

You can do it...There is help!

"Is anything worth more than your soul?" ~Jesus

The Committee on Ministry is deeply committed to encouraging our pastors to 1) care for their souls by entering more deeply into the process of Christ-centered spiritual transformation and to lead from that place, 2) to intentionally construct and maintain a regular habit of relationships and healthy self-care and, 3) to appreciate that one of the greatest struggles pastors face is setting appropriate healthy boundaries; that the healthiest boundaries emerge from an increasingly clear sense of who we are in Christ.

To support you in these endeavors we encourage you to prayerfully familiarize yourself with the following opportunities, asking yourself: *What might the Spirit of Christ be saying to me as I seek to discern what the Lord is inviting me to change and/or incorporate in the daily, monthly, and yearly rhythms of my life?*

COACHING

"Coaching is not telling people what to do; it's giving them a chance to examine what they are doing in light of their intentions." ~James Flaherty

There are all kinds of good ways to describe how coaching works. One of the ways to conceptualize it is as a "laboratory" in which you—the pastor—are safe to speculate, give voice to hunches, imagine, hypothesize, develop ideas, sort out what's realistic and what might not be, reflect, explore, re-think, create and sharpen goals, and make plans to reach them. A coach's role is to ask questions, make observations (with your permission), be compassionate and curious, help you identify your main agenda (and sub-agendas), and collaborate with you to make forward movement toward realizing it.

The following people are trained in coaching methodology, and are actively engaged in coaching as a profession. They are trained according to the standards of the International Coach Federation, and abide by its code of ethics:

Patricia Burgin, MA, MCC
Owner and Coach: SeattleCoach LLC
peb@seattlecoach.com (206) 412-6224
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Tom Patterson, M.Div. D.Min. ACC
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YOU CAN DO IT!

Northwest Coast Presbytery's Commission on Ministry wants to encourage pastoral leaders to construct and maintain a habitat of relationships that encourage growth, spiritual formation, leadership development, and accountability.

The commission has gathered the resources and offers these with the following expectations:

Each pastor develop a spiritual rhythm or "rule that fits them (recognizing there is no "one size fits all")

Each pastor in a one – to – one relationship with a leadership coach, spiritual director or mentor.

Each pastor involved with a group of companions in ministry who met regularly for sharing, prayer, accountability and encouragement.

SPIRITUAL DIRECTION

"We need personal attention given to our prayer. Prayer is the practice by which all that we are is transformed into the action of the Spirit..." ~Eugene Peterson

Deep within we all long for a more conscious experience of God's presence and love; to attend to and notice God's action in our daily life. In spiritual direction a person who is wise and experienced in discerning the language and movements of the Spirit of Christ assists us in our prayer lives; encouraging us to open ourselves to how the Spirit is transforming what we do in the name of Jesus to what the Spirit is doing in us as we follow Jesus. A spiritual director also guides us in developing a rhythm of spiritual practices that aid us in cultivating "listening hearts" for the way in which Jesus is speaking into our every day realities.

The following people from Northwest Coast or other Presbyteries offer spiritual direction.

- Denise Easter, Pastor/Spiritual Director, denise@renewalminnw.org
- Dianna Kunce, Pastor/Spiritual Director, dianna@renewalminnw.org
- Amy Delaney, Pastor/Spiritual Director, RevAmyDelaney@gmail.com
- Becce Bettridge, Spiritual Director, beccebettridge@gmail.com
- Dan Holland, Pastor/Spiritual Director, dan.mvpc@gmail.com
- Emily Mitchell, Pastor/Spiritual Director, care@calvinpc.org
- Kimberly Crispeno, Pastor/ Spiritual Director, kcrispeno@gmail.com
- Mike Neeley, Pastor/Spiritual Director, mikeneelley@gmail.com
- Paul Strawn, Pastor/Spiritual Director, pklstrawn@msn.com
- Rebecca Holland, Pastor/ Spiritual Director spiritualdirectionwithrebecca@gmail.com

Renewal Ministries Northwest (Mission Partner with the Northwest Coast Presbytery)

www.renewalminnw.org - e-mail: office@renewalminnw.org or call (425) 631-7953

Ignatian Spirituality Center offers a spiritual director matching service - www.ignatiancenter.org

MENTORING

This is a one-on-one relationship with someone who has walked in your shoes for the purpose of gaining a portion of the wisdom, expertise, and feedback. A mentor is looked to as a wise guide to the path the mentee is walking. This is an excellent equipping partnership for pastors who are in their first ordained call, or those who are serving for the first time as head of staff. Also pastors moving into a different size congregation or a context of ministry that is new find mentoring helpful. Some NWC Presbyterians (and others) who could serve as mentors are:

Rev. Stephanie Hankey

Rev. Ann Lewis (co-pastor)

Rev. David Rohrer

Rev. Dan Holland

Rev. Charlie Lewis (co-pastor)

Rev. Jan Smith

Rev. James Kwon

Rev. John Mason

CLERGY SMALL GROUPS

Many pastors are currently engaged in small groups where they find support in their busy and productive lives. Some of these groups continue for years. Being in regular, on-going fellowship with peers offers opportunities for growth and provides good healthy support when the going is rough. Other benefits are:

Peer Fellowship

Peer Accountability

Faith Sharing

Theological Reflection

Pastoral Identity

Sermon Preparation

Prayer Support

Study Scripture

Cultivate Knowledge, Attitudes &

Skills

Several already-formed groups welcome new participants, or you can begin a new group. Contact the executive Presbyter at (425) 355-0922 to connect with a group or to begin a new one.