

Christ Episcopal Church

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What are the Healthy Congregations Workshops?

The Healthy Congregations program is composed of six, six-hour workshops. Each is designed to help church leaders become effective stewards of their congregations. The goal of the thirty-six hour program is to encourage and challenge key leaders in any congregation so that they become the experts on maintaining and improving congregational health. The series uses vignettes, case studies, workbooks, conversation and current research and experience in congregational life as a basis for learning that is interactive and thoughtful.

What do the Healthy Congregations Workshops Encourage in Congregations?

Each of the six workshops includes a focus on the development of useful skills for congregational leaders. Participants learn how they influence the health of the communities where they serve. The workshops enable participants to:

- Gain a renewed sense of purpose and mission
- Cultivate strong leadership capacities to challenge the congregation
- Learn how to develop healthy patterns of living together in community
- Learn to focus on strengths, resources, and options for the future
- Boost confidence in responding to challenges and opportunities
- Learn how to lead calmly and with thoughtfulness
- Reflect theologically about relationships
- Move the congregation toward healthy functioning

SATURDAY, SEPTEMBER 15, 9 a.m.-3 p.m. Workshop 1 Creating Healthy Congregations

This workshop focuses on the congregation's ability to accept differences and to lead based on strength and mission.

SATURDAY, OCTOBER 13, 9 a.m.-3 p.m. Workshop 3 Leadership in Healthy Congregations

A major premise of this workshop is that leaders promote health through their presence and functioning, rather than programs or skills. It focuses on leadership through the lens of the leader's ability to challenge and to provide immune capacities for the congregation.

SATURDAY, NOVEMBER 10, 9 a.m.-3 p.m.

One of the following to be decided upon by participants on October 13th

Workshop 2 Healthy Congregations Respond to Anxiety and Change

This workshop encourages the promotion of health as "responding" to anxiety and change, rather than "reacting" to it. It also lifts up the ability of communities to manage rather than deny conflict and to promote flexibility and creativity.

OR

Workshop 4 Relationships in Healthy Congregations

The focus on relationships is described through the abilities to encourage grace and truth. There is discussion of the development of care and empowerment in healthy congregations.