

# Leadership and Anxiety in the Church: A Family Systems Perspective



## Who Will Benefit:

- Pastors, Church Council / Vestry / Session members, Pastor-Parish Committees, Personnel Committees and judicatory leaders of all denominations.
- The workshop would be especially helpful if a team made up of clergy, staff, and lay leadership from a congregation would attend the event together.

## Workshop Location:

First Mennonite Church  
601 E. Parham Road  
Richmond, VA

(Map to the workshop site and hotel information will be sent with confirmation of registration.)

## Workshop Leader:

**Richard Blackburn** is Executive Director of the Lombard Mennonite Peace Center (LMPC) in Lombard, IL. Richard leads a variety of workshops yearly on conflict transformation in congregational systems, and serves as a consultant to conflicted churches. He participated in Dr. Edwin Friedman's *Post Graduate Clergy Seminar in Family Emotional Process* and the Georgetown Family Center's *Post Graduate Program in Bowen Family Systems Theory and Its Applications*.

## Registration Fee:

The preregistration fee is **\$89.00**. For those who register after **Sept. 12, 2018**, the fee is **\$99.00**. For those who register after **Sept. 19, 2018**, or at the door, the fee is **\$109.00**. Fee includes training manual, lunch, and refreshment breaks. Cancellations are subject to a nonrefundable administration fee of \$25.00, if LMPC receives notice of cancellation by **Sept. 19, 2018**; otherwise, no refund will be issued. For individual or group registrations, you can return the registration form found below with payment, or you can register online at: <https://www.brownpapertickets.com/event/3322568>.

**Church group discounts are available.** When four to six persons register together **from the same congregation by Sept. 12, 2018**, the discount is \$5 apiece. For groups of seven or more, the discount is \$10 apiece. See the group discount coupon for the other required criteria to qualify for the group discount. You can download a group discount coupon at: [www.LMPeaceCenter.org/brochures/](http://www.LMPeaceCenter.org/brochures/).

Scan here for a group discount coupon:



## For More Information:

Call LMPC at (630) 627-0507. You can also visit our web site at [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)

## Workshop Schedule

Wednesday, September 26, 2018

- 9:00-10:15 **The Road to Damascus: The Church and Change in an Age of Anxiety**
- *Anxiety in Action: A Congregational Case Study*
  - *Linear Cause-Effect Thinking vs. Systems Thinking*
  - *Distinguishing Between Acute Anxiety and Chronic Anxiety*
  - *Understanding the Roots of Anxiety*
  - *Societal Anxiety: Its Impact on the Church*
- 10:15-10:30 Break
- 10:30-12:00 **"They Know Not What They Do": The Scapegoat Mechanism and Church Conflict**
- *The Scapegoating Process in Church Systems: Case Studies*
  - *The Family Projection Process in Bowen Theory*
  - *The Scapegoat Mechanism in the Work of René Girard*
  - *Reflections on Christ's Passion in Art: Exposing the Scapegoat Mechanism to the Light*
- 12:00-1:00 Lunch (on-site – included in registration)
- 1:00-2:30 **The Importance of Not Being Earnest: Reversals, Playfulness, and Paradox**
- *Understanding Triangles and the Importance of Maintaining a Non-Anxious Presence*
  - *Murray Bowen and Edwin Friedman on Reversals, Playfulness, and Paradox: Video Clips of the Masters at Work*
- 2:30-2:45 Break
- 2:45-4:00 **The Road to Damascus: Lessons for Leadership in Anxious Times**
- *The Conversion of Paul in Art: Learning from Paul's Experience with Radical Change*
  - *Self-Differentiated Leadership: A Key to Overcoming the Impact of Anxiety*

## Registration Form

### Leadership and Anxiety in the Church — Richmond, VA — September 26, 2018

To register, clip this form, make your check payable to "LMPC," and mail to:  
Lombard Mennonite Peace Center, 101 W. 22nd Street, Suite 206, Lombard, Illinois 60148

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Congregation/Organization \_\_\_\_\_ Work Phone \_\_\_\_\_  
Personal Email \_\_\_\_\_ Other Email \_\_\_\_\_

\* *Registration confirmations will be sent by email; please be sure to include at least one email address, clearly printed.*

\_\_\_\_\_ Yes! Please register me/us for **Leadership and Anxiety in the Church**. I've enclosed \$89.00 per person. (Fee is \$99.00 after **Sept. 12, 2018**; after **Sept. 19, 2018**, the fee is \$109.00.)

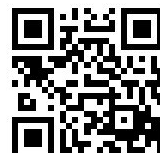
\_\_\_\_\_ I have a group of four or more from the same church and I'm registering before **09/12/18** (no group rate available after **09/12/18**). I'm enclosing \$84 per registrant (group of 4 to 6) or \$79 per registrant (group of 7 or more) for a total of \$ \_\_\_\_\_. I understand that to receive the group rate, I must send all individual registration forms with one check — with the

"Group

Discount Coupon" — so that LMPC receives it no later than **09/12/18**.

\_\_\_\_\_ Please send me information about LMPC's *Mediation Skills Training Institute for Church Leaders*.

\_\_\_\_\_ Please send me information about LMPC's *Clergy Clinic in Family Emotional Process*.





LOMBARD MENNONITE PEACE CENTER  
101 WEST 22ND STREET, SUITE 206  
LOMBARD, IL 60148-4987

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# *Leadership and Anxiety in the Church: A Family Systems Perspective*

**September 26, 2018**

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

**First Mennonite Church**

601 East Parham Road  
Richmond, VA

*Sponsor:* **Lombard Mennonite Peace Center**



## *About the Workshop:*

Since the publication of Dr. Edwin Friedman's *Generation to Generation*, many pastors and other church leaders have become aware of Bowen family systems theory as a way of understanding congregational dynamics. Family systems theory identifies differentiation of self and anxiety as two key variables impacting human functioning. The seminar on *Leadership and Anxiety in the Church* looks at the challenge presented by the rising levels of anxiety being experienced in churches today, as well as the role that self-differentiated leadership can play in calming such anxiety.

The seminar is comprised of a series of PowerPoint presentations originally conceived for LMPC's *Advanced Clergy Clinic in Family Emotional Process*. Works of art illustrating Biblical themes from the Medieval, Renaissance, and Baroque eras are integrated at various points to facilitate theological reflection on the themes being presented.

The seminar on *Leadership and Anxiety in the Church* is being offered by Lombard Mennonite Peace Center as part of its ongoing mission to help Christ's church grow in health and wholeness, into all that God wants it to be.

## *This workshop will help you . . .*

- *Distinguish Between Acute Anxiety and Chronic Anxiety*
- *Examine the Roots of Anxiety*
- *Compare the Family Projection Process as Understood in Bowen Family Systems Theory, with René Girard's Understanding of Scapegoating*
- *Gain Insight into How the Scapegoating Process Impacts Church Conflict*
- *Understand Emotional Triangles and the Importance of Maintaining Non-Anxious Presence*
- *Recognize the Role of Playfulness in Defusing Anxiety*
- *See Self-Differentiated Leadership as a Key to Overcoming the Impact of Anxiety*
- *Enhance your role as a leader in the church.*



## *Other LMPC Programs:*

The *Mediation Skills Training Institute for Church Leaders* equips leaders to address interpersonal, small group, and congregational conflicts. Dates and locations of upcoming institute are:

- May 7-11, 2018, Hartford, CT
- August 6-10, 2018, Lombard, IL (Chicago area)
- October 1-5, 2018, Minnetonka, MN (Twin Cities area)

## *Special Announcement:*

***Mediation Skills Training Institute in Virginia  
November 12-16, 2018 — Richmond, VA***

*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 3 times per program year, 3 days each time, for a total of 9 days.

**Dates for 2018-19 in Lombard, IL are:**

- | <b>Group A</b>         | <b>Group B</b>     |
|------------------------|--------------------|
| • Oct. 22-24, 2018     | • Nov. 5-7, 2018   |
| • Feb. 18-20, 2019     | • Feb. 25-27, 2019 |
| • April 29-May 1, 2019 | • May 6-8, 2019    |

For further information and brochures with registration forms:

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