



**Lombard
Mennonite
Peace
Center**

Healthy Congregations

The *Healthy Congregations* workshop helps participants proactively address conflict within their church. Rather than allow negative forces to set the agenda in your congregation, you are invited to join us for this one-day event that helps participants respond to the threat of anxiety in ways that prevent or minimize destructive conflict. Learn how to maintain a non-anxious presence, expand your insight into how churches function as emotional systems, and help your congregation stay focused on its true mission. This workshop is designed for pastors, judicatory leaders, and other church leaders, so that all may work together to transform conflict in a healthy manner.

A typical outline for this workshop would be:	
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
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

The facilitator for this workshop, 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 both in the United States and in 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.

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