

Workshop Site - Monongalia General Hospital, 1200 J.D. Anderson Dr., Morgantown

Morgantown Pastoral Counseling Center - 1062 Maple Dr., Suite 1, Morgantown, WV 26505-2815

Phone: 304-599-5751 Fax: 304-599-2124

Name _____ Continuing Ed. Certificate wanted ____ Yes ____ No

Total CE Hours Available 4; How many hours attending _____

Address _____ ****Cost of Snacks and Lunch \$10.00****

City _____ State _____ ZIP Code _____ Phone No. _____

Denomination _____ E-mail address _____

****Please enclose a check (payable to MPCC) or \$10 cash with registration form no later than November 5, 2013.**

Continuing Education Credits will be provided at the completion of the Workshop unless you designate less hours (e.g. 3 hours for 8:45 to 12:00). Please cut and mail form (and snack/lunch fee) to MPCC, 1062 Maple Dr., Suite 1, Morgantown, WV 26505

Thirteenth Annual Pastors Workshop

*A Workshop for Clergy
and Pastoral Leaders*

Self-care Is Not Selfishness: Clergy Health and a Theology of Wholeness

Keynote Speakers:

**Ed Moore and Kate
Rugani**

The Duke Clergy Health
Initiative



November 8, 2013

8:45 A.M. - 1:45 P.M.

Host: Pastoral & Spiritual Care Division
Monongalia General Hospital

Sponsored by the
Alene Vance Hott Foundation

Presented by

Morgantown Pastoral Counseling Center, Inc

Self-care Is Not Selfishness: Clergy Health and a Theology of Wholeness

Framed within the larger context of the challenges facing pastors serving American congregations, this workshop will suggest a theology of the body for self-care and the renewal of the church, one that draws from findings of the Duke Clergy Health Initiative, which is in its sixth year of studying the health of United Methodist pastors in North Carolina.

8:00 – Registration

8:45 - Session 1. The Changing Context for Pastoral Ministry: Ed Moore

Today's clergy operate in a cultural climate that's radically different from decades past: Protestant Christians are now a minority in the US. The percentage of individuals who do not affiliate with a particular denomination - the "nones" - is on the rise. And there is increased cultural and political polarization, reflected in the decisions of our nation's courts and legislature. This session will explore the challenges that these and other cultural and demographic trends create, and the impact they have on the practice of pastoral ministry.

10:15 - Break

10:30 - Session 2. A Picture of (Clergy) Health: Kate Rugani

Across six years of study, the Duke Clergy Health Initiative has identified conditions that contribute to the rising rates of obesity, chronic disease, and depression among clergy - as well as the factors that buffer clergy against them. This session will draw on data from our focus groups and longitudinal study of pastors, anecdotes from our Spirited Life wellness program, and recent studies conducted with seminary students at Duke and beyond to explore the somewhat surprising state of clergy health.

12:00 - Lunch

12:45 - Session 3. A Theology of Wholeness: Ed Moore

This session will synthesize the preceding two, offering a theological framework for incorporating care of the pastor's whole person into the practice of pastoral ministry. An ideal starting point for self-care for pastors is not remedial or clinical, but theological, specifically a deepened understanding of the Incarnation. The principal theological idea is quite simple: self-care is not selfishness, but responsible Christian stewardship, a response to the Word's having become flesh identical with ours and living among us.

1:45 - Departure - Go in Peace

The Duke Clergy Health Initiative

The Clergy Health Initiative at Duke Divinity School is a \$17 million program formed in 2007 to study and improve the health and well-being of United Methodist clergy in North Carolina. Funded by The Duke Endowment, the Clergy Health Initiative's research is the first to examine how to tailor health interventions to clergy. Through Spirited Life, the Clergy Health Initiative's multi-year wellness program and behavioral health study, approximately 1,100 pastors are learning to manage stress; care for their bodies in a healthy, mindful way; and find spiritual renewal.

Workshop Leaders

Ed Moore is the Duke Health Initiative's director of educational programs. An elder in the Baltimore-Washington Conference of the United Methodist Church, Ed served in parish ministry and as a district superintendent for nearly thirty years. He has taught as an Adjunct at Wesley Theological Seminary and at Duke Divinity School, and as a faculty member in the Course of Study for Local Pastors. He holds a bachelor's degree from Lebanon Valley College, a Master of Divinity from Duke and a PhD in the

history of American Christianity from The George Washington University.

Kate Rugani is the communications director for the Duke Clergy Health Initiative. Over the past 15 years, she has developed communication and community relations programs for corporations including Grainger and Misys Healthcare Systems, as well as a variety of not-for-profit organizations and foundations. She holds a bachelor's degree from Duke University and a master's degree in integrated marketing communications from Northwestern University.

Sponsors and Location

Morgantown Pastoral Counseling Center is pleased to present this workshop for clergy and pastoral leaders. The Center serves the areas of North Central West Virginia, Western Pennsylvania, and Western Maryland providing Pastoral Counseling services to individuals, couples, families, children, and adolescents. Psychological testing and evaluations as well as psychiatric services are offered to our clients. We are grateful to the **Alene Vance Hott Foundation** and Wesley United Methodist Church, Morgantown, for co-sponsoring this Workshop, as well as the Pastoral and Spiritual Care Division at Mon General Hospital, 1200 J.D. Anderson Drive, Morgantown, for hosting the workshop. Lunch will be served at the workshop site. **Registrants**, please enclose **\$10** for lunch and break snacks. It is important to mail your registration form including your payment as soon as possible to reserve a seat. Continuing Education credits will be offered at the completion of the workshop for those so requesting. Complete the form provided with this brochure and mail it to MPCC at your earliest convenience. The workshop date is Friday, November 8, 2013, from 8:45 AM to 1:45 PM at Monongalia General Hospital. Registrations must be received NO LATER than Tuesday, November 5, 2013.