

“And the second is like it: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.”

Aramaic Bible in Plain English

Loving Kindness Meditation –

It is not helpful when we begin to think of the 'other' as against us or ourselves as victims. The Loving Kindness meditation can be a form of prayer for us as we turn our compassion toward ourselves, those whom we love, people about whom we are neutral, those with whom we have difficulty and finally all of creation. We allow ourselves through the meditation to open in spirit and open to the love of God for that 'other'.

Christianity has a long tradition of meditation. While this particular meditation practice is rooted in the Buddhist tradition, it is easily adapted to Christian prayer through which we invite the Spirit of God to cultivate love and compassion in and toward ourselves and intentionally direct this care and intention outward into the world.

Loving Kindness Meditation links-
LOVINGKINDNESS (METTA) MEDITATION WITH SYLVIA BOORSTEIN
<http://blog.onbeing.org/post/5269242242/lovingkindness-metta-meditation-with-sylvia>
A Christian re-write
<https://jesusscribbles.wordpress.com/2012/10/03/a-christian-loving-kindness-meditation/>
Written explanation
<http://progressivechristianity.org/resources/loving-kindness-meditations/>



United Church Resources:

Ethical Standards and Standards for Practice for Ministry Personnel: http://www.united-church.ca/files/handbooks/pastoral_ethical.pdf

Community Ministry Standards and Best Practices Administrative Standards for Community and Social Justice Ministries
http://www.united-church.ca/files/handbooks/standards_community.pdf

Social Media Guidelines for people working with Youth: http://www.united-church.ca/files/local/duty/caring_social-media-guidelines.pdf

Faithful Footsteps Screening Procedures for Positions of Trust and Authority in The United Church of Canada: A Handbook.
<http://www.united-church.ca/files/handbooks/faithfulfootsteps.pdf>

Police Records Check UCC Handbook
<http://www.united-church.ca/files/handbooks/police-records-checks.pdf>
Interpretation Bulletin regarding police records checks <http://hamconf.org/wp-content/uploads/2013/12/policerrecords-prc2011.pdf>

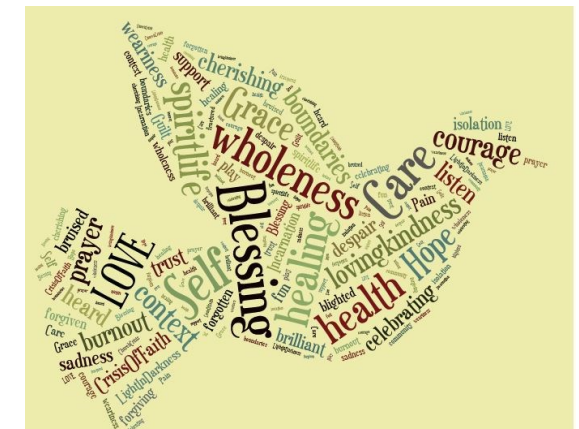



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HAMILTON CONFERENCE
The United Church of Canada

Toward Daring Discipleship

October 2015

SELF CARE MATERIALS FOR LEADERSHIP AND MINISTRY



Self Care ... again??

Yup!

Will we ever need to stop talking about *self-care* while many of us work from a place of obligation, 'shoulds' and beliefs rather than celebration, faith and hope?

Nope!

This is for all of us in our tiredness and stress... and if not ourselves, then, the one beside us who is quietly burning up and burning out. How will we demonstrate another way of responding in faith?

Stress

Rethinking Stress -TED Talk - by Kelly McGonigal: How to make stress your friend

[http://www.ted.com/talks/](http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

[kelly_mcgonigal_how_to_make_stress_your_friend](http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

Beating Burnout in Congregations - (print) Lynne M. Baab, Alban Institute, 2003.

Understanding for ourselves, our communities and leaders with whom we work and the manifestations, risks, and signs of burn-out is a form of self-care. In what ways am I at risk, or not? How are the people around me at risk? How can I better respond to enable the health of those around me as well as my own health in order to further wholeness in the community.

Five Ways to Prevent Burnout in Ministry with Margaret Marcuson - <http://margaretmarcuson.com/products/>

A free short emailed course that offers simple strategies to gain clarity in ministry, foster better relationships in the congregation, lower stress in church meetings, and find a more optimistic view of your ministry.



Boundaries

Chip Judd's video discussion on **boundaries in ministry** <http://www.maclakeonline.com/personal-growth/establishing-healthy-boundaries-in-ministry/>
Reflecting upon **personal boundaries**: What I am responsible for in how I feel and relate to the world ?

Professional Boundaries in Ministry PowerPoint Presentation / Slide Show: <http://www.slideserve.com/pules/professional-boundaries-in-ministry-fall-theological-conference>

A slide show designed for a conference that might be helpful for M and P committees or a multi staff team as discussion starter and place for reflection.

Understanding changing cultural contexts

THE END OF ABSENCE: reclaiming what we've lost in a world of constant connection

by Michael Harris, Toronto, HarperCollins, 2014. Creating the cultural context of a world increasingly reliant upon personal technology. What do we lose and what do we gain? As a popular, secular book this may be a valuable read for those engaged in leadership in the church and seeking to understand a younger generation's technological realities, as well as our own new boundary challenges in the contexts of new technology. How can we maintain healthy personal and professional boundaries while utilizing the technology upon which we are increasingly dependent.

The FUTURE of FAITH -(print) by Harvey Cox, New York HarperCollins, 2009. A historical and theological reflection on faith, belief, spirituality and church that encourages a generosity toward ourselves and others in the changing post-modern, post-Christendom context.



A Professional At-Risk Inventory check list to help think through any questions about dangerous relational tendencies or blurred boundaries.

<http://mennoniteusa.org/wp-content/uploads/2015/03/ProfessionalBoundariesAtRiskInventory.pdf>

Courage & Renewal® Retreats urlm.in/tbx

support spiritual formation by providing opportunity for:

- *renewing heart, mind, and spirit by exploring the inner landscape of the leader's life;*
- *reconnecting personal identity and professional integrity, honoring gifts and acknowledging the power of limits;*
- *creating a community of mutual respect and caring that welcomes the soul and honors diversity;*
- *participating in the Clearness Committee discernment process and deepening skills to ask open and honest questions*

Courage & Renewal® Retreat: Reconnecting with True Self through Life's Transitions

Nov 2- 4 Five Oaks, Paris ON

with Mardi Tindal and Fred Monteith urlm.in/tbx
This retreat is an opportunity, within a Circle of Trust®, to explore the rhythms of your own soul through the transitions in which you find yourself – in work, relationships, role and elsewhere...this will be a time to reconnect with your deepest gifts and widest possibilities; to deepen your “self-understanding, freedom, integrity, and capacity to love” through it all.

Courage to Lead for Young Leaders & Activists

December 10- 12, 2015 [Calvin Center - Hampton, GA](http://www.couragerenewal.org/events/youngleaders2015)
<http://www.couragerenewal.org/events/youngleaders2015>

Practicing Spirituality with Parker J. Palmer

by Frederic and Mary Ann Brussat urlm.in/tbx
A 40 part emailed- course available on-demand containing passages from Parker's books along with a suggestion on how to practice that thought and a short video... **TOPICS:** *self and vocation, community and solitude, paradox and embracing opposites, action and contemplation.*