

Healthy Congregations

Healthy Congregations uses the insights of family systems theory to help church leaders become more effective stewards of their congregations. This 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*. 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.

This Workshop Will Help You/Your Church...

- Learn how you as a leader can positively influence the health your congregation
- Learn how to keep anxiety from being infectious
- Gain confidence in responding to challenges and opportunities
- Learn how to limit invasive behavior, manage reactivity, and overcome sabotage
- Learn to focus on strengths, resources, options, and the future



Who Will Benefit:

- **Pastoral leaders** who are interested in learning a proactive approach to managing anxiety in their church
- **Church lay leaders** who want to gain confidence in their position and how to best manage challenges
- **Anyone** interested in learning how to manage self and become a positive representative for the church

Logistical Information:

- The workshop will begin at 9:00 am and last until 4:00 pm
- There will be a couple 15-minute breaks and an hour break for lunch

Presented By
Jay Wittmeyer



Rev. Jay Wittmeyer is the Executive Director of the Lombard Mennonite Peace Center. Jay is an educator, organizational development consultant, and mediator with broad experience, serving conflicted churches and organizations in the U.S. and international settings. Grounded in an Anabaptist peace-building tradition and working from a Bowen family systems perspective, LMPC works to transform conflict in a healthy manner.

Date

September 21st, 2024

Location

First Presbyterian Church
130 Windridge Dr
Winchester, KY 40391

Organizer

Transylvania Presbytery,
PCUSA

Workshop By



Register Now:
<https://bit.ly/3SwcqRf>

