

SPRING 2018 NEWSLETTER

Pastors Day 2018

SPONSORS:

We would like to thank the following individuals and businesses for supporting 2018 Pastors Day. We couldn't have done it without you!

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Vine Floral
George's Greek Village
Joe Feta's Greek Village

Leaders lose heart when external pressures and our unresolved inner issues disconnect us from the Source of life. More than 60 pastors and ministry leaders came together for Thrive's 6th annual Pastors Day to learn and dialogue about losing heart in ministry, cultivating resilience and finding hope.

The Perfect Storm:

Our keynote speaker Carey Nieuwhof provided an abundance of wisdom gained from his own personal journey through "the perfect storm" that led to his burnout experience. He challenged leaders to engage others in the recovery process - a good friend, a counselor and someone from a ministry like Thrive. We heard how important it is to grieve the losses they've experienced and keep leaning into God. Cathy Gates from Thrive Ministries guided attendees through some thoughtful exercises to help them determine their own unique warning signs of losing heart.

Creative Engagement:

Those familiar with Pastors Day have come to expect creativity in handling the chosen theme. This year pastors engaged in a Jenga-like game to explore the building blocks of resilience and what happens when you remove too many of them from your life.

Practical Resources:

Because life and ministry can be difficult, Thrive provided a book for each attendee to help them delve further into the topic of burn out. Bonnie D'Elia from Pearable Ministries and Carsten Pellmann from Shepherd's Heart Ministries were available to talk about the services they provide for pastors and church leaders.



Fun, Friends, Food:

The day was filled with lively conversation and laughter in various settings as acquaintances were renewed and friendships deepened. Thrive's hospitality team pampered our taste buds with a delicious meal. The celebrations continued as names were drawn for gifts and prizes donated by Thrive's sponsors.

Left: Art VanSlageren (Winner of Niagara Parks Commission Attractions pass for two)

Right: Cathy Gates (Thrive Ministry Director)

Here's what one participant had to say: **"I loved everything! A real blessing for ministers."**

Pastors Day is one of the ways that Thrive lives out our mission of resourcing pastors to build lives that thrive. We are committed to serving each church Leader that God brings across our path by being safe people and providing safe settings for church leaders to process the challenges they experience in life and ministry.

We look forward to having you join us at our next Pastors Day January 31, 2019!



Thrive is Ready to Serve You

- Are you losing heart in ministry or life in general?
- Would you like to speak with one of our Thrive team members?
- Being bullied? Visit www.churchbullying.org and/or email us.
- Want to be part of a small group?
- Know someone in church leadership who may benefit from our services?

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Please connect with us info@thriveministries.ca or 905-228-3043.

RESOURCES:

Thrive provided church leaders four books to choose from at Pastors Day this year. We highly recommend them as resources for delving into why leaders lose heart and how to build resilience.

Reset: Living a Grace-Paced Life in a Burnout Culture by David Murray (2017)

Replenish: Leading from a Healthy Soul by Lance Witt (2012)

Leading on Empty by Wayne Cordeiro (2012)

Preventing Ministry Failure: A ShepherdCare Guide for Pastors, Ministers and Other Caregivers by Brad Hoffman and Michael Todd Wilson (2007)

2017 in Review

2017 has been another year of growth for Thrive as we have seen an increase in the number of pastors, church leaders, missionaries and Christian non-profit leaders and their families being served by Thrive.

Over 100 individuals were supported through the various ministry services we offer, some in multiple settings.

- 97 joined us for one day conferences or events
(Pastors Day, Just Breathe by Bridges Ministry and An Evening with Gail MacDonald)
- 86 support sessions were provided to 36 individuals in small groups or one-on-one

It has been a privilege to support ministry leaders and their spouses as they have experienced transitions in ministry, personal loss, conflict in ministry, health concerns, burn out, forced exits and healing from ministry and life experiences.

Our biggest joy around Thrive during 2017 was seeing three pastors who had been out of ministry for a time after difficult transitions return to new ministry leadership roles in part because of the support they received from the Thrive team.

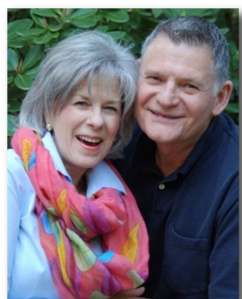
We praise God for his healing, transformative presence in the lives of pastors, church leaders and their spouses. It is a blessing to be able to walk with people on that journey.

- Cathy Gates, Thrive Ministries Director

Resources for Pastors and Churches

From time to time we would like to highlight some resources that we believe may be helpful to you. In this newsletter we are pleased to introduce you to **Shepherd's Heart Ministry**.

SHM is an Intensive Retreat Ministry for couples in Christian leadership who need a place of sanctuary, healing and restoration.



Carsten and Linda Pellmann are credentialed pastors who have been in pastoral ministry for thirty years. Following early retirement, they volunteered and trained as Pastoral Care Specialists for Shepherd's Heart Ministry in Canada. Shepherd's Heart is an International marriage intervention ministry. SHM headquarters are in Parker, CO. USA.

Our mission is focused on Pastoral, Missionary and Christian leadership couples who need help with significant professional distress or crisis in their marriage and ministry. Shepherd's Heart offers five days of intensive counseling for one couple at a time, which is private and strictly confidential, at **no cost to the couple**.

Intensives are held in British Columbia and Ontario. Couples may attend a Canadian Intensive by contacting the Shepherd's Heart by email, phone or online. gail.magruder@shmministry.co or pellmann@me.com Phone: 1-303-884-8030 www.shmministry.ca (click the help button)

Upcoming Opportunities

- Unfinished Business Group for men – Feb 20 – May 22, 2018
- Unfinished Business Group for women – Feb 22 – May 24, 2018
- Growing Intimacy with God Retreat – June 10-12, 2018
(open to pastors, church leaders and their spouses)
- Pastors Day 2019 – Thursday January 31, 2019

Your Gift & Prayer = Thriving Pastors and Churches in Niagara

Your donations help:

- Provide burnout prevention coaching & education
- Resource small groups for pastors
- Equip church leaders to deal with bullying
- Support Annual Pastors Day

Donate by credit card or cheque through:

Great Commission Foundation

Thrive Ministries Project #139

TEL: 1-855-488-7020 (credit card donations)

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