

# Healthy Congregations



## Who Will Benefit:

This workshop is designed for:

- Pastors, Church Council / Vestry / Session members, Judicatory leaders, and lay leaders.
- The workshop would be especially helpful if a team made up of both clergy and lay leadership from a congregation would attend the event together.

## Workshop Location:

First Congregational Church  
495 Canton Avenue  
Milton, MA

(Map to workshop site sent with confirmation of registration.)

## Workshop Leader:

**Bill Blank** is Associate Director of the Lombard Mennonite Peace Center. As an ordained minister in the Mennonite Church, he has served as a pastor and interim pastor for a number of years. 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 also has experience as a mediator, working with churches and other organizations.

## Registration Fee:

The preregistration fee is \$99.00. If received after August 16, 2017 the fee is \$109.00. For those who register either after August 18, 2017 or at the door, the fee is \$119.00. Fee includes training manual, lunch, and refreshment breaks. Cancellations are subject to a nonrefundable administration fee of \$25.00, if LMPC receives notice of cancellation by August 18, 2017; otherwise, no refund will be issued.

To register, return the form below with a check, or you may register online (for individual or group registrations) via credit card payment at the following website:

[www.LMPeaceCenter.org/events/](http://www.LMPeaceCenter.org/events/)

**Church group discounts are available.** When four to six persons register together **from the same congregation**, the discount is \$10 off the normal rate per person for the whole group. For groups of seven or more, the discount is \$20 per person. To qualify for the discount, all registration forms must be mailed together with one single check by August 16, 2017, the preregistration deadline. **To request a church group discount coupon call LMPC at (630) 627-0507, or email us at [admin@LMPeaceCenter.org](mailto:admin@LMPeaceCenter.org).**

Scan here to download a church discount coupon from our website:



## For More Information:

Call the LMPC office at (630) 627-0507, or visit our website at [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org).

## Workshop Schedule

### Friday, August 25:

- 6:30-7:00 Registration
- 7:00-9:30 *What is Systems Thinking?*  
*Video Case Study: "The Anxious Congregation / The Responsible Congregation"*

### Saturday, August 26:

- 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 (on-site — included in registration)
- 1:00-2:30 *In Healthy Congregations, Leaders Challenge People*  
*In Healthy Congregations, Leaders Focus on Mission*
- 2:30-2:45 Break
- 2:45-4:30 *In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning*  
*Planning For a Healthier Congregation*

## Registration Form

### Healthy Congregations — Milton, Massachusetts — August 25-26, 2017

To register, clip this form, make your check payable to "LMPC," and mail to:  
Lombard Mennonite Peace Center, 101W 22nd Street, Suite 206, Lombard, IL 60148.

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Congregation/Organization \_\_\_\_\_ Work Phone \_\_\_\_\_  
Personal Email \_\_\_\_\_ Other Email \_\_\_\_\_

\* Confirmation of Registration is sent by email - Please be sure to include at least one email address, printed clearly.

\_\_\_\_\_ Yes! Please register me/us for the **Healthy Congregations** workshop in Milton, MA. I've enclosed \$99.00 per person. (\$109.00 after August 16, 2017; after August 18, 2017, the fee is \$119.00)

\_\_\_\_\_ Please send # \_\_\_\_\_ copies of this brochure for sharing with others in my church.

\_\_\_\_\_ Please send information about how my congregation can host this workshop or other LMPC workshop options.

\_\_\_\_\_ Please send information about LMPC's *Mediation Skills Training Institute for Church Leaders*.

\_\_\_\_\_ Please send information about LMPC's *Clergy Clinic in Family Emotional Process*.

To register online please visit our website: <http://www.LMPeaceCenter.org/events/>  
or scan the QR code at right.





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## Healthy Congregations

**August 25-26, 2017**

Friday: 7:00 p.m. to 9:30 p.m.

Saturday: 9:00 a.m. to 4:30 p.m.

**First Congregational Church of Milton**

495 Canton Avenue

Milton, MA (Boston area)

*Sponsor:* Lombard Mennonite Peace Center



### About the Workshop:

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders become more effective stewards of their congregations. The workshop utilizes a video case study 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 clergy and lay leaders 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. He believed that such reactivity in churches is reflective of societal anxiety, which is likely to increase in the years ahead. We can, therefore, expect ever increasing levels of reactivity in our churches for the foreseeable future.

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.

### 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. Dates and locations of institutes for 2017-2018 are:

October 2-6, 2017 – Lakeland, FL  
November 13-17, 2017 – Woodland Hills, CA  
March 12-16, 2018 – Columbia, SC  
May 7-11, 2018 – New England (location TBD)

*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 a total of nine days.

#### Group A

October 23-25, 2017  
February 19-21, 2018  
April 23-25, 2018

#### Group B

November 6-8, 2017  
February 26-28, 2018  
April 30-May 2, 2018

For further information please visit [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)

*"...So we, though many, are one body in Christ, and individually members one of another." (Romans 12:5)*