

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.



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.

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



Date

Saturday, February 6, 2016
8:00 a.m. to 4:00 p.m.

First Presbyterian Church

746 S Saginaw St, Flint, MI 48502
(810) 234-8673

Sponsored by
*The Jane Faner Sweers Foundation
of First Presbyterian Church*

Led by staff of
Lombard Mennonite Peace Center

Workshop Location:

First Presbyterian Church of Flint
746 S Saginaw St, Flint, MI 48502
(810) 234-8673

Workshop Leader:

Bill Blank is Associate Director of Lombard Mennonite Peace Center (LMPC) in Lombard, IL. He is an ordained minister in the Mennonite Church and has served as a pastor and interim pastor. He has participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington D.C. He has experience as a mediator, trainer and church consultant as well as providing coaching for pastors and church leaders.

Registration:

The \$10/person registration fee includes a manual and lunch. Register by January 31 to secure your spot and materials.

About the Foundation:

Born July 30, 1917, in Goodrich, MI, **Jane Faner Sweers** attended Baker Business University. Highly respected for her keen business sense and astute awareness of the corporate world, Jane served General Motors as the secretary to the plant manager at Fisher Body #2. She carried this responsibility for over 35 years, assisting twelve different managers.

In her later years, many of Jane's church and community activities were curtailed because of macular degeneration. Following a life vitally and faithfully lived, Jane passed away on December 19, 1998. As a loving memorial to her sister, a generous gift from Kathryn Faner Lobban established the *Jane Faner Sweers Faith Foundation Series* in October, 2000.

Workshop Schedule:

Saturday, February 6, 2016:

- 8:00-8:30 Registration
- 8:30-10:15 *What is Systems Thinking?*
Video Case Study: "The Anxious Congregation/The Responsible Congregation"
- 10:15-10:30 Break
- 10:30-12:00 *Healthy Congregations Respond to Anxiety*
Healthy Congregations Invite Differentiation of Self
- 12:00-12:45 Lunch (served on-site)
- 12:45-2:30 *Healthy Congregations Focus on Strength*
Healthy Congregations Manage Conflict
- 2:30-2:45 Break
- 2:45-4:00 *In Healthy Congregations, Leaders Challenge People*
In Healthy Congregations, Leaders Focus on Mission
In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning
Planning For a Healthier Congregation



Registration Form

Healthy Congregations

Flint, MI

Saturday, February 6, 2016

To register, clip this form and return it to the church office. You may also register by calling 810-234-8673. Send to:

First Presbyterian Church
746 S Saginaw St
Flint, MI, 48502

____ Yes! Sign me up for the **Healthy Congregations** workshop. \$10 is enclosed for each registrant.

Name(s) _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Registration includes lunch.