

How Healthy is Your Congregation?

- Picture this: You're in a congregational council meeting – or an annual meeting – and things inexplicably go off the rails. Why?
- You're in a meeting at work and find yourself REACTING instead of RESPONDING. What gives?
- Maybe you're at home and find yourself not bringing your “best self” to your spouse or children. Why?
- The lives of families – and congregations – are complex emotional systems... and require a “systems way of thinking.”

The Healthy Congregations Resource Team (HCRT) is here to help!

We offer several Healthy Congregations workshops that will help you navigate the complex (but *very predictable*) life of your congregation or organization.

- Each workshop is **3-4 hours long**, scheduled at your convenience
- Each workshop is led by a **trained facilitator**
- Each participant attending the workshop gets a **comprehensive workbook**

#1: Creating Healthy Congregations (Systems Thinking)

Workshop 1 introduces the basics of systems thinking and looks at building capacities to accept differences while focusing on organizational strength and mission.

#2: Healthy Congregations Respond to Anxiety and Change (Anxiety and Change)

Workshop 2 focuses on identifying and dealing with anxiety in communities, management of conflict, and developing capacities to be flexible and creative through it all.

#3: Leadership in Healthy Congregations (Immune Leadership)

Workshop 3 works on the development of healthier processes by looking at how leaders function, rather than through programs and techniques. The workshop

highlights the role leaders as providing immunity to processes that tear down the fabric of the community.

BONUS SUPPLEMENTAL WORKSHOPS

We also offer three supplemental workshops once you have completed the core series (1, 2, 3): one on caregiving (#4), one on stewardship (#5), and one on spirituality (#6).

#4: Relationships in Healthy Congregations (Boundaries in Caregiving)

Workshop 4 deals with the development of graciousness and truth. The workshop focuses on building relationships founded in care, encouragement, and empowerment.

#5: Healthy Congregations Develop Generous People (Stewardship and Money)

Workshop 5 looks at broad perspectives around stewardship and how it relates to emotional processes in a system.

#6: The Spiritual Care of Healthy Congregations (Spirituality)

Workshop 6 deals with sharing, hospitality and “beginning again as a way of life.”

How do I choose the workshops that are right for us?

While there are six workshops available, some pack more of a punch than others.

GOLD STANDARD: For those new to systems thinking

If you're **new to systems thinking**, we recommend workshops 1, 2, and 3.

TRANSITION TIME

If your congregation is in a **time of transition**, we recommend workshops 2 and 3.

STILL NOT SURE

If you can **only pick one workshop**, we recommend workshop 2 or 3, depending on your organization's needs.

What is the investment?

Each workshop is 3 – 4 hours long and includes a trained facilitator for the group and a workbook for each participant.

Each workshop costs:

- \$525 for 1-10 participants (+ mileage for the facilitator)
- \$650 for 11-20 participants (+ mileage for the facilitator)
- For groups larger than 20, add \$125 for every ten participants (+ mileage)

What is your next step?

Fill out a simple form at <https://tinyurl.com/healthycong> and someone from our Healthy Congregations Resource Team will contact you.

If you are ready to schedule a workshop, you can reach out to Pastor Matt Musteric directly at mattmusteric@proton.me.