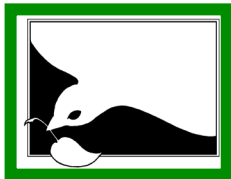


This workshop will help you . . .

- 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.



Lodging:

For those needing lodging for Friday, April 12th, the following hotels are in the area:

Holiday Inn and Suites	(419) 281-2900
Hampton Inn	(419) 903-0900
Quality Inn	(419) 281-8090

There are also several cabins available at Camp Inspiration Hills (419) 846-3010

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*.

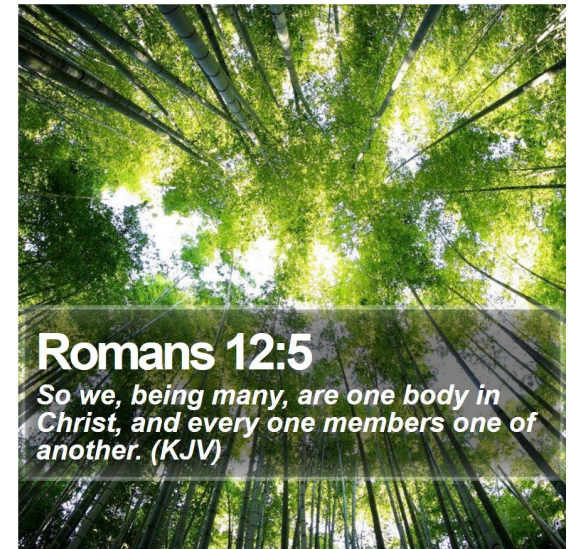
Since the publication of *Generation to Generation*, many pastors have come to recognize the importance of understanding family systems theory as it relates to congregations. The *Healthy Congregations* workshop helps both leaders and all church members expand their insight into how churches function 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.

All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation.

2 Corinthians 5:18

Healthy Congregations



April 12-13

Friday: 6:30 p.m. to 9:00 p.m.
Saturday: 9:00 a.m. to 4:30 p.m.

**Location: Maple Grove
Church of the Brethren**
960 Township Rd 964, Ashland, OH

Sponsored by
**Congregational Commission, Northern
Ohio District Church of the Brethren**

Led by staff of
Lombard Mennonite Peace Center
0.9 CEU's available for clergy

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:

Maple Grove Church of the Brethren
960 Township Rd 964, Ashland, OH 44805

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 pre-registration cost is \$25 per person (includes manual and lunch), or \$35 for a couple (sharing one manual; two lunches). **The preregistration deadline is April 2nd**, after which the registration fee increases to \$35 per person or \$45 per couple. For every 4 registrations from one congregation, the 5th one is free.

Register by mail with the form to the right, or on-line at www.nohcob.org.

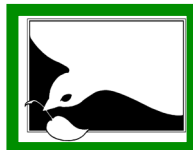
Workshop Schedule:

Friday, April 12, 2019:

- 6:00-6:30 Registration
6:30-9:00 *What is Systems Thinking?*
Video Case Study: "The Anxious Congregation/The Responsible Congregation"

Saturday, April 13, 2019:

- 9:00-10:30 *Healthy Congregations Respond to Anxiety*
Healthy Congregations Invite Differentiation of Self
10:30-10:45 Break
10:45-12:00 *Healthy Congregations Focus on Strength*
Healthy Congregations Manage Conflict
12:00-1:00 Lunch (served on-site)
1:00-2:30 *In Healthy Congregations, Leaders Challenge People*
In Healthy Congregations, Leaders Focus on Mission
2:30-2:45 Break
2:45-4:30 *In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning*
Planning for a Healthier Congregation



Registration Form:

Healthy Congregations
Maple Grove Church of the Brethren
Ashland, Ohio
April 12-13, 2019

You may register on-line at www.nohcob.org or clip this form and mail it to

Northern Ohio District Church of the Brethren
1107 East Main Street
Ashland, Ohio 44805
Pre-Register by April 2nd to receive the discount

Name (s) _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Congregation _____

____ Yes! Please register me for the **Healthy Congregations** workshop. I've enclosed \$ _____ 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 \$ _____ for two persons (one manual, two lunches).