

Ohio Ministers' Council E-News

Love, Liberty, & Life

This is a great day to be alive!

This is the day the Lord has made;
We will rejoice and be glad in it.
Ps. 118 :24

Featured articles this addition:

- A letter from Dr. Earnest H. Jones
- National Ministers' Council ABCUSA Retreat
- How to Avoid Burnout



of American Baptist Churches In Ohio

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Ohio Ministers Council

<http://www.ohioministerscouncil.com/>

- American Baptist Churches of Ohio
 - <http://www.abc-ohio.org/>
 - July 2016

From Dr. Earnest H. Jones, Executive Minister American Baptist Churches of Ohio

Dear ABC/Ohio Ministers' Council Members,

It is a pleasure and privilege to share this word of greeting with you from my perch as the new Executive Minister of ABC/Ohio. My travels around the region over the past four months have afforded me the opportunity of meeting some of God's best people and pastors. Individuals who genuinely love the Lord and are serving God's people in ministries of all kinds, ranging from camps and race tracks to counseling and soup kitchens.

Of particular concern to me, however, is the spiritual, emotional and physical health of the women and men called to serve these various ministries. All ministry is demanding no matter how traditional or contemporary. And it is no less true that pastors and ministry leaders need to look after their well-being as diligently as they do their responsibilities.

Having had the opportunity to travel to roughly nine of our nineteen associations so far, I have been encouraged by the level of support and care clergy extend to one another. Mutuality of support is such a vital component in a regimen of self-care. ABC/Ohio's mission is "Building Healthy Churches That Impact the World for Christ." My take on our mission is: Without 'healthy' pastors, our churches cannot reach their ministry potential. Church health presupposes, to some extent, clergy well-being.

This newsletter will provide some information, insights, and suggestions regarding clergy self-care. The idea of serving God by serving and leading God's people spurs many into ministry. Borrowing a couple of words as found in the 1789 Episcopal Book of Common Prayer, the gospel ministry ought to be entered into "advisedly" and "soberly." Counting the cost of discipleship is an act of authentic stewardship. That is, not only assessing the fervor of one's commitment but also how best to maintain one's commitment and self over time. Preparing and entering into the gospel ministry is the result of a call of God. Your self-care in the face of many pressures and demands is an on-going discipleship responsibility you have to God, to your family, and to yourself.

Peace and Blessings,

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Members of the Ministers' Council have access to information and services that enhance and enrich ministry

- Biennial Ministers Conferences;
- Opportunities to participate in online webinars and seminars;
- Discounts on books, continuing educational opportunities and clergy attire;
- Monthly Newsletter and semi-annual Minister magazine publications
- Member's only access as new benefits are made available; and
- Access to standards such as the Code of Ethics, Pastoral Transition guides, and Orientation Standards.

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Thank you, pastors, for taking the time to read our first the ABC Ministers' Council of Ohio e-newsletter. We are all busy with trying to balance our families, personal health and ministries. A recent ABCUSA survey asked pastors who left the ministry: What advice would you give a new seminary graduate about life in pastoral ministry? They compiled the information about pastoral attrition and 12 general themes emerged.

The respondents overwhelmingly advised new pastors to be very sure of their call from God to serve in ministry because their call will sustain them during difficult times in ministry. They also advised new pastors to: "be realistic about yourself, ministry and the church; make your family a priority; have a life outside of the church; reach out for support and learning; attend to your spiritual life; don't expect to be affirmed; and work hard but set limits." These results mirror research by other denominations and point to the importance of self-care, supportive relationships outside of church, and nurturing your call.

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The Ministers' Council was established to provide pastors with support in these areas so they could not only have life, but an abundant, long life in ministry. A few years ago, the National Ministers Council renewed their focus on their historical mission: *We nurture, encourage and strengthen more than 2000 clergy, counselors, seminarians and lay leaders. We provide fellowship opportunities; spiritual enrichment; and educational programming to fuel the effectiveness of the men and women called of God to advance the Gospel of Jesus Christ.*

The Ohio chapter of the Ministers Council is also focused on this mission. This new e-newsletter is one of the avenues we are attempting in order to complete this mission.

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Within the past few years, the National Ministers' Council has also made some changes related to financing their mission and in governance. Later in this newsletter, you will see the link to join the Ministers Council. The benefits include continuing education and special fellowship opportunities; access to standards such as the Code of Ethics, Pastoral Transition guides and Orientation Standards; and clergy retreats.

Governance has also changed by asking local chapters to select a representative to be a part of the governing board while recognizing that their mission is to nurture, strengthen and encourage all ministers. As a result there is an annual retreat which is open to all members, not only the governing body of the Council. This retreat is open to all clergy and will focus on clergy self-care.

We invite you to join the Ministers' Council and participate in leadership in our Ohio chapter. We also invite you to contribute to this quarterly newsletter with articles, sermons, and best practices which support the core values of **Collegiality, Centeredness and Competence.**

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National Ministers Council ABCUSA Retreat

Register now for the 2016 Ministers Conference

Holistic Maintenance of the Ministry

August 22-25, 2016

4H Youth and Conference Center

Chevy Chase, MD

With a focus on “The Holistic Maintenance of the Ministry,” the 2016 Ministers Conference will provide a well-rounded view of healthy ministry. Come to connect with colleagues and realize a time a renewal and respite. In addition you will learn strategies for sustainable living in ministry and practical actions as outcomes. You will emerge with energy to continue in ministry and tools for ministry longevity.

Register at: http://ministerscouncil.com/wp-content/uploads/2016/04/Registration_Form.pdf

What does pastoral burn-out look like?

Carey Nieuwof found 9 signs of clergy burn-out:

- Your motivation has faded. (Lost your passions for ministry.)
- Your main emotion is numbness – you no longer feels the highs and lows of life (emotional numbness)
- Being around people drains you. (Not 'normal' introversion. Few people or activities energize you.)
- Little things make you disproportionately angry. (It's hard to keep your cool.)
- Cynicism is taking over. (You're feeling cynical most of the time.)
- Your productivity is dropping.
- You're self-medicating (from overeating, overworking, overspending to alcohol or drugs as a way to cope with stress.)
- You don't laugh any more (or much less than you used to).
- Sleep and time off no longer re-charge you.
- <http://careynieuwhof.com/2013/07/9-signs-youre-burning-out-in-leadership/>



What can I do to avoid pastor burn-out?

Good self-care can help you avoid burn-out. There are many articles written on this subject and they give good advice. For example, the Pastors.com Community gives 5 tips: delegate, prioritize, disconnect, Sabbath, and Recognize (<http://pastors.com/5-tips-prevent-ministry-burnout-2/>).

These tips and others can be very helpful to pastors finding more balance and happiness in ministry. But, if this advice is so helpful, why don't more pastors put them into practice? Why do some pastors do better than others in maintaining their physical and emotional health and continue in ministry in spite of conflicts, crises and an overwhelming workload? The answer lies in the willingness of these healthy pastors to reach out for help rather than becoming isolated.

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Rev. Dr. Alastair Brown, former President of Northern Theological Seminary, spoke at our Ministers' Council breakfast in 2014. He shared his advice for pastors after observing the changing face of ministry over several decades. He said that ministry is more challenging today but pastors can survive. We won't be able to change others, so we will need to control ourselves:

- Accept that it's impossible to do everything and decide what is possible...and then do it.
- Avoid bitterness above all else. It will destroy you. It's a choice to love people.
- You have a calling that is related to your deepest beliefs. And following your call gives you joy that most people never get to experience in their lifetime.
- Know that God is doing more than you see.
- And, remember whose church it is. Martin Luther was self-disciplined and he prayed several times a day. He wrote about his nightly prayers, "And finally, God, this is your church. I'm going to bed."

What are your best practices for self-care?

- * “My church doesn’t have a Sunday night service, so I told my colleague at the Episcopal Church down the street that I was going to attend his Sunday night services for my own spiritual nurture.”
- * “I go on a 3-day spiritual retreat by myself each year.”
- * “My church knows that I will be in my office after I finish my workout at the gym.”
- * How have you been successful in taking care of yourself in spite of your busy schedule and responsibilities?

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How have you been successful in taking care of yourself in spite of your busy schedule and responsibilities?

Share your best self-care practices with us for our next e-newsletter at

krgutzmmds@gmail.com



Who is eligible to join the Ministers Council?

You are eligible for membership in the Ministers Council if you are:

- An ordained minister
- Commissioned leader
- Lay professional
- Seminarian

Or:

- If you are serving an American Baptist Church
- Or an auxiliary organization

How do I pay my dues?

The fastest and easiest way to sign up for the National Ministers Council ABCUSA and ABC Ministers Council of Ohio is through the following link to National Ministers Council: <http://ministerscouncil.com/subscriptions> The website is secure and uses PayPal to facilitate payment. When you choose our state, you will be asked to indicate your individual income level.

There is no longer clergy couple pricing. The National Ministers Council bases their membership fee on each minister's income level, then \$25 of your dues will be sent back to our Ohio Ministers Council. They accept memberships throughout the year, but prefer them at the beginning, before April, if possible. Thank you.

ABC Ministers Council of Ohio Executive Committee

Members:

- Acting President, Kristina Gutierrez (2nd term ending 2016)
- Vice-President, Charles Russell, (2014-2016, 1st term)
 - In addition to serving as the pastor of Lakewood Baptist Church in Cincinnati, Rev. Charles Russell serves as the Associate Regional Minister for Pastoral Care in the Miami Association.
- Secretary, Kristina Gutierrez, (2nd term ending 2016)
 - After serving with International Ministries in Latin American for 12 years, Rev. Dr. Kristina Gutierrez returned to Ohio and is serving as a counselor with Midwest Ministry Development Service in Columbus, Ohio.
- Treasurer, Pamela Wantz (no limit)
 - Rev. Pamela Wantz is the pastor of Linden Ave. Baptist Church in Dayton, Ohio and director of the Linden Life Recovery Center which meets in the church.
- National Ministers Council Delegate, Troy Shaw (no limit)
 - Rev. Dr. Troy Shaw is the senior pastor of Liberty Hill Baptist Church and author of more than 7 books.
- At-Large Members:
 - JD Walser (2014-2016, 1st term)
 - Rev. Walser is the bi-vocational pastor of West Mansfield Baptist Church.
 - Rita McClure (2015-2017, 1st term)
 - Rev. Rita McClure is the pastor of Linwood Baptist Church in Cincinnati.
 - Ed Sollenberger (2015-2017, 1st term)
 - Rev. Ed Sollenberger is the pastor of Lena Baptist Church in Conover.

For our next issue...

...we'd like to share your responses to our question about your self-care practices as well other best practices for ministry.

- Have you read a book that's helped you to be more effective in ministry?
- Have you used a consultant or program that was recommended by a colleague that was helpful to you?
- Have you preached a sermon on self-care that you'd like to share?
- Have you written an article or blog that has inspired your congregation toward growth?

Email your contributions to: krutzmmds@gmail.com

*The Executive Board of the Ministers Council of Ohio reserves the right not to publish any material that does not respect diverse opinion or confidentiality, promotes division or conflict, or is used for personal promotion. This venue is to be used for Collegiality, Centeredness and Competence.

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<p><u>Group Purpose:</u></p> <p>Collegiality</p> <p>Centeredness</p> <p>Competence</p>	 <p>The Ministers Council Facebook group</p>	<p><u>Helpful uses:</u></p> <ul style="list-style-type: none">• Asking advice• Sharing resources• Sharing problems / asking for prayer• Telling stories• Encouraging• Offering feedback• Theological engagement
<p><u>Expectations:</u></p> <ul style="list-style-type: none">• Respect diverse opinions• Avoid argument or derision• Avoid personal promotion• Maintain confidentiality so there is freedom to share ministry issues	<p><u>Prohibited posts:</u></p> <ul style="list-style-type: none">• Personal fundraising• Publicity for local events (because this group is international in membership and scope - local events clutter the page)	

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6 Reasons to Drink Water

By Kathleen M. Zelman, MPH, RD, LD,

Here are six reasons to make sure you're drinking enough water or other fluids every day:

- 1. Drinking Water Helps Maintain the Balance of Body Fluids.** Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.
- 2. Water Can Help Control Calories.** For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.
- 3. Water Helps Energize Muscles.** Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.
- 4. Water Helps Keep Skin Looking Good.** Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss.
- 5. Water Helps Your Kidneys.** Body fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water-soluble waste that is able to pass through the kidneys to be excreted in the urine. When you're getting enough fluids, urine flows freely, is light in color and free of odor. When your body is not getting enough fluids, urine concentration, color, and odor increases because the kidneys trap extra fluid for bodily functions.
- 6. Water Helps Maintain Normal Bowel Function.** Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration -- and the result is constipation.



This e-newsletter....

...is a gift from the Ministers' Council to those engaged in ministry in ABC in Ohio.

The ability to send such a newsletter was made possible because of a gift from **Church Task...**

<http://www.churchtask.com>