

# SELF-CARE FOR CLERGY COMING TO THE CENTRAL TEXAS CONFERENCE

## Servant Leadership: Personal and Professional Self-Care

*Two dates to choose from:*

### Sept. 20-21 at the Still Water Lodge

Taught by Rev. Beverly Gilliam of Morningside UMC and Mona Dunkin, a layperson from Bosqueville UMC.

Still Water Lodge

407 SW Barnard

Glen Rose, TX 76043

254-897-2247

[www.glenlake.org/stillwater](http://www.glenlake.org/stillwater)

### Nov. 8-9 at the Summers Mill Retreat Center

Taught by Rev. Bobby Cullen of Lighthouse Fellowship and Jackie Elliott, a layperson from 1<sup>st</sup> UMC Burleson.

Summers Mill

7441 FM1123 #41

Belton, TX 76513

254-939-6194

[www.summersmill.com](http://www.summersmill.com)

**The cost of the course is \$85/person.** Sign up for one or the other of the sessions. It is an either/or, not both/and. Your spouse is also invited to take the Self-Care course. The total fee for you as a couple would be \$125.00.

## Schedule

5:30 to 9 P.M. on the Monday and 8:30 to Noon on the Tuesday.

There will be no dinner on Monday evening, but there will be a substantial snack tray; breakfast on Tuesday at 7:30 is included, and there is no included lunch on Tuesday, but there will be a light snack tray that day.

*If you are participating in the Virgin Health Miles program, you will be given a 1,000-mile award for participating in Self-Care for Clergy.*

Contact **Mona Bailey** with questions at **817-577-0440**. From September 9-20 only, if you have questions, call Mona Dunkin at 254-749-6594. There is a form for registration on the Health and Welfare website of CTCUMC.org.

## Why Self-Care?

*Choose life so that you and your descendants may live, loving the Lord your God; obeying Him and holding fast to Him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, and Isaac, and to Jacob.* Deuteronomy 30: 19-20

We are constantly presented with choices that either enhance or detract from our overall health and well-being. When we are not healthy in body, mind, and spirit together, we are less than what God intended us to be and are less available to do the work to which God has called each of us in ministry. To deny interconnectedness of body, mind, and spirit -- or to shortchange any aspect of our lives is to deny the fullness of what God has called each one of us to be. To recognize the inseparability of our complete nature and to operate from that center is to lead from the soul. The Self-Care Covenant Workshop provides a structured opportunity for individuals to examine their current choices within the mental/emotional, physical, social, and spiritual health areas. Led by individuals within our Conference who have attended the training workshops given by the GBOPHB, the workshop encourages discussion and self-examination while providing information and collaborative support. The end product of the workshop, a personal *Self-Care Covenant*, provides participants with a structured plan for one or more behavioral and/or environmental changes to improve their personal health.

**Each participant will receive a notebook**, for use during and after the workshop, which includes self-examination tools, encourages reflection and journaling, and includes the Self-Care covenant worksheets.

## The workshop helps participants:

- Make the connections among spiritual, mental, social, and physical health
- Describe how Servant Leadership requires self-care
- Experience stress management techniques & learn how to say "No"
- Discuss recommendations for eating, physical activity, water, sleep, and how to personally implement those recommendations
- Self-assess current health behaviors and choices
- Develop a self-care covenant with an accountability plan

## SELF-CARE FOR CLERGY

### Servant Leadership: Personal and Professional Self-Care Registration form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

*Place check by the date you wish to attend*

**Sept. 20-21 at the Still Water Lodge**

407 SW Barnard  
Glen Rose, Texas 76043  
254-897-2247 [www.glenlake.org/stillwater](http://www.glenlake.org/stillwater)  
Enrollment required by September 1, 2010

**Nov. 8-9 at the Summers Mill Retreat Center**

7441 FM1123 #41  
Belton, Texas 76513  
254-939-6194 [www.summersmill.com](http://www.summersmill.com)  
Enrollment required by October 15, 2010

**The cost of the course is \$85/person.** Your spouse is also invited to take the Self-Care course. The total fee for you as a couple would be \$125.00.

**YES I am participating in the Virgin Health Miles program.**  
*You will receive 1,000-mile award for participating in Self-Care for Clergy.*

Make your check payable to the **Central Texas Conference**, memo **Self-Care**, then mail the check with this registration form to:

**Susan Briles**  
The United Methodist Center  
464 Bailey Avenue  
Fort Worth, Texas 76107-2153.

Contact **Mona Bailey** with questions at **817-577-0440**.  
From September 9-20 only, if you have questions, call Mona Dunkin at 254-749-6594.