

## *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.

*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 information and dates: [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)

## *About the Workshop:*

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders and all members become more effective stewards of their congregation's health. 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 leaders and all church members 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. 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.

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

# ***Healthy Congregations***



**September 12, 2020**

Saturday: 8:30 a.m. to 4:00 p.m.

**Presented Online via Zoom  
Video Conferencing**

Sponsored by  
**Northern California Nevada  
Conference United Church of Christ**

Led by staff of  
**Lombard Mennonite Peace Center**

## Who Will Benefit:

The workshop is designed for:

- Pastors and other church staff, lay leaders, all congregation members.
- Anyone interested in enhancing their capacity to manage self in a non-anxious and responsible way, whether in the church, the home, the workplace, or the community.

## Workshop Format:

It will be conducted 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 breakout 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.

## Workshop Leader:

**Richard Blackburn** is Director Emeritus and Senior Consultant with the Lombard Mennonite Peace Center (LMPC) in Lombard, IL. Richard is a trainer and mediator, with broad experience in serving as a consultant to conflicted churches. He has participated in Dr. Edwin Friedman's *Postgraduate Clergy Seminar in Family Emotional Process* and the *Postgraduate Program in Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C.

## Registration:

The registration fee is \$ 75 per person (includes manual), or \$ 135 for a couple (sharing one manual). The preregistration deadline is Aug. 21, 2020, after which the registration fee is \$ 90 per person or \$ 150 per couple. Registration may be submitted by mailing the form to: Northern California Nevada Conference, UCC; 1320 Willow Pass Rd., Suite 600; Concord, CA 94520

## Workshop Schedule:

### Saturday, Date:

- 8:00-8:30 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*
- 12:00-12:45 Lunch Break
- 12:45-2:15 **Healthy Congregations Focus on Strength**  
*Healthy Congregations Manage Conflict*
- 2:15-2:30 Break
- 2:30-4:00 **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*



## Registration Form:

### Healthy Congregations

September 12, 2020

Please [register online](#). If you want to mail in a check to the office, you can clip this form and mail it by August 21, along with payment to:

:  
Northern California Nevada Conference, UCC  
1320 Willow Pass Rd., Suite 600  
Concord, CA 94520

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

For mailing the manual to you

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Same email linked to your Zoom account

Congregation \_\_\_\_\_

\_\_\_\_ Yes! Please register me for the **Healthy Congregations** workshop. I've enclosed \$ \_\_\_\_\_ for one person.

\_\_\_\_ Yes! Please register us for the **Healthy Congregations** workshop as a couple; we will be sharing a manual. We've enclosed \$ \_\_\_\_\_ for two persons (one manual).