

## Emotional and Spiritual Support Available for Pastoral Leaders

*"If one part of the body suffers, every part suffers with it. If one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it." - I Corinthians 12:26*

Many parts of the body of Christ are hurting right now. We, on the extended cabinet and conference staff, are increasingly aware of the stresses and strains that many of our colleagues in ministry are experiencing in this challenging time. We hear stories of exhaustion, anxiety, discouragement, disappointment and pain. We know how difficult it has become to take time for Sabbath and personal care. Our families are also feeling the strain under the weight of this pandemic. *Where do we go for help when we are serving as wounded healers?*

Here are resources that you may turn to for help and healing.

1. **Monthly Worship Services** offered to give pastors space for rest and renewal. January's service is available now on the conference website under Worship Resources. Links to the other services will be made available on the dates listed and then posted on the website.

**January:** "Three Invitations from Jesus" Rev. Gary Shockley, preaching (available now)

**February 14:** "The Power of One Samaritan" Joyce Davis, preaching

**March 14:** "We Are Disciples" Julia Briselli, preaching

**April 11:** "Healed by His Wounds" Rev. Judy Walker, preaching

**May 23:** Pentecost. Bishop Jeremiah Park, preaching

2. **Coaching Support** to help you discern what YOU need to become and remain whole. The offices of **Grow, Equip** and **Connect** have trained coaches who can walk with you through the season to help you work on whatever is important to you and your wellbeing including developing personal wellness goals, time management, stress management, focus and finding direction through whatever challenge you face. Coaching support has no other focus or agenda than what you bring to the conversation. For more information and to find a coach contact our coaching coordinator Kim Shockley at [kshockley@susumc.org](mailto:kshockley@susumc.org)
3. **Deep Green Journey** led by Beth Jones who is the director and retreat leader and a Certified Nature and Forest Therapy Guide. An ordained pastor in our annual conference, Beth has over 20 years of experience leading retreat and workshop experiences as well as hiking and backpacking excursions in the mountains of North Central PA. Beth's desire is to help people discover extraordinary possibilities in life, faith and relationships through a restorative connection with the natural world. For more information visit [deepgreenjourney.com](http://deepgreenjourney.com) or call Beth at 570-578-2311.

4. **Retreat and Renewal Experiences** that can help you hit the “pause” button to spend time with God.

The **Center for Spiritual Formation** offers monthly Pastor’s Sabbath Retreats as a time for renewal for Pastors and CLMs. The cost is \$25 for online participation for each date from 9:00 am to 4:30 pm on March 2, April 13, May 11, June 15, October 12 and November 9.

The *Center for Spiritual Formation* can also help you get connected with a Spiritual Director who will accompany you on your spiritual journey through holy listening to discern the stirrings of God’s Spirit at the intersection of life and prayer.

To contact the *Center for Spiritual Formation* located at Carlisle UMC visit their website at [centerformation.org](http://centerformation.org) or their email at [centerformation1@gmail.com](mailto:centerformation1@gmail.com) and 717-249-1512 (X1006).

5. **Space for Personal Renewal and Respite**

Our Conference Camping & Retreat Ministry may provide much needed space for pastors and families to find an opportunity to get away and experience rest and renewal for the journey. Please contact Rev. Kevin Witt, Director for more information at [kwitt@susumc.org](mailto:kwitt@susumc.org)

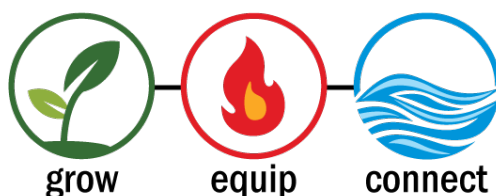
6. **Employee Assistance Program (EAP)** a significant part of your healthcare benefits!

EAPs provide counseling services and work/life services to help balance work and personal responsibilities. In addition to other support services, you can call your EAP for help with:

- Emotional impact of living with a chronic or serious illness, or caring for an ailing family member
- Maintaining boundaries between professional life and personal life
- Marital and family satisfaction
- Stress, anxiety, or depression
- Substance abuse

Contact: <https://www.wespath.org/health-well-being/well-being-programs/eap>

Please know that the offices of



of the **Susquehanna Conference** are here to assist you!

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