

# 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.

## 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 regular fee is **\$99.00**. When a group of four or more registers all together, each person receives a \$15 discount. Individuals and groups can register via our website at <https://lmpeacecenter.org/all-events/>.

If you prefer 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.

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.

## 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. Our other two single-day events, for which group discounts are also available, are *Conflict Transformation Skills for Churches* (offered Sat, April 10; Thurs, June 3; Sat, September 25, and Wed, November 3) and *Leadership and Anxiety in the Church: A Family Systems Perspective* (offered Thurs, May 13; Wed, June 9; Thurs, Aug. 19; Wed, Sep. 29; and Thurs, Nov. 4).

For more information, about these or any other LMPC event, please visit <https://LMPeaceCenter.org/all-events/>.

*All this is from God, who ... has given us the ministry of reconciliation. 2 Corinthians 5:18*

## 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: \_\_\_\_\_ March 27, 2021 \_\_\_\_\_ April 17, 2021

\_\_\_\_\_ June 15, 2021 \_\_\_\_\_ September 25, 2021 \_\_\_\_\_ December 2, 2021

I have a group of four or more, and I'm enclosing \$84.00 per person for a total of \$\_\_\_\_\_. I understand that in order to receive the group rate, I must send payment in full along with names and contact information for each member of the group, to be received by LMPC no later than one week before the event begins.

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*.

To learn more, email us at [Admin@LMPeaceCenter.org](mailto:Admin@LMPeaceCenter.org)

To register, please call our office at 630-627-0507 or go to [www.LMPeaceCenter.org/all-events/](https://www.LMPeaceCenter.org/all-events/).



Lombard  
Mennonite  
Peace  
Center

## 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:

This event 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 approx. 24 hours 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](mailto:Admin@LMPeaceCenter.org)  
[www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)





**LOMBARD MENNONITE PEACE CENTER**  
**101 WEST 22ND STREET, SUITE 206**  
**LOMBARD, IL 60148-4987**

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 Permit No. 218

## *Healthy Congregations*

### **Four Opportunities to Attend via Zoom:**

**Saturday, April 17, 2021**

or

**Tuesday, June 15, 2021**

or

**Saturday, September 25, 2021**

or

**Thursday, December 2, 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:

**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 at  
<https://lmpeacecenter.org/ticketspice/>

For further information, please visit [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org), or contact us at 630-627-0507 or [Admin@LMPeaceCenter.org](mailto:Admin@LMPeaceCenter.org).

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