



HEALTHY CONGREGATIONS

OCTOBER 25-26, 2019

Friday: 7:00 p.m. to 9:30 p.m.

Saturday: 9:00 a.m. to 4:30 p.m.

Saint Mark Presbyterian Church

10701 Old Georgetown Road

North Bethesda, MD 20852

Sponsored by

NCP Ministry Relations Team

Led by staff of

Lombard Mennonite Peace Center

This workshop will help you . . .

- Learn how you as a leader can influence the health of your congregation – how to detect and avoid unhealthy patterns of living together in community.
- Learn how to keep anxiety from becoming infectious.
- Gain confidence in responding to challenges and opportunities.
- Learn how to put limits on invasive behavior, manage reactivity, and overcome sabotage.
- Discover how leaders can function as the congregation's immune system.
- Learn to focus on strengths, resources, options, and the future.

Who Will Benefit...

The workshop is designed for:

- Pastors and other church staff, lay leaders, all congregation members.
- Anyone interested in enhancing their capacity to manage self in a non-anxious and responsible way, whether in the church, the home, the workplace, or the community.

**REGISTRATION DETAILS COMING SOON --
CHECK THE THURSDAY MAIL!**