



West Ohio Conference

50 Ways to Support Your Pastor's Well-Being ***A Training For Staff/Parish Relations Committees***

GOAL: To equip staff/parish relations committees to be actively supporting the overall health and well-being of their clergy and to be educating the congregation about the importance of clergy health and wellness.

This session should be led by the chairperson or member of staff/parish relations committee with the pastor present. Ideally, this session would be repeated annually, prior to the evaluation of the pastor.

Members of the SPRC and the pastor should have read the *Wespath Document, 50 Ways to Support Your Pastor's Well-Being* prior to the meeting, along with the West Ohio Conference's Supplemental comments page.

Members should reflect on the following questions:

1. What areas of clergy health had you not considered before reading this document?
2. In what ways do you see your clergy person practicing health and wellness that you'd like to celebrate?
3. In what ways does your congregation excel at supporting your clergy person in practicing health and wellness?
4. After reading these documents, where do you sense an opportunity for growth in supporting the health of your pastor?

When you gather, share your answers to the 4 questions above. Ensure that everyone has a chance to share. Ensure that the conversation does not begin to become negative or degrading to the needs of the clergy.

After people have shared their reflections, ask your clergy person to share about which of the 5 dimensions that they would like to grow in most and how they could see the congregation supporting them.

After your discussion, identify at least 5 action items that your SPRC could focus on to help support the clergy person. At least one of the action items should be from the dimension and area identified by the clergy person for growth.

Close your time with prayer specifically for the health of your clergy.