

Healthy Congregations

Healthy Congregations uses the insights of family systems theory to help church leaders become more effective stewards of their congregations. This 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*. 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/Your Church...

- Learn how you as a leader can positively influence the health your congregation
- Learn how to keep anxiety from being infectious
- Gain confidence in responding to challenges and opportunities
- Learn how to limit invasive behavior, manage reactivity, and overcome sabotage Learn to focus on strengths, resources, options, and the future



Who Will Benefit:

- **Clergy** who are interested in learning a proactive approach to managing anxiety in their church
- **Church lay leaders** who want to gain confidence in their position and how to best manage challenges
- **Anyone** interested in learning how to manage self and become a positive representative for the church

Logistical Information:

- All sessions will be held on Zoom for 2023, unless otherwise contracted directly with LMPC
- The workshop will begin at 8:30am and last until 4:30pm CENTRAL DAYLIGHT TIME
- There will be a couple 15 minute breaks and an hour break for lunch

Hosted By
Jay Wittmeyer



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.

Dates

January 26, 2023
March 22, 2023
June 1, 2023
September 9, 2023
November 29, 2023

Fee

To attend this workshop, the fee for attending is \$99 per person. Sign up as a group of 4 or more and save \$15 each!

To find out more or register, get in contact with us!

Call: 630-627-0507

Email:

admin@LMPeaceCenter.org

Write: 101 W. 22nd Street, Suite 206, Lombard, IL 60148

Visit our website:

www.LMPeaceCenter.org

