

Boundary Awareness: Saying No to Say Yes

Before clergy or professionals can say Yes to their calling and to pastoral excellence, they need to be able to say No and live out clear boundaries within their ministry contexts.

Clear boundaries are a necessary part of ministry. While all of us are aware of this, maintaining those boundaries is far from easy. Not surprisingly, clergy are at high risk for both burnout and numerous health problems.

Based on the book *Saying No to Say Yes: Everyday Boundaries and Pastoral Excellence*, this workshop will focus on helping clergy and other ministry professionals identify, set, and maintain clear boundaries.

Part 1 of the workshop defines what effective boundaries are in the changing context of ministry, and how complicated those boundaries have become in our changing culture.

Part 2 describes why boundaries are so hard to maintain. For many clergy, boundaries are all too clear. For example, most would agree they need better self-care, or time for continuing education. Why is it so hard to say no to those things which interfere with improved self-care? We'll explore both intrapsychic (issues within the self) and systemic (issues within anxious congregational systems) reasons why saying no can be so difficult, with special attention to the role of anxiety.

Part 3 focuses on prevention as we identify and build strategies for creating and maintaining clear boundaries aimed at allowing for growth in pastoral excellence.

Attendance at a Boundary Awareness workshop is expected once every three years for members of the Presbytery of Carlisle including, but not limited to: Teaching Elders, Commissioned Ruling Elders, Inquirers, Candidates, Certified Christian Educators, etc.

Ruling Elders and all staff serving congregations are also encouraged to attend.

Location and Date

Silver Spring Presbyterian Church

444 Silver Spring Rd, Mechanicsburg

Tuesday, February 4th, 2020

9:00 AM – 4:00 PM

Facilitated by: The Rev. Dr. David Olsen

Samaritan Counseling Center, Albany NY

Cost and Registration

Cost: \$15.00 covers lunch and refreshments. *Please pay at the door* by cash or by check (made payable to **The Presbytery of Carlisle**).

Registration: Register at 717-737-6821, or [click to register online](#).

Deadline: January 31st, 2020