

Healthy Congregations

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.



Lombard
Mennonite
Peace
Center

Workshop Leader:

Rev. Jay Wittmeyer is the Executive Director of the Lombard Mennonite Peace Center. Jay is an educator, organizational development consultant, and mediator with broad experience, serving conflicted churches and organizations in the U.S. and international settings. Grounded in an Anabaptist peace-building tradition and working from a Bowen family systems perspective, LMPC works to transform conflict in a healthy manner.

Registration Fee:

The standard fee is **\$99.00**. Individuals or groups can register online at <https://lmpeacecenter.org/ticketspice/>. Group rates are available for those who register and pay in full by the following deadlines:

- January 15 for the January 30, 2021 workshop
- February 4 for the February 18, 2021 workshop
- March 12 for the March 27, 2021 workshop
- April 1 for the April 17, 2021 workshop

When a group of at least four persons registers all together, each person receives a discount of \$15. For details please contact our office or consult the group discount coupon, which you can download at www.LMPeaceCenter.org/brochures/.

If you register for this event and are subsequently unable to attend, we would appreciate having at least 48 hours notice. Cancellations are subject to a nonrefundable administration fee of \$25.00.

If you wish to pay by check, please return the registration form found below with full payment to our office to the attention of Sheryl Slack, our Administrative Assistant.

Other Course Offerings:

The Lombard Mennonite Peace Center offers a variety of course offerings, from 90-minute webinars to single-day events to multi-day workshops. For more information, please visit <https://lmpeacecenter.org/events-page/>.



Registration Form

Healthy Congregations

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 **Healthy Congregations**. I've enclosed \$99.00 per person. (rate for three or fewer individuals).

Indicate here which date you will attend: _____ January 30, 2021 _____ February 18, 2021

_____ March 27, 2021 _____ April 17, 2021 More dates will be added soon—please check our website for updates.

_____ I have a group of four or more registering before the deadline (no group rate after preregistration deadline). I'm enclosing \$89.00 per registrant (group of 4 to 6) or \$79.00 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 complete data for each person — with one check — with the "Group Discount Coupon" — to be received by LMPC **no later than the discount 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**.

Questions? Email us at Admin@LMPeaceCenter.org

To register, please call our office at 630-627-0507.



Workshop Schedule

- 8:15-8:30 Sign-In to Zoom
- 8:30-10:00 **What Is Systems Thinking?**
Video Case Study:
"The Anxious Congregation"
"The Responsible Congregation"
- 10:00-10:15 Break
- 10:15-12:00 **Healthy Congregations Respond to Anxiety**
Healthy Congregations Invite Differentiation of Self
- 12:00-1:00 Lunch Break
- 1:00-2:30 **Healthy Congregations Focus on Strength**
Healthy Congregations Manage Conflict
- 2:30-2:45 Break
- 2:45-4:30 **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

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.

For More Information:

(630) 627-0507
Admin@LMPeaceCenter.org
www.LMPeaceCenter.org



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Healthy Congregations

Four Opportunities to Attend via Zoom:

Saturday, January 30, 2021

or

Thursday, February 18, 2021

or

Saturday, March 27, 2021

or

Saturday, April 17, 2021

Each day 8:30 a.m. to 4:30 p.m. Central Time

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 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 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 to be presented remotely via Zoom:

**March 1-5, May 3-7, June 21-25, August 2-6,
 October 11-15, and November 15-19, 2021**

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 9 days of training.

Group A

Oct. 25-27, 2021

Feb. 14-16, 2022

May 2-4, 2022

Group B

Nov. 8-10, 2021

March 7-9, 2022

May 23-25, 2022

Online registration available soon at
<https://lmpeacecenter.org/ticketspice/>

For further information please visit www.LMPeaceCenter.org, or contact us at 630-627-0507 or Admin@LMPeaceCenter.org

"...So we, though many, are one body in Christ, and