

Building Healthy Congregations

A Workshops Series for Teams from MNYD Congregations



**Six Sessions - January 16, February 6, March 6,
April 10, May 8, June 12, 2010
9:00-4:00 pm**

**First session at Fourth Universalist Church, 160 Central Park West, Manhattan
Remaining locations determined by registrants**

Register at:

<https://www.formdesk.com/u/forms/healthycongregations>

These six workshops are designed for a time of rapid change in congregations. They are based on an understanding of the congregation's functioning as an emotional system of interrelated parts. It is a way of thinking about both the congregation and its leadership. You will view the congregation as a whole, as an organism, as a system. Instead of seeing separate parts, you will see interrelated parts and their interactions. No one part alone can promote health or illness in a system. Everything contributes for good or ill. The congregation is seen as a whole unit in need of care by the leadership. Therefore, these workshops center around the stewardship of the congregation: how leaders care for, respond to, and oversee the congregation's life together.

Congregational lay and professional leaders are the chief stewards. They are in a position to promote the well-being of the congregation. They set a mood and tone for the congregation. They are accountable for setting a direction, taking stands, staying connected to others, encouraging participation, and attending to the ongoing interplay of many conditions and forces.

These workshops enable participants to:

- Gain a renewed sense of purpose and mission
- Cultivate strong leadership capacities to challenge the congregation
- Learn how to develop healthy patterns of living together in community
- Learn to focus on strength, resources, and options for the future
- Boost confidence in responding to challenges and opportunities
- Learn how to lead with calm and thoughtfulness
- Reflect theologically about relationships
- Move the congregation toward healthy functioning

Both professional and lay leaders will benefit from attending these workshops. For the information to become embedded in the system, a **team approach** is used. The team will build up the health in the system by relying upon one another. It doesn't matter what size the congregation is since the concept addresses the whole system and not individual parts.

WHO SHOULD PARTICIPATE?

This training is for congregational teams only. For maximum impact, congregations should aim for teams of 3-8 members comprised of lay leaders and professional leaders:

- Mid-sized and large congregations (150 or more members) may send a team of 4-8 leaders.
- Small congregations (less than 150 members) may send a team of 3-6 leaders.
- All team members are expected to be present for all sessions.

COST:

\$52 Healthy Congregations Workbooks and materials

\$108 Meals/coffee for six sessions

\$40 Instructional fee for the series - waived for congregations at APF Fair Share and District Full Share for fiscal year 2008-2009 in appreciation of your good stewardship.

TOTAL:

\$160/person – for Fair and Full Share congregations

\$200/person – for other congregations

REGISTRATION:

Workshop materials are ordered two weeks in advance, so please register by January 2, 2010 at:

<https://www.formdesk.com/uiforms/healthycongregations>

WORKSHOP DETAILS:

Workshop One- January 16, 2010 Creating a Healthy Congregation

- Session 1- What Is Systems Thinking?
- Session 2- Anxious & Responsible Congregation
- Session 3- Accepting Diversity and Differences
- Session 4- Focusing on Strengths
- Session 5- Focusing on Mission

Workshop Two- February 6, 2010 Respond to Anxiety and Change

- Session 1- Responding to Anxiety
- Session 2- Managing Conflicts
- Session 3- Responding to Change
- Session 4- Acting Flexibly & Creatively
- Session 5- Planning for a Healthy Future

Workshop Three-March 6, 2010 Leadership in a Healthy Congregation

- Session 1- The Self-Differentiated Leader
- Session 2- Healthy Leaders
- Session 3- Leaders Promote Health through Their Presence and Functioning
- Session 4- Leaders Challenge People
- Session 5- Leaders Provide Immune

Workshop Four- April 10, 2010 Relationships in a Healthy Congregation

- Session 1- Forgiving
- Session 2- Truth telling
- Session 3- Connecting
- Session 4- Helping Others
- Session 5- The Difficult Business of Helping

Workshop Five- May 8, 2010 Healthy Congregations Develop Generous People

- Session 1- Life Is All of a Piece
- Session 2- Stewardship of All Believers
- Session 3- Money Talks
- Session 4- Anxiety and Money
- Session 5- People Are Resources

Workshop Six- June 12, 2010 Spiritual Care of Healthy Congregations

- Session 1- Holiness and Health
- Session 2- Hospitality
- Session 3- Helping People to Begin Again
- Session 4- Spirit of Spirits
- Session 5- A Different Kind of Health