



# Building Healthy Congregations

A Workshops Series for Leadership Teams

Six Sessions

December 10, January 14, February 11

March, 10, April 14, May 12

(snowdate is June 9)

9:00-4:00 pm

Sessions will be held at Community Church of NY UU  
#28 or #40 E 35<sup>th</sup> St, NY, NY

Register at:

<https://www.formdesk.com/uufoms/healthycongregations>

These six workshops are designed for a time of rapid change in congregations. They are based on an understanding of the congregation's functioning as an emotional system of interrelated parts. It is a way of thinking about both the congregation and its leadership. You will view the congregation as a whole, as an organism, as a system. Instead of seeing separate parts, you will see interrelated parts and their interactions. No one part alone can promote health or illness in a system. Everything contributes for good or ill. The congregation is seen as a whole unit in need of care by the leadership. Therefore, these workshops center around the stewardship of the congregation: how leaders care for, respond to, and oversee the congregation's life together.

Congregational lay and professional leaders are the chief stewards. They are in a position to promote the well-being of the congregation. They set a mood and tone for the congregation. They are accountable for setting a direction, taking stands, staying connected to others, encouraging participation, and attending to the ongoing interplay of many conditions and forces.

These workshops enable participants to:

- Gain a renewed sense of purpose and mission
- Cultivate strong leadership capacities to challenge the congregation
- Learn how to develop healthy patterns of living together in community
- Learn to focus on strength, resources, and options for the future
- Boost confidence in responding to challenges and opportunities
- Learn how to lead with calm and thoughtfulness
- Reflect theologically about relationships
- Move the congregation toward healthy functioning

Both professional and lay leaders will benefit from attending these workshops. For the information to become embedded in the system, a **team approach** is used. The team will build up the health in the system by relying upon one another. It doesn't matter what size the congregation is since the concept addresses the whole system and not individual parts.

## WHO SHOULD PARTICIPATE?

This training is for congregational teams only. For maximum impact, congregations should aim for teams of 3-8 members comprised of lay leaders and professional leaders:

- Mid-sized and large congregations (150 + members) may send a team of 4-8 leaders.
- Small congregations (less than 150 members) may send a team of 3-6 leaders.
- All team members are expected to be present for all sessions.

- ❖ NOTE: Long Island congregations should register for the Healthy Congregations workshops offered by the Long Island Leadership Institute (LILI), offered Jan-June 2012. Contact Chris Morris for more information - [cmorris37@verizon.net](mailto:cmorris37@verizon.net)

**COST:**

**\$60 Healthy Congregations Workbooks and materials**

**\$60 Instructional fee for the series** – Discounted by 50% for congregations at APF Fair Share and District Full Share for fiscal year 2010-2011 in appreciation of your good stewardship.

**TOTAL for all six sessions:**

**\$90/person** – for Fair and Full Share congregations

**\$120/person** – for other congregations

**OPTIONAL - \$90 Lunch for six sessions — you may bring your own lunch if you prefer**

**REGISTRATION:**

Please register by November 8, 2011 at:

<https://www.formdesk.com/u/forms/healthycongregations>

**Workshop One  
Creating a Healthy Congregation**

Session 1- What Is Systems Thinking?  
Session 2- Anxious & Responsible Congregation  
Session 3- Accepting Diversity & Differences  
Session 4- Focusing on Strengths  
Session 5- Focusing on Mission

**Workshop Two  
Respond to Anxiety and Change**

Session 1- Responding to Anxiety  
Session 2- Managing Conflicts  
Session 3- Responding to Change  
Session 4- Acting Flexibly & Creatively  
Session 5- Planning for a Healthy Future

**Workshop Three  
Leadership in a Healthy Congregation**

Session 1- The Self-Differentiated Leader  
Session 2- Healthy Leaders  
Session 3- Leaders Promote Health through Their Presence and Functioning  
Session 4- Leaders Challenge People  
Session 5- Leaders Provide Immune

**Workshop Four  
Relationships in a Healthy Congregation**

Session 1- Forgiving  
Session 2- Truth telling  
Session 3- Connecting  
Session 4- Helping Others  
Session 5- The Difficult Business of Helping

**Workshop Five  
Healthy Congregations Develop Generous People**

Session 1- Life Is All of a Piece  
Session 2- Stewardship of All Believers  
Session 3- Money Talks  
Session 4- Anxiety and Money  
Session 5- People Are Resources

**Workshop Six  
Spiritual Care of Healthy Congregations**

Session 1- Holiness and Health  
Session 2- Hospitality  
Session 3- Helping People to Begin Again  
Session 4- Spirit of Spirits  
Session 5- A Different Kind of Health