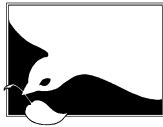


## *This workshop will help you . . .*

- 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*



**April 5-6, 2019**

Friday: 7 p.m. to 9:30 p.m.  
Saturday: 9 a.m. to 4:30 p.m.

**Berlin Mennonite Church**

4718 US Route 62  
Berlin OH 44610

Sponsored by  
***Berlin Mennonite Church***

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:

Berlin Mennonite Church  
4718 US Route 62  
Berlin OH 44610

## Workshop Leader:

**Bill Blank** is Associate Director of Lombard Mennonite Peace Center (LMPC) in Lombard, IL. He is an ordained minister in the Mennonite Church and has served as a pastor and interim pastor. He has participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington D.C. He has experience as a mediator, trainer and church consultant as well as providing coaching for pastors and church leaders.

## Registration:

The registration fee is **\$40 per person** (includes manual and lunch), or **\$60 for a couple** (sharing one manual; two lunches). The preregistration deadline is **March 17**, after which the registration fee is **\$50 per person** or **\$80 per couple**.

Registration may be submitted by mailing the form to Berlin Mennonite Church, P.O. Box 217, Berlin OH 44610.

## Workshop Schedule:

### Friday, April 5:

- 6:30-7:00 Registration  
7:00-9:30 *What is Systems Thinking?*  
*Video Case Study: "The Anxious Congregation/The Responsible Congregation"*

### Saturday, April 6:

- 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* Berlin, Ohio April 5-6, 2019

To register, clip this form and return it to the church office. You may also register online at <http://bit.ly/April5HealthyCongregations> or call in your registration to the church at 330-893-2320.

Mail registration form to:  
Berlin Mennonite Church  
PO Box 217  
Berlin OH 44610

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

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_ 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).