

Order of Elders, Order of Deacons, and the Fellowship of Local Pastors & Associate Members Spring 2018 Event

Thursday, April 26th from 10 a.m.— 3 p.m. at First UMC (516 Kellogg Ave, Ames, IA 50010)

In the midst of personal and corporate transitions, anxiety is always part of the experience. Actually, life itself demands navigating the challenges of anxiety across the entire journey—and responding to a call into ministry simply does not make one immune to its impact. This gathering will provide for opportunities to learn about various categories of anxiety (including that it is not all “bad”), your particular “anxiety personality type”, optimal ways to cope and grow through anxious times of change, reducing detrimental emotional reactivity, and becoming a centered, grounded follower of Christ in daily life. It is one thing to hope to be that “nonanxious presence” as a leader in a system, but understanding how we might best mitigate the debilitating effects of toxic anxiety and most creatively and constructively work with the whole range of our anxiety will be the focus of this day.

An anxious guy himself, Mark Minear is a licensed psychologist who has provided services, both counseling and assessment (including clergy candidate evaluations), through the Des Moines Pastoral Care Center for the past six years. As a recorded Quaker pastor, Mark is especially interested in working with ministers and their families, integrating spiritual and psychological processes for healing and empowerment, and utilizing a mindfulness approach for the transformational work of therapy.

Name _____

Email Address _____

Phone Number _____

Dietary Restrictions _____

Be sure to include your \$35 check made out to the Iowa Annual Conference of the United Methodist Church with this registration form and mail it to :

Lisa Steel

Director of Ministerial Services

Iowa Annual Conference of the United Methodist Church

2301 Rittenhouse St.

Des Moines, IA 50321

Submit Registration form by Friday, April 20th