

A Developmental Retreat

Total Clergy Well-Being: Balancing Your Ministry, Re-Discovering Your Life

DATES: 5:00 p.m. Sunday, July 5 – 2:00 p.m. Friday, July 10, 2015

VENUE: Oakridge Conference Center, Chaska, MN

Informational Conference Calls will be held:

Registration Limited

Application Required: Application Deadline, April 30, 2015

LEADERSHIP TEAM:

Susan Nienaber, M.Div., District Superintendent (MN Conference UMC), Congregational Consultant and Licensed Marriage and Family Therapist

Mark Sundby, M.Div., Ph.D., Licensed Psychologist and Executive Director, North Central Ministry Development Center

OVERVIEW: This unique event is a week-long renewal retreat for clergy, rabbis, and spiritual teachers, and one of their primary support persons (such as a spouse, partner, best friend, adult child).

This is an opportunity for you and your partner to focus holistically on your total well-being as a clergy person and couple. Unlike most such opportunities, this event also recognizes, plans for, and includes the key support person in your life.

Throughout the event there will be opportunities to focus on the many elements of well-being (spiritual, mental, and physical) in a safe and beautiful setting with leaders who intimately understand the context and challenge of the clergy role and its impact on those who are close to that clergyperson.

The frame of the entire week will be spiritual well-being, with learning and experiences built around mindfulness, meditation, and a variety of spiritual practices that are especially suited to you.

Susan, Mark, and a team of counselors from North Central Ministry Development Center will administer, and provide individualized interpretation of, a “360-degree” assessment of mental, emotional and leadership well-being. We are also partnering with a well-known health/fitness company to provide a physical health and fitness assessment, along with a personalized plan to

address physical needs. This assessment involves a fasting blood draw with nutrition and fitness coaching.

By the end of this week, the clergy participant and their partner will:

- Develop a personalized well-being plan which includes follow-up resources and support
- Receive detailed, customized feedback on all aspects of their well-being in a nurturing environment which is safe and supportive
- Have the opportunity to rest and de-compress in a beautiful setting
- Strengthen their relationship with each other as partners, friends and/or spouses
- Learn a variety of life-balancing skills and techniques

There will be a special component for the partners/significant others to connect and develop a deeper understanding of their unique role both with the congregation and in the clergy-person's relationship with the congregation if they choose.

What Will You Learn?

- Spiritual practices, especially suited to your personality and situation.
- Stress-management techniques such as centering prayer, mindfulness, meditation, thought-changing practices, and yoga; health-fitness-diet skills; communication skills.
- How to identify core strengths and how to build upon them for sustained well-being.
- Concrete data from inventories, assessments and lab tests, some of which will be taken online prior to arrival, and some of which will be taken at the event.
- Your particular needs, along with creative, constructive ways in which to ensure those needs are met within the context of the clergy, clergy family, and support roles.

What will you get from this seminar?

- An outstanding developmental experience led and presented by Susan Nienaber and Dr. Mark Sundby, nationally known and respected leaders in the area of clergy well-being.
- All assessments and inventories you will take prior to and as a part of this event.
- All materials that you will use during the event.
- An extensive, annotated bibliography.
- A concrete action plan for sustaining the learning and practices of the week when you return to your congregational setting.
- A chance to develop new friendships among colleagues from other denominational systems and outside your immediate circle, to draw on for future support.
- The opportunity to take a break from problematic ways of coping, and experience changes in behaviors and attitudes, within an environment of increased support.
- Opportunities for small group interactions with peers, time alone with your partner, and group recreational activities.
- Memories of a week spent in a lovely, relaxing setting.

Who should attend?

- Clergy serving congregations or other specialized settings or denominational leaders and a support person (spouse, partner, adult child, best friend, key lay person)
- Clergy couples.

NOTE: Third parties (judicatory supervisors, mentors, and others may refer persons to this event. Please note the special instructions on the application form for those making referrals.

What else should you know?

- The event begins at 5:00 p.m. on Sunday, July 5 for an opening gathering with instructions and information about the week, and dinner.
- The event concludes with lunch on Friday, July 10. This farewell luncheon is an important part of the event, and all participants should plan their travel so that they will not have to leave the Conference Center prior to 2:00 p.m. on Friday.
- There will be opportunities to reflect with others and get one-on-one coaching from Mark, Susan, and the staff of the North Central Ministry Development Center.
- There will ample free time to rest, reflect, spend time with one's support person, and to work on their Plan for Well-Being along with processing new information about themselves.

Who are the Leaders of this Event?

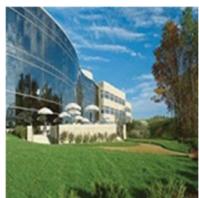


With a background as a counselor and therapist, **Susan Nienaber** combines compassion with independence when working with congregations on issues of conflict, dialogue, crisis, personnel, professional misconduct, leadership, and interpersonal dynamics. For more than two decades, Susan has served as a consultant and mediator in congregations and denominations. Susan worked for 14 years as a psychotherapist specializing in recovery from abuse and trauma. She is an ordained Elder of the United Methodist Church and she has been a hospital chaplain and parish pastor. She is currently appointed as the District Superintendent of the Big Waters District of the MN Annual Conference.



Dr. Mark Sundby, Executive Director of the North Central Ministry Development Center, is a licensed psychologist and an ordained pastor in the Wisconsin Conference of the United Methodist Church. Mark received his doctorate in counseling psychology from the University of Minnesota and his Master of Divinity degree from the University of Chicago Divinity School. He has served in the local church, worked in a university counseling center, and taught at both the undergraduate and graduate levels.

North Central Ministry Development Center has served clergy, seminarians, and people in ministry for over forty years. The center specializes in psychological assessment, leadership development, and counseling. It is accredited by the Ministry Development Council (MDC).



Where is this event being held?

Get away to the natural and pristine setting of Oak Ridge Hotel & Conference Center, located just 30 minutes from downtown Minneapolis and the Minneapolis/St. Paul International Airport. Privately situated in Chaska, Minnesota, on 130 acres of rolling meadows with miles of tranquil woodland trails, Oak Ridge features the extraordinary amenities of a five-star resort. The food is amazing and will be prepared by Oak Ridge's executive chef.

IMPORTANT NOTE

This event is designed for participant pairs: a clergy person and a key support person in her/his life – a spouse, a partner, a key lay person in the congregation, an adult child, a close friend, or someone else with a commitment to the well-being of the clergy person in question.

The registration fee covers tuition for both the clergy participant and the support person participant.

Lodging is handled separately, and may be requested as either a double or a single room, depending upon the preferences of the participants.

- Participation is by application only.
- When you register and pay the fee or the deposit, you will receive an application form.
- If you are not accepted at the 2015 event, you may elect to have your fee/deposit returned or have it applied to the 2016 event.
- Applications must be received by April 30, 2015.
- Participants will be notified of acceptance by May 15, 2015.

Why is there an application process?

Space in the event is limited to an optimal size for large and small-group interaction, and to ensure that there is sufficient time for the individualized aspects of the event.

In addition, not everyone is in an optimal place in their lives to benefit from this experience. Therefore, the application process gives Mark and Susan the chance to make referrals to other services when appropriate.

Applicants and their support person need to apply for this event by completing the application form and questionnaire.

Third parties (a colleague or person with a supervisory or mentoring relationship) may refer a person to this event. In such a case, Mark and Susan may be in contact with the referring person, as indicated on the application form.

Tuition & Fees

Fees are for two attendees participating as a pair.

Discount" through December 31, 2014: \$1275 per pair

"Early Bird Discount" January 1, 2015 through February 28, 2015: \$1375 per pair

Full Price after February 28, 2015: \$1495 per pair

Room & Board Costs (per person): Single - \$1295, Double - \$995

Participants have the option of paying the full fee, at the applicable discount rate, or a \$200 deposit at the time of registration. If registration is made with a deposit, the balance of the full fee is due no later than April 30, 2015.

When registration is made and the fee or the deposit is paid, you will receive an application form, and further instructions.

The application form must be returned by April 30, 2015.

Applicants will be notified of participation decisions no later than May 15, 2015.

Full fee or deposit will be refunded to persons submitting applications that are not accepted.

**Please contact Gaynelle Erickson, North Central Ministry Development Center, to register and obtain your application form.
She can be reached at ncmdc@comcast.net and (651) 636-5120.**