

Congregational Resource Team

Healthy Congregations Workshop Descriptions



Healthy Congregations: Workshop One – "Creating Healthy Congregations," introduces participants to the idea of looking at the congregation as **an emotional system** comprised of many families, a staff that interacts regularly, committees, teams, classes, worshippers. Paul calls the church THE BODY OF CHRIST, an excellent Systems analogy. This workshop brings attention to three primary areas: **accepting differences, focusing on strength, and focusing on mission**. Workshop One is foundational and required for participation in all other Healthy Congregations workshops.

Healthy Congregations: Workshop Two – "Healthy Congregations: Respond to Anxiety, Manage Conflict, Respond To Change, Act Flexibly and Creatively, and Plan for a Healthier Future." 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.

Healthy Congregations: Workshop Three – 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 strengthen the congregation.

Healthy Congregations: Workshop Four – Forgiving, Truth-telling, Connecting, and "Healthy Helping." 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.

Healthy Congregations: Workshop Five – "The Stewardship of All Believers, Money Talks, Anxiety and Money, People are Resources" Stewardship in this workshop is expanded as recognition of the Creator's interdependent design of life. The workshop focuses on developing gratitude and generosity through the ability of the community to make decisions.

Healthy Congregations: Workshop Six – "Holiness and Health, Hospitality, Helping People to Begin Again, A Different Kind of Health" Spirituality is discussed as the ability to share and participate, rather than focus on the self. Hospitality for all and looking at life as a series of new beginnings is also a part of this resource.

CRTeam Focused Leadership Workshop – Leadership excellence is key to congregational well-being. Finding excellent leaders does not happen by simply seeking volunteers. With more than five years of experience in working with congregational leaders, the CRTeam has developed this workshop which looks at leadership through the unique lens of Systems thinking. This workshop is designed for congregations and leaders who seek challenge over contentment and missional progress over nostalgia.