

## **Come join us at a special Resiliency Workshop for Clergy, Lay Ministers, and Church and District staff.**

Guest presenter – Chaplain and Retired Brigadier General Ray Bailey

### **Description of the Workshop:**

Spiritual fitness” is the development of those personal qualities needed to sustain a person in times of stress, hardship and tragedy. These qualities come from religious, philosophical and human values and form the basis for character, disposition, decision-making and integrity.

“Spiritual resiliency” is the development of those inner capabilities and tools to be able to better cope and be resiliently strong in body, mind, and spirit. It is the ability to recover rapidly from illness, change, or misfortune. It is the ability of a soul to regain its power.

**The Goal** of spiritual resiliency training is to create pastors and lay leaders who are aware of the importance of being spiritually fit and resilient individually, in their personal family unit, and as religious leaders. Along with increased awareness, they will also become better able to balance the demands of their careers, families and personal lives.

**The End state** desired is pastors and religious leaders who are able to assess their own spiritual fitness and begin a spiritual fitness improvement plan.

**January 31 – Longview – First Longview**, 400 N Fredonia St., Longview, TX 75601

**February 1 – Baytown – St. Mark’s UMC**, 3811 N Main St., Baytown, TX 77521

Each workshop will be from 10 am to 2 pm, with a box lunch provided.

**Please email Nancy Slade with your reservation.** We need a count of those attending, so that the churches can set up the room and enough lunches can be ordered. [nslade@txcumc.org](mailto:nslade@txcumc.org). If you wish to donate \$5 to help offset the lunch expense, there will be a basket available.