

# Leadership and Anxiety in the Church: A Family Systems Perspective



## Who Will Benefit:

- Pastors, Church Council / Vestry / Session members, Pastor-Parish Committees, Personnel Committees and judicatory leaders of all denominations.
- The workshop would be especially helpful if a team made up of clergy, staff, and lay leadership from a congregation would attend the event together.

## Workshop Location:

Peninsula Bible Church  
3505 Middle Field Road  
Palo Alto, CA

(Map to the workshop site and hotel information will be sent with confirmation of registration.)

## Workshop Leader:

**Richard Blackburn** is Executive Director of the Lombard Mennonite Peace Center (LMPC) in Lombard, IL. Richard leads a variety of workshops yearly on conflict transformation in congregational systems, and serves as a consultant to conflicted churches. He participated in Dr. Edwin Friedman's *Post Graduate Clergy Seminar in Family Emotional Process* and the Georgetown Family Center's *Post Graduate Program in Bowen Family Systems Theory and Its Applications*.

## Registration Fee:

The preregistration fee is **\$89.00**. For those who register after **November 14, 2018**, the fee is **\$99.00**. For those who register after **Nov. 21, 2018**, or at the door, the fee is **\$109.00**. 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 **Nov. 21, 2018**; otherwise, no refund will be issued. For individual or group registrations, you can return the registration form found below with payment, or you can register online at: <https://www.brownpapertickets.com/event/3594495>.

**Church group discounts are available.** When four to six persons register together **from the same congregation**, the discount is \$5 apiece. For groups of seven or more, the discount is \$10 apiece. See the group discount coupon for the other required criteria to qualify for the group discount. You can download a group discount coupon at: [www.LMPeaceCenter.org/brochures/](http://www.LMPeaceCenter.org/brochures/).

Scan here for a group discount coupon:



## For More Information:

Call LMPC at (630) 627-0507. You can also visit our website at [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org).

## Workshop Schedule

Wednesday, November 28, 2018

- 9:00-10:15 **The Road to Damascus: The Church and Change in an Age of Anxiety**
- *Anxiety in Action: A Congregational Case Study*
  - *Linear Cause-Effect Thinking vs. Systems Thinking*
  - *Distinguishing Between Acute Anxiety and Chronic Anxiety*
  - *Understanding the Roots of Anxiety*
  - *Societal Anxiety: Its Impact on the Church*
- 10:15-10:30 Break
- 10:30-12:00 **"They Know Not What They Do": The Scapegoat Mechanism and Church Conflict**
- *The Scapegoating Process in Church Systems: Case Studies*
  - *The Family Projection Process in Bowen Theory*
  - *The Scapegoat Mechanism in the Work of René Girard*
  - *Reflections on Christ's Passion in Art: Exposing the Scapegoat Mechanism to the Light*
- 12:00-1:00 Lunch (on-site – included in registration)
- 1:00-2:30 **The Importance of Not Being Earnest: Reversals, Playfulness, and Paradox**
- *Understanding Triangles and the Importance of Maintaining a Non-Anxious Presence*
  - *Murray Bowen and Edwin Friedman on Reversals, Playfulness, and Paradox: Video Clips of the Masters at Work*
- 2:30-2:45 Break
- 2:45-4:00 **The Road to Damascus: Lessons for Leadership in Anxious Times**
- *The Conversion of Paul in Art: Learning from Paul's Experience with Radical Change*
  - *Self-Differentiated Leadership: A Key to Overcoming the Impact of Anxiety*

## Registration Form

**Leadership and Anxiety in the Church — Palo Alto, CA — November 28, 2018**

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

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

\* **Registration confirmations will be sent by email; please be sure to include at least one email address, clearly printed.**

\_\_\_\_ Yes! Please register me/us for **Leadership and Anxiety in the Church**. I've enclosed \$89.00 per person. (Fee is \$99.00 after **Nov. 14, 2018**; after **Nov. 21, 2018**, the fee is \$109.00.)

\_\_\_\_ I have a group of four or more from the same church and I'm registering before **11/14/18** (no group rate available after **11/14/18**). I'm enclosing \$84 per registrant (group of 4 to 6) or \$79 per registrant (group of 7 or more) for a total of \$\_\_\_\_\_.

I understand that to receive the group rate, I must send all individual registration forms with one check — with the congregational "Group Discount Coupon" — so that LMPC receives it no later than **11/14/18**.

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

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

**You can also register online by going to [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org) or by scanning the nearby QR code.**





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LOMBARD, IL 60148-4987

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# Leadership and Anxiety in the Church: A Family Systems Perspective

**November 28, 2018**

Wednesday: 9:00 a.m. to 4:00 p.m.

**Peninsula Bible Church**

3505 Middlefield Road  
Palo Alto, CA

*Sponsor:* **Lombard Mennonite Peace Center**



## About the Workshop:

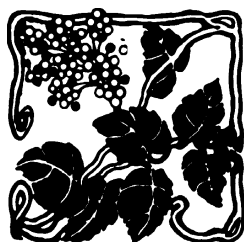
Since the publication of Dr. Edwin Friedman's *Generation to Generation*, many pastors and other church leaders have become aware of Bowen family systems theory as a way of understanding congregational dynamics. Family systems theory identifies differentiation of self and anxiety as two key variables impacting human functioning. The seminar on *Leadership and Anxiety in the Church* looks at the challenge presented by the rising levels of anxiety being experienced in churches today, as well as the role that self-differentiated leadership can play in calming such anxiety.

The seminar is comprised of a series of PowerPoint presentations originally conceived for LMPC's *Advanced Clergy Clinic in Family Emotional Process*. Works of art illustrating Biblical themes from the Medieval, Renaissance, and Baroque eras are integrated at various points to facilitate theological reflection on the themes being presented.

The seminar on *Leadership and Anxiety in the Church* is being offered by Lombard Mennonite Peace Center as part of its ongoing mission to help Christ's church grow in health and wholeness, into all that God wants it to be.

## This workshop will help you . . .

- Distinguish Between Acute Anxiety and Chronic Anxiety
- Examine the Roots of Anxiety
- Compare the Family Projection Process as Understood in Bowen Family Systems Theory, with René Girard's Understanding of Scapegoating
- Gain Insight into How the Scapegoating Process Impacts Church Conflict
- Understand Emotional Triangles and the Importance of Maintaining Non-Anxious Presence
- Recognize the Role of Playfulness in Defusing Anxiety
- See Self-Differentiated Leadership as a Key to Overcoming the Impact of Anxiety
- Enhance your role as a leader in the church.



## Other LMPC Programs:

The *Mediation Skills Training Institute for Church Leaders* equips leaders to address interpersonal, small group, and congregational conflicts. Dates and locations of upcoming institute are:

- October 1-5, 2018 ~ Minnetonka, MN (Twin Cities area)
- November 12-16, 2018 ~ Richmond, VA
- May 13-17, 2019 ~ Sterling Heights, MI (Detroit area)

### Special Announcement:

**Mediation Skills Training Institute in California  
March 18-22, 2019 — Palo Alto, CA**

*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 3 times per program year, 3 days each time, for a total of 9 days.

### Dates for 2018-19 in Lombard, IL are:

- | Group A                | Group B            |
|------------------------|--------------------|
| • Oct. 22-24, 2018     | • Nov. 5-7, 2018   |
| • Feb. 18-20, 2019     | • Feb. 25-27, 2019 |
| • April 29-May 1, 2019 | • May 6-8, 2019    |

For further information and brochures with registration forms:  
[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)*