

## *About the Workshop :*

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders become more effective stewards of the congregation. The workshop was originally created by Dr. Peter Steinke and is based on the work of Dr. Murray Bowen. The workshop content is published in Steinke's book **HEALTHY CONGREGATIONS**.

Since the publication of **GENERATION TO GENERATION** by Dr. Edwin Friedman, many congregational leaders have come to recognize the importance of understanding family systems theory as it relates to congregational life. The *Healthy Congregations* workshop helps both lay and pastoral leaders expand their insight into how congregations function as emotional systems.

Friedman noted that in many congregations negative, reactive forces are allowed to set the agenda for the faith community. The *Healthy Congregations* workshop is designed to equip leaders to respond to the presence or potential threat of anxiety in a congregational system to prevent destructive conflict and help the church stay focused on its unique mission and purpose.



[www.lmpeacecenter.org](http://www.lmpeacecenter.org)

### *The Michigan Conference of The United Methodist Church*

offers a variety of leadership resourcing and trainings for those interested in building up leadership competences for strategically living toward a faithful and fruitful future.

These include, and are not limited to, the following:

#### *Addressing Conflict for Congregational Resilience*

*Roads to Congregational Vibrancy  
processes for congregational renewal through  
problem solving, strategic planning,  
strategy implementation  
and accountability for sustainable future.*

To explore options to address your need,  
contact Naomi García

voice message 517.347.4030 ext. 4092,  
or e-message [ngarcia@michiganumc.org](mailto:ngarcia@michiganumc.org).

[www.michiganumc.org](http://www.michiganumc.org)

# *Healthy Congregations*



## **Healthy Congregations workshop:**

**June 27-28**

**Thursday evening –**

**6:00 pm - 9:00 pm**

**Friday – 9:00am – 4:00 pm**

**Michelson Memorial UMC**

**400 Michigan Ave. Grayling Mi 49738**

**(989)-348-2974**

## ***Who Will Benefit:***

- Pastors and other church staff, Church Council, Session, Personnel Committee and Pastoral Relations Committee members, all congregation members and leaders.
- Anyone interested in enhancing her or his capacity for self-management in a non-anxious and responsible way, whether in the congregation, the home, the workplace, or the community.

## ***Workshop Location:***

Michelson Memorial United Methodist Church  
400 Michigan Ave Grayling Mi 49738  
Rich Burstall (989)-348-2974

## ***Workshop Leader:***

Naomi García focuses on addressing change, systems and conflict...for good on behalf of the Michigan Conference of The United Methodist Church. Her experience spans ministries of a large suburban congregation, a medium-sized inner city congregation, and a cooperative parish of six rural congregations. Naomi is a *Healthy Congregations* facilitator authorized by the Lombard Mennonite Peace Center, (Illinois) and Healthy Congregations, Inc. (Ohio).

## ***Registration Fee:***

The registration fee is \$25 for the Participant Workbook. Two people may share one workbook.

For further information and to register contact  
Rev. Rich Burstall [gvnit2god@yahoo.com](mailto:gvnit2god@yahoo.com)

Michelson Memorial UMC  
400 Michigan Ave. Grayling Mi 49738

## ***Workshop Content***

### ***What is Systems Thinking?***

#### ***Video Case Study:***

***“The Anxious Congregation/ The Responsible Congregation”***

#### ***Healthy Congregations Respond to Anxiety***

***Healthy Congregations Invite  
Differentiation of Self***

#### ***Healthy Congregations Focus on Strength***

***Healthy Congregations  
Manage Conflict***

#### ***In Healthy Congregations,***

***Leaders Challenge People***

***Leaders Focus on Mission***

***Leaders Promote Health Through  
Their Presence and Functioning***

#### ***Preparation to plan For a Healthier Congregation***

***Apply learnings to Important  
Relationships***

***Opportunity to practice skills for  
improving interpersonal  
communication.***

## ***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.
- Experience the power of mutual understanding through Neutralizing History (NH) application.



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