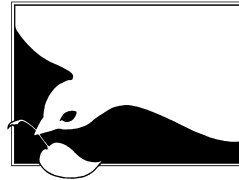


# Healthy Congregations

## Who Will Benefit:

This workshop is designed for:

- Clergy, church staff, lay leaders – all members of churches in the Episcopal Diocese of Los Angeles.
- Participants in the Diocese mediation process are particularly expected to attend one of the options.
- Anyone interested in enhancing their capacity to manage self in a non-anxious, mature and responsible way in the midst of church conflict.



## Workshop Dates and Locations:

Choose One of Three Options:

- #1 April 18-19, 2018** St. Alban's Episcopal Church  
580 Hilgard Ave.  
Los Angeles, CA
- #2 April 20-21, 2018** St. Michael & All Angels  
Episcopal Church  
3646 Coldwater Canyon Ave.  
Studio City, CA
- #3 May 11-12, 2018** St. Andrew's Episcopal Church  
1432 Engracia Avenue  
Torrance, CA 90501

## Workshop Leaders:

**Richard Blackburn** is Executive Director of Lombard Mennonite Peace Center in Lombard, IL. Richard is a trainer and mediator, with broad experience in serving as a consultant to conflicted church systems. He has participated in Dr. Edwin Friedman's *Postgraduate Clergy Seminar in Family Emotional Process* and the *Postgraduate Program in Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C.

**Bill Blank** is Associate Director of the Lombard Mennonite Peace Center. He has participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C. He has experience as a mediator, trainer, and church consultant as well as providing coaching for pastors and church leaders from a Bowen family systems theory perspective.

## Registration:

To register, either mail the accompanying form to the Diocese office or use the link on the Diocese web site to register online. The registration deadline for all three options is **April 5, 2018**.

## Workshop Schedule:

**Wednesday, April 18, 2018 or  
Friday, April 20, 2018 or  
Friday, May 11, 2018:**

- 6:30-7:00 Registration  
7:00-8:15 *What is Systems Thinking?*  
*Video Case Study: "The Anxious Congregation"*  
8:15-8:30 Break  
8:30-9:30 *Video Case Study: "The Responsible Congregation"*

**Thursday, April 19, 2018, or  
Saturday, April 21, 2018, or  
Saturday, May 12, 2018:**

- 9:00-10:30 *Healthy Congregations Respond to Anxiety*  
*Healthy Congregations Invite Differentiation of Self*  
10:30-10:45 Break  
10:45-12:00 *Healthy Congregations Focus on Strength*  
*Healthy Congregations Manage Conflict*  
12:00-1:00 Lunch (served on-site)  
1:00-2:30 *In Healthy Congregations, Leaders Challenge People*  
*In Healthy Congregations, Leaders Focus on Mission*  
2:30-2:45 Break  
2:45-4:30 *In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning*  
*Planning For a Healthier Congregation*

## Further Information:

Visit [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org) for information about the training resources of the Lombard Mennonite Peace Center.

## Registration Form:

### Healthy Congregations — April 18-19 or April 20-21 or May 11-12, 2018

Complete your registration in one of the following two ways: Fill out, clip and return this form to:

Episcopal Diocese of Los Angeles, 840 Echo Park Avenue, Los Angeles, CA 90026

or

Consult the Diocese web site — <http://www.episcopal.ladiocese.net/> — to use the link to register on-line.

**Please register for only ONE workshop.**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Personal Email \_\_\_\_\_ Other Email \_\_\_\_\_

\_\_\_\_ Yes! Please register me/us for the **#1 Healthy Congregations** workshop (April 18-19, 2018).

\_\_\_\_ Yes! Please register me/us for the **#2 Healthy Congregations** workshop (April 20-21 2018).

\_\_\_\_ Yes! Please register me/us for the **#3 Healthy Congregations** workshop (May 11-12, 2018).

\_\_\_\_ We are registering together as a couple; thus, we will share one training manual to save expense for the Diocese.

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## Healthy Congregations

Choose one of three options to attend the workshop:

- #1 April 18-19, 2018 St. Alban's Episcopal Church  
580 Hilgard Avenue  
Los Angeles, CA
- #2 April 20-21, 2018 St. Michael & All Angels Episcopal Church  
3646 Coldwater Canyon Avenue  
Studio City, CA
- #3 May 11-12, 2018 St. Andrew's Episcopal Church  
1432 Engracia Avenue  
Torrance, CA 90501



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### About the Workshop:

The *Healthy Congregations* workshop uses the insights of family systems theory to help church leaders become more effective stewards of church systems. The workshop utilizes a video case study developed by Dr. Peter Steinke and is based on the work of Dr. Edwin Friedman, author of *Generation to Generation: Family Process in Church and Synagogue*.

Since the publication of *Generation to Generation*, many pastors have come to recognize the importance of understanding family systems theory as it relates to congregations and judicatory systems. The *Healthy Congregations* workshop helps both clergy and lay leaders expand their insight into how churches and judicatory bodies function as emotional systems.

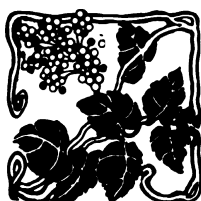
The goal of the workshop is to equip all to participate in the current diocesan mediation process in a way that will contribute toward healing and reconciliation. The *Healthy Congregations* workshop is being presented as a key part of the consultation process to challenge all members to move beyond blame and to recognize how all play a role when anxiety is on the rise in church systems. The workshop is open to all members of the Diocese; those participating in the mediation process are particularly urged to attend.

Please choose one of the three workshop options to attend. Register for the location and dates that work best for you.

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### This workshop will help you . . .

- Learn how you as a leader can influence the health of your church and the Diocese as a whole — 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 immune system within the church, as well as the Diocese.
- Learn to focus on strengths, resources, options, and the future.



### Diocese Mediation Process:

Additional dates in the mediation process to hold open, following the two educational workshops, are:

- June 14-16 or September 13-15, 2018 — Small Group Sessions — Those participating in the mediation process sign up for one small group session, with each session lasting 1.5 hours, no more than 12 people in each group. Choose either a session in June or September.
- October 27, 2018, Healing Session 1
- February 9, 2019, Healing Session 2
- February 23, 2019, Problem-Solving Session 1
- March 9, 2019, Problem-Solving Session 2
- March 30, 2019, Provisional date to hold open, if a third session is needed in the healing phase on February 23, with problem-solving shifting to March 9 and March 30, 2019.

All participants attend all sessions in the healing and problem-solving phases, since they build upon one another. Each session is on a Saturday and is scheduled for 8:30 a.m. to 1:30 p.m.

“...So we, though many, are one body in Christ, and individually members one of another.” (Romans 12:5)