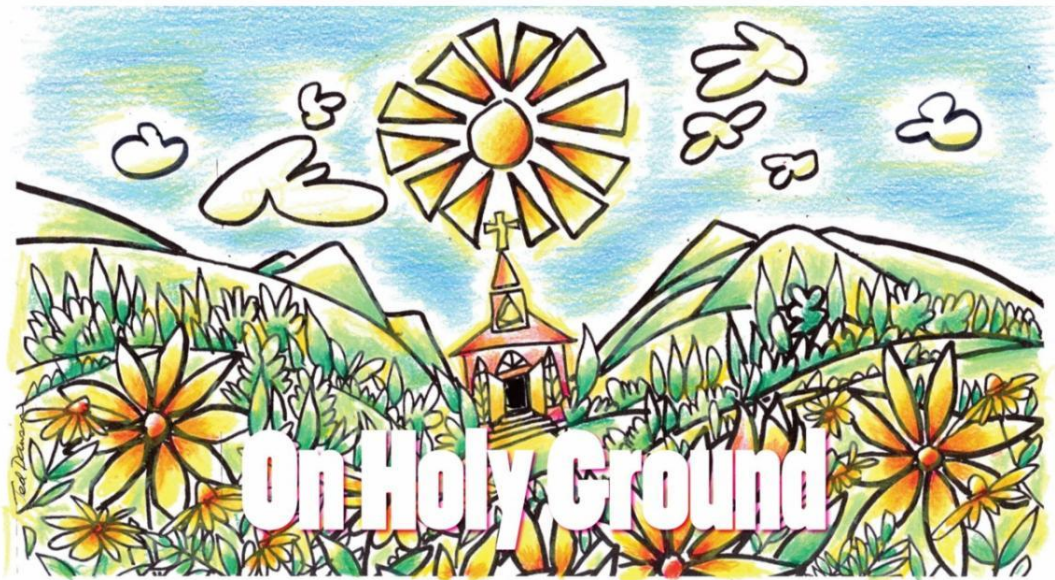
A narrative budget translates the line items of a traditional budget into a story of how your congregation makes a difference in the world. It can be a helpful tool for a stewardship campaign or annual meeting. By telling the story of our congregations' impact, we can inspire generosity in our donors.

[Registration for Narrative Budgets](#)

generous enough to hold the seasons of peoples' lives.

Strengthen the Church Offering

May 28, 2023



The Strengthen the Church (STC) Offering reflects the shared commitment of people across the United Church of Christ to cooperatively build up the UCC. Conferences and the national setting equally share the gifts given by members and friends through their local congregations. The funds raised support leadership development, new churches, youth ministry, and innovation in existing congregations. By your generosity to this offering, you build up the Body of Christ.

Resources to promote the Strengthen the Church Offering can be found at uccresources.com.



Year-Round Stewardship Resource

Promoting generosity throughout the year is the best way to teach giving and generate financial support for your ministry and mission. "Because of You" is a year-round stewardship resource with practical tools, sermon and worship guides, and faith formation activities for all ages. Learn more at uccresources.com.

Stewardship & Generosity Resources