

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 Format:

It will be conducted online via Zoom video conferencing. Registrants will attend on their computer. Zoom offers opportunity for participants to interact in break-out sessions. People from the same church will be placed in the same break-out group, so they can discuss how to apply the learnings to their church. Registrants will be expected to have a device with both a camera and a microphone to fully participate. A Zoom link will be sent to all registrants two days before the event begins. A manual will be shipped to each registrant's street address prior to the event.

Workshop Leader:

Rev. Richard Blackburn is LMPC Director Emeritus and Senior Consultant. 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 early-bird fee is **\$109.00** for those who register before the preregistration deadline. Those deadlines are:

- August 6 for the August 19, 2020 workshop.
- September 11 for the September 24, 2020 workshop.
- November 20 for the December 3, 2020 workshop.

After those dates the fee is **\$139.00**. Cancellations are subject to a nonrefundable administration fee of \$25.00, if LMPC receives notice of cancellation by the preregistration deadline. Afterward there will be no refund for cancellations, since the manuals will have already been shipped to registrants. 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/producer/720852> (a service fee will apply).

Group discounts are available. When 4 to 6 persons register together **by the above deadline**, the discount is \$10 each. For groups of 7 or more, the discount is \$20 each. 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/ or scan the nearby QR code for the coupon.

If registering a group online, have all data for each person ready to enter — name, street address, email address, etc. — to avoid being timed out.



Workshop Schedule

- 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 Break
- 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*

For More Information:

Call LMPC at (630) 627-0507. You can also visit our web site at www.LMPeaceCenter.org

Registration Form

Leadership and Anxiety in the Church: A Family Systems Perspective

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 _____

* **Confirmation and Zoom link will be sent by email; workshop manual will be shipped to the street address; print both addresses clearly.**

_____ Please register me/us for **Leadership and Anxiety in the Church**. I've enclosed \$109.00 per person. (\$139.00 after deadline).
Indicate here which date you will attend: _____ August 19, 2020 _____ September 24, 2020 _____ December 3, 2020

_____ I have a group of four or more registering before the deadline (no group rate after preregistration deadline).
I'm enclosing \$99.00 per registrant (group of 4 to 6) or \$89.00 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 "Group Discount Coupon" — to be received by LMPC **no later than the preregistration deadline**.

_____ 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*.

Or register online by going to www.brownpapertickets.com/producer/720852 or by scanning the nearby QR code.





Leadership and Anxiety in the Church: A Family Systems Perspective

Three Opportunities to Attend via Zoom:

August 19, 2020

or

September 24, 2020

or

December 3, 2020

Each day 9:00 a.m. to 4:00 p.m. Central Standard Time

Sponsor: Lombard Mennonite Peace Center



About the Workshop:

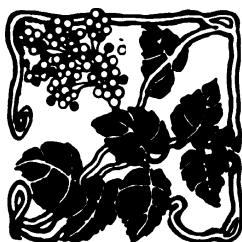
Since the publication of Dr. Edwin Friedman's *Generation to Generation*, many pastors and other church leaders have become aware of Bowen family systems theory as a way of understanding congregational dynamics. Family systems theory identifies differentiation of self and anxiety as two key variables 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, Baroque, and Modern 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 to be presented via Zoom video conferencing:**

- August 3-7, 2020
- August 31-September 4, 2020
- October 5-9, 2020
- November 16-20, 2020

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. Choose one of the two groups.

Dates for 2020-2021 sessions via Zoom are:

- | Group A | Group B |
|---------------------|--------------------|
| • Oct. 26-28, 2020 | • Nov. 9-11, 2020 |
| • Feb. 8-10, 2021 | • Feb. 22-24, 2021 |
| • April 26-28, 2021 | • May 17-19, 2021 |

For further information and brochures with registration forms:
www.LMPeaceCenter.org

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