

Care for the Pastoral, Prophetic, and Priestly Self in a Pandemic

Ministry Personnel Lenten Retreat

Dates: March 16-17, 2021

Cost: \$25



DRAFT AGENDA

9:30 Gathering

9:45 "Self Care: Reframing It for Reclaiming It, *for people of faith who don't need another to-do list*" with Diane Strickland

11:30 Break

1:30 Learning Together Options

Tuesday

A) **Hymn Writing, Song leading, and Nourishing Congregational Singing** This workshop with **Becca Whitla**, Professor of Pastoral Studies at St. Andrew's College, will be a hands-on, voice-engaged session designed to remember and invoke the power of singing together in community as a source of compassion and joy.

B) **Justice and ministry as mutual care: The deep well of the Spirit for the deep needs of self and society** This conversation with **Lynn Caldwell**, Professor of Church and Society at St. Andrew's College, will be an opportunity to reflect on and experience how calls for justice and solidarity can be received and responded to in a framework of care that includes self, and society.

C) **Facilitated Discussion** on the morning's learning and other topics with **Tracy Murton**, Pastoral Relations Minister, Living Skies Regional Council

Wednesday

A) **Clergy Who Coped: Learning from the Imagination** This workshop with **Sandra Beardsall**, Professor of Church History and Ecumenics at St. Andrew's College, will explore the portraits of clergy characters in some classic fictional texts who managed to thrive in hard times. Do they have anything to teach us?

B) **Releasing and Receiving** In this workshop with **Janet Clarke**, Pastor in Residence at St. Andrew's College, we will explore/ experience the theme of 'Releasing and Receiving' through discussion, meditation, scripture, reflection - all designed to honour the power and joy of self-understanding and self-compassion.

C) **Facilitated Discussion** on the morning's learning and other topics with **Tracy Murton**, Pastoral Relations Minister, Living Skies Regional Council

3:00 Closing worship

3:30 Ending

To Register: <https://form.jotform.com/210427209973255>

Co-Hosted by:

· **Committee on Ministry Personnel Support (Living Skies) and St. Andrew's College**

Registration will include discounted resources. A prepared worship service for use March 21 will also be provided.

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