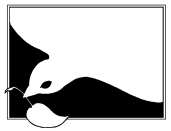
This workshop will help you . . .

- 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**

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 23, 2017

Saturday: 9:00 a.m. to 4:00 p.m.

West Salem Trinity
United Methodist Church
4212 Broadway
Mount Vernon, IL 62864

Sponsored by
Kaskaskia & Mississippi River Districts
Illinois Great Rivers Conference

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 Location:

West Salem Trinity United Methodist Church
4212 Broadway
Mount Vernon, IL 62864

Workshop Leader:

Richard Blackburn is Executive Director of 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 $85 per person (includes manual and lunch), or $115 for a couple (sharing one manual; two lunches). **The preregistration deadline is September 13, 2017**, after which the registration fee is $110 per person or $140 per couple.

Registration may be submitted by mailing the form to the Kaskaskia River District, 1603 Salem Rd., Mount Vernon, IL 62864-2628. *Make checks payable to Kaskaskia River District.*

Workshop Schedule:

Saturday, September 23, 2017:

8:30-9:00 Registration

9:00-10:15 ***What is Systems Thinking?***

Video Case Study: "The Anxious Congregation/The Responsible Congregation"

10:15-10:30 Break

10:30-12:00 ***Healthy Congregations Respond to Anxiety***

Healthy Congregations Invite Differentiation of Self

Healthy Congregations Focus on Strength

12:00-12:45 Lunch (served on-site)

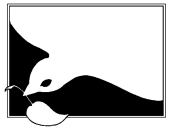
12:45-2:15 ***Healthy Congregations Manage Conflict***
In Healthy Congregations, Leaders Challenge People

2:15-2:30 Break

2:30-4:00 ***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

Mount Vernon, Illinois
Saturday, September 23, 2017

To register, clip this form and return it to the District Office. You may also call in your registration to the district at 618-242-2817.

Mail registration form to:
Kaskaskia River District
1603 Salem Rd.
Mount Vernon, IL 62864-2628

Name (s) _____

Address _____

City_____

State _____ Zip _____

Phone _____

Email _____

____ Yes! Please register me for the ***Healthy Congregations*** workshop. I've enclosed **$85 for one person** (manual and lunch).

____ Yes! Please register us for the ***Healthy Congregations*** workshop as a couple; we will be sharing a manual. We've enclosed **$115 for two persons** (one manual, two lunches).

____ Child care is needed.