

## Ministry Resiliency Support Funds

One way in which pastors work to stay spiritually and emotionally healthy as congregational leaders is through relationships with other professionals who can provide listening and encouraging space for them. This is especially true in challenging times, times like we have been experiencing with the COVID 19 pandemic and the divisive nature of our current culture. These, as well as personal and local community stresses, are wearing on pastors.

The PSWD Ministry Commission is offering **financial support of \$1000 to each pastor for 2022** to work at building their ministry resilience. The funds, which a pastor needs to request (see form link below), are to be used for **connecting with a leadership coach, a spiritual director, or a therapist**. Ideally a pastor would connect and build relationships with at least two of these categories. And if you already have a relationship with one of these resources, we hope you will consider adding a second area of support, using the funds to support your ongoing relationship but also to add to your support tools.

Applications for support will be approved as they come in. You can expect to receive a check within two weeks of applying. *The district will send an initial check of \$500, and you will need to collect receipts (invoices, statements, canceled checks, etc) for the services you receive and send those to the district office in one batch (information about who you are seeing may be blacked out). When received a second check for \$500 will be sent, and receipts from that check should be collected and sent in as well.* This makes the money given a reimbursement for expenses and so it is not taxable income to you. If you have already incurred expenses in 2022 in these areas those may be included as part of your receipts. Those receiving support will be asked to provide a brief, confidential sharing near the end of the year to help us assess if this has been helpful and might be continued.

Below you will find some possible links and suggestions for how to find professional support in each of these three areas. These ideas are for your support, but they are only additions to resources you may already be familiar with.

### Leadership Coaching

Coaching is an ongoing conversation focused on personal growth or improvements in professional performance. The goal of coaching is to help resolve present issues or handle specific aspects of the job. Many coaches/organizations will offer an initial session at no cost to explore goals and see if the relationship works for you. Here are places you might look to find a coach:

<http://www.clergycoachingnetwork.com/> -

<https://www.designgroupinternational.com/> - founded by Mennonites

[sdueck@brethren.org](mailto:sdueck@brethren.org) - Stan Dueck, COB director of leadership transformation offers coaching

<https://www.willsalyards.com/> - a few of our pastors have worked with Will

<https://www.facebook.com/profile.php?id=100032092102028> - Nate Polzin, COB pastor/church planter

<https://www.laurastephensreed.com/> - I know of pastors who have worked with Laura

## **Spiritual Direction**

Spiritual Direction offers the gift of deep listening and compassionate companionship or accompaniment on the journey. Spiritual direction is not counseling, with the intention of “fixing” something. It is a way of accompaniment that honors the spiritual dimension of our lives, the way each of us knows ourselves best, and each one’s personal language for and relationship with the Sacred. Most directors will offer an exploratory conversation at no cost to see if the relationship feels like it will work. Here are places you might find a spiritual director:

<https://www.sdcompanions.org/need-help-finding/> - Search to find directors near you

<https://www.shepherdheartconsulting.com/find-a-spiritual-director/>

Retreat centers near you like Mary & Joseph, Serra Retreat, Mercy Center

<https://persimmonstudio.org/> - Amy Gall Ritchie, COB Minister

<https://soulrending.net/> - Erin Matteson, COB Minister

## **Therapist**

Therapists work with leaders everyday who are struggling with challenges unique to them. In each of these people, there is so much good and potential that is being shut down or blocked by the burden of distress. Through counseling and work, you can feel better. Here are places you might find a therapist:

<https://www.leaderwisecounseling.org/> - specialize in working with religious leaders

<https://www.shepherdheartconsulting.com/find-a-therapist/>

The district office has the names of a few CA based therapists who have worked with pastors. Your health care network may include access to see a therapist, and funds can be used to support the deductible or other costs not covered by insurance.

Here is the link to the application:

<https://forms.gle/nT2iZEkrWL8nHog56>