

**A TIME OF SABBATH RENEWAL
For Pastors and CLM's**



With Pat Woolever & Kathy Harvey Nelson

The Center for Spiritual Formation is offering a series of Sabbath Retreats, designed especially for clergy and CLMs who are serving churches. We gather at Orchard Hill in Millerstown at 9 a.m. for worship and a time of exploring the Word together, as partners on the journey with Jesus. Following lunch, a guided activity will be offered in which you may participate. Or, you may use the afternoon for hiking our trails, walking the Labyrinth, or taking a much-needed nap! We regather at 3:30 for sharing and communion before leaving at 4:30. Come for each Sabbath or select one or two. 1 CEU per session. COST is \$25 per session, which includes CEU and materials. *Bring a bag lunch!*

Dates and Topics:

- October 31: Abiding: Making Home (Ephesians 3:17)
- November 28: Heart: Hiding these things in your heart (Luke 2:19)
- March 6: Prayer: Communicating with the God who loves you (Matthew 6)
- April 17: Healing: When we have been hurt (Ephesians 4:31-5:2)
- May 15: Living: This side of Eden (Galatians 5)

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**Sabbath Renewal** \$25 – 1 CEU per session

**Name:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address:** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Sessions:** \_\_\_\_\_

Return to The Center For Spiritual Formation, Inc., 45 S. West St, Carlisle, 17013 or email us at [formation1@embarqmail.com](mailto:formation1@embarqmail.com) .

I have enclosed a check.

The Center is affiliated with the Susquehanna Conference of the United Methodist Church, 303 Mulberry Drive, Mechanicsburg, PA 17055



# Tending the Fire

*Wise, resilient leadership for a changing world*

## **Human systems are complicated, and churches are no exception.**

At their best, they draw out excellence in their people. At their worst, they become stuck -- undermining and sabotaging even the most well-designed plans for change. *Tending the Fire* helps clergy “think systems” in their congregations and their personal lives, so they can lead change that lasts. They can:

- Understand anxiety’s effects on churches and individuals
- Be a healthy, non-anxious leader
- Manage complicated emotional relationships
- Avoid overwork and “underwork”
- Recognize and handle sabotage
- Discover the “next right steps” for their churches and themselves.

## **Tending the Fire at the Center at Orchard Hill in Millerstown, PA:**

### **Opening Intensive:**

March 20-22, 2018

### **Deepening Retreat:**

May 22-24, 2018

### **Sending Retreat:**

September 11-13, 2018

*“Tending the Fire is one of the most important trainings I have participated in since seminary.”*

- Rev. Robert Johansen, Baldwinville, MA

*“Have you ever found yourself wondering ‘What happened? What went wrong? What’s really going on?’ then Tending the Fire will give you new tools for understanding yourself and your church.”*

- Rev. Keith Beasley-Topliffe,  
Susquehanna Conference, UMC

*“I can see more clearly what I need to do and be, and I feel better equipped to live in the messy life of the church.”*

- Rev. Katrina Wuensch, South Acton UCC, MA

**Tending the Fire gives you tools to manage the ongoing chaos of life and leadership.**



# Tending the Fire

## Director / Retreat Leader

**Rev. Barbara Lemmel** is an ordained elder in the New England Conference of the UMC. She has served congregations in Vermont and upstate New York, facilitated conference re-structuring, and offers programming and spiritual guidance to churches and pastors. Barbara studied Family Systems Theory with the Lombard Mennonite Peace Center in Chicago and the Center for Pastoral Effectiveness in New Orleans. She has led *Tending the Fire* retreats for clergy, laity and judicatory leadership since 2003. Barbara also offers one-on-one leadership coaching and coordinates the Parish Consultants of the New England Conference UMC.

For more information, visit [www.tending-the-fire.com](http://www.tending-the-fire.com) or email [barblemmel@mac.com](mailto:barblemmel@mac.com).

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**Retreats begin at 1:00 on the first day,  
and end by 4:00 on the third day.**

**Participation at all retreats is required.**

## **“How can I become the leader my church needs?”**

No one has to tell you that this is a hard time to lead the church: congregations are worried; money is tight; leaders are stretched thin. The old ways don't work, and the best new practices aren't clear.

Yet even in these times of deep change, when you lead by staying true to core principles and also stay flexible in your approach, it makes all the difference.

*Tending the Fire* draws on the wisdom of family systems theory as developed by Murray Bowen and Edwin Friedman, combined with the adaptive leadership insights of Ron Heifetz and the powerful research of Brené Brown.

**Clergy who attend Tending the  
Fire become better leaders:  
less worried, more engaged,  
renewed in their call and  
ministry.**

*“The concepts, perspective and self-knowledge gained from Tending the Fire are as valuable as any I've come across in my 25 years of active pastoral ministry. I wish I had experienced Tending the Fire years earlier.”*

- Rev. Henry Frueh, Upper New York Conference UMC

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## Registration Form

Cost for all three retreats is \$1200, which includes lodging, meals and materials. Participants earn 9 CEU's.

Send registration and check payable to:  
The Center for Spiritual Formation  
45 South West St.  
Carlisle PA 17013

Questions? Contact the Center for Spiritual Formation at [formation1@embarqmail.com](mailto:formation1@embarqmail.com) or 717.240.0678.

*Tending the Fire* is presented by the Center for Spiritual Formation, Inc and the Susquehanna Conference Board of Ordained Ministry.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Church: \_\_\_\_\_

# The Ministry of Spiritual Direction

**The Center For Spiritual Formation, Inc., 45 South West Street, Carlisle, PA, 17013**  
Affiliated with the Susquehanna Conference of the United Methodist Church, 303 Mulberry Drive, Mechanicsburg, PA 17055



## THE MINISTRY OF SPIRITUAL DIRECTION

TEL: 717-240-0678 email: [formation1@embarqmail.com](mailto:formation1@embarqmail.com) Website: [www.centerformation.org](http://www.centerformation.org)

The Ministry of Spiritual Direction program is a two-year training course which assists laity and clergy to sharpen their listening skills, clarify their graces, and acquire the disciplines essential to caring for souls in love.

**YEAR ONE** focuses on the history, traditions & models, Biblical roots & theological foundations of Spiritual Direction. It stresses the difference between psychological counseling and Spiritual Direction, and demonstrates a contemplative approach to God.

**YEAR TWO** focuses on the actual practice of Spiritual Direction: developing listening & assessment skills; becoming familiar with displacement and projection, transference & counter-transference; acquiring a working knowledge of the life-stages of faith development; cultivating an increased awareness of the power of prayer & healing; and learning the importance of supervision.

### ***The Ministry of Spiritual Direction will:***

- ❖ Provide basic instruction in sensitivity toward, & insight into the workings of the Holy Spirit;
- ❖ Advocate the need for a greater connectedness between the inner life of the Spirit and the outer life of faithfulness to the Spirit's direction;
- ❖ Facilitate a deepening prayer life & a greater contentment with silence & solitude;
- ❖ Equip trainees to deal with strong emotions, and maintain relationships over time;
- ❖ Require trainees to undergo Spiritual Direction & aid them in accepting personal weaknesses as the basis for compassion.

**Visit the Center's website for times & dates—keyword "Spiritual Direction."**

Now partnering with



**First Alliance Church**  
*the message is hope*



**Equipping Lydia**

Lexington, Kentucky



