

## Healthy Boundaries Workshops: Proposal

*Salem Presbytery, Fall 2015*



Practicing healthy life limits leads to more balanced relationships, regular renewal of a sense of call, and ongoing discovery of God-given strengths and passions. Understanding and setting healthy limits is essential as we strive to enliven our Gospel work to create more just and sustainable communities.

While it may be hard to see when “healthy boundaries” denominational and/or presbytery requirements are announced at meetings or outlined in an email, exploring healthy relational and personal limits and renewing our commitments to healthy choices about how we use our time and how we nurture relationships is vital Gospel work. Discerning and living within healthy limits is also essential to maintaining a positive self-image as a leader and to modeling for others how to embody the belief that we are created in the image of a God who respects and values who we are as individuals and who we are in community with others. Also, healthy and vital ministries rely on trust and mutual support to create spaces of welcome and safety for all.

This workshop series meets Salem Presbytery’s “healthy boundaries” requirements. It also wrestles with vocational, spiritual and relational questions that arise in the lives of pastoral leaders:

- What does it mean to be created in God’s image and how does that reality shape how we value ourselves and others?
- What does Scripture say about healthy relationships and setting limits?
- Can I say “no” and still be a loving person?

- What if someone is upset or hurt by my boundaries?
- How can I be healthy in my use of technology (email, Facebook, Twitter, Instagram, etc.)?
- How can I answer someone who wants more of my time, love, etc.?
- Why am I bitter and resentful about my work and relationships when I want to be joyful and loving?
- How do I nurture “Sabbath” in my life and work and why is that important to my health and the health of my community?
- What is Salem Presbytery’s misconduct policy and how can it guide my efforts to live and work within healthy relational limits?

This three-workshop series is designed to provide Salem presbytery leaders with a range of options over the course of each year to fulfill Salem’s requirement that all leaders complete and/or renew healthy boundaries training every three years. Salem Presbytery will offer each year the four workshops. All new clergy should complete Workshop #1 during their first year as members of Salem Presbytery. Others can choose one of the three workshops to meet the Presbytery’s requirements that leaders periodically renew healthy boundaries training.

Workshop #1 will be offered twice each year as part of a scheduled Presbytery meeting. Workshop #2 and Workshop #3 will be scheduled so that each is offered each year, one as part of Presbytery meeting and one at another time to be determined in consultation with the leader and Presbytery leaders.

### **Workshop #1: Life Together in the Image of God**

This workshop considers what it means that pastoral leaders are created in God’s image and called to live in vocations where every day they have to balance power and vulnerability in communal relationships. This is the foundational “healthy boundaries” workshop in the three-part series. The workshop will

- Consider biblical and theological underpinnings for what it means to be created in God’s image and how healthy life limits grow out of a sense of self and others rooted in God’s image.
- Explore and develop an awareness of power and vulnerability within pastoral relationships.
- Consider challenges that arise as a result of power and vulnerability within relationships, for example dating, friendships and dual relationships.

## **Workshop #2: Healthy Boundaries: Money and Media**

Two dimensions of personal and professional life today can stir complex questions for pastoral leaders. This workshop explores how leaders can utilize social media and technology in professional and life-giving ways. It also considers how personal and congregational “money matters” can be life-giving spiritual and theological dimensions of leaders’ lives.

- Look critically at boundary issues in use of internet technology in faith communities.
- Consider boundary challenges that arise related to personal and/or congregational finances.

## **Workshop #3: Sabbath:**

- Consider the importance of self-care and peer support to healthy personal and communal lives.
- Consider the spiritual and theological dimensions of Sabbath and self-care.
- Explore sustainable strategies for self-care.

Instructor: Jill Crainshaw is a teaching elder in the PCUSA and a member of Salem Presbytery. Jill’s experience with healthy boundaries education includes teaching related courses at Wake Forest University School of Divinity and serving on COMs in two presbyteries, Salem and Shenandoah. Jill was certified in 2015 to teach Healthy Boundaries 101 and 102 by the Faith Trust Institute. The workshops will use some primary elements from the Faith Trust Institute’s curriculum as well as elements from Jill’s work and research.

Jill believes that education and prevention—and in particular understanding the theological and spiritual dimensions of healthy boundaries—is essential for safe and healthy communities of faith today.