

# 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 Dates:

There are just two sessions of this workshop from which to choose this year: May 19 or September 13, 2022.

## Workshop Leader:

**Richard Blackburn** is Director Emeritus and Senior Consultant for the Lombard Mennonite Peace Center 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 individual rate is **\$109.00**. The rate for a group of four or more registrants is \$94 per person, provided they all register together with full payment. For individual or group registrations, you can return the registration form found below with payment to our office, or you can register online at <https://lmpeacecenter.org/all-events/>.

## Format:

The workshop will be conducted remotely via Zoom. Participants will need a computer with a camera and microphone to fully participate.

## For More Information:

Call LMPC at (630) 627-0507, email us at [Admin@LMPeaceCenter.org](mailto:Admin@LMPeaceCenter.org), or visit our website at [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org).



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## 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*

## Registration Form

**Leadership and Anxiety in the Church ~ Thurs., May 19 or Tues., September 13, 2022 ~ online via Zoom**

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. Your Zoom link will be sent approximately 24 hours before the event begins.**

\_\_\_\_\_ Yes! Please register me for **Leadership and Anxiety in the Church**. I've enclosed \$109.00.

\_\_\_\_\_ I have a group of four or more and have enclosed a payment of \$ \_\_\_\_\_ (\$94 per person).

\_\_\_\_\_ I understand that, in order to receive the *LAC* manual in time, this registration form should reach the LMPC office at last two weeks prior to the event for which I'm registering. I have included an email address and mailing address (home preferred) for each registrant.

\_\_\_\_\_ 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 by going to <https://lmpeacecenter.org/all-events/> or by scanning the nearby QR code.





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

Please join us on:

**Thursday, May 19, 2022 or  
Tuesday, September 13, 2022**

**Time: 9:00 a.m. to 4:00 p.m. Central Time**  
**Format: online via Zoom**  
**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. The dates and formats for 2022 are:

- March 14-18
- May 9-13
- June 13-17
- August 1-5
- November 14-18

*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. Like all our events, it will be conducted online via Zoom.

### Dates for 2022-2023 are:

- | Group A             | Group B                 |
|---------------------|-------------------------|
| • Oct. 24-26, 2022  | • Nov. 7-9, 2022        |
| • Feb. 13-15, 2023  | • Feb. 27-March 1, 2023 |
| • April 24-26, 2023 | • May 15-17, 2023       |

For further information, call **630-627-0507**, email us at [Admin@LMPeaceCenter.org](mailto:Admin@LMPeaceCenter.org), or visit: [www.LMPeaceCenter.org/all-events/](http://www.LMPeaceCenter.org/all-events/)

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