

Healthy Congregations Workshop – October 13, 2009

- A. Perfect Love and Self Forgetting
 - a. Amnesia: We live in forgetfulness to parts of ourselves
 - b. We are like sleepwalkers or amputees
 - i. we say and do things without wakefulness
 - ii. we feel what is not there or do not feel what is there
 - c. Attention to the body includes attention to the sacred inner body and attention to the sacred body includes attention to the physical body
 - d. Scripture references – both Romans, renewal of the mind and Corinthians we are all of the body

- B. What does Living in the Flesh or Living in the Spirit mean?
 - a. The nature of Covenant
 - i. Harold Kushner's description of the 10 Commandments – notion of brokenness and wholeness
 - ii. The covenant of human relationship – I/Thou
 - b. The psychological ramifications of seeing others as whole or divided
 - i. when is other "other" and when is other "myself?"
 - 1. projection
 - 2. projective identification
 - 3. transference/counter transference
 - ii. Biblically – I John: to have oneself revealed in ongoing time

- C. The Practices of Living in Covenantal Relationship
 - a. To Be Single: "An old Me and a new I" – to be the subject of one's life
 - i. Ronald Rolheiser: the poverty of singlehood
 - 1. the boundary of the self as connected to all
 - 2. the integrity of singular intimacy with God
 - ii. To attend to others without intimate demand
 - iii. To care for the self without hesitation
 - 1. dating
 - 2. friendships

 - b. To be Partnered: To be a We while remaining Me
 - i. Nearness as a category of Christian Householding
 - ii. To practice caring for another and oneself
 - 1. the struggles remind of boundary and need
 - 2. the joys remind of union and communion
 - 3. the integrity of the triune nature of God/Self/Other
 - 4. When things go wrong: divorce, death, losses, addictions

 - c. The Respecting of Self and Others
 - i. To be a Ministerial Professional is to hold the boundary for others

1. people practice with you as a way of learning how to care for themselves and other people
 2. people need you to be appropriate
- ii. To be a Ministerial Professional is to know where to go to care for yourself
 - iii. To be a Ministerial Professional is to have enough contact with people outside your professional community that you have perspective
 - iv. To be a Ministerial Professional is to learn to trust yourself well enough to know when you are strong and when you are weak and to seek appropriate support, accountability and strength

D. The Practices of Living in Covenant with God: Stewardship of the Soul

- a. Prayer
- b. Worship
- c. Exercise
- d. Nutrition
- e. Mercy
- f. Justice
- g. Love