



Resourcing pastors to  
build lives that thrive

## UPcoming EVENTS

### Pastors Day 2015

January 29th, 2015

9am – 4:00pm

Harbour Fellowship Church

### Unfinished Business Group

March 10 – June 9, 2015

6:30pm – 9pm

Visit [www.thriveministries.ca](http://www.thriveministries.ca)  
for more information.

## RESOURCES

### Burnout Prevention emails

sign up at

[www.thriveministries.ca](http://www.thriveministries.ca)

[www.thriveministries.ca](http://www.thriveministries.ca)  
[info@thriveministries.ca](mailto:info@thriveministries.ca)

# UPdate

fall 2014

## Ministry Reflections

As I was reflecting on the past six months, I came across this comment made by a pastor who attended the Renewing the Flame burnout prevention seminar series in the early summer.

*'Thank-you for providing the time and safe space for us to be open about the difficult times we are having in ministry. I learned some things about myself that I didn't see clearly before – things I need to change.'* (A.L.)

The Heart of Thrive Ministries is just that - to provide a safe place for pastors and spouses to talk about the challenges they face in ministry or in their personal lives. We listen attentively and suggest or provide resources we believe will be supportive in helping them thrive in all areas of life and ministry. We focus on serving each individual that God brings across our path one conversation at a time.

We have been excited to see the growing number of people served by Thrive's varied ministries. Over the past six months we have had the privilege of offering encouragement to several pastors, pastoral couples and ministry leaders often over coffee or a meal. For others it has been a series of phone conversations for support and coaching. The Renewing the Flame burnout prevention series came at a key time for those who attended this eight session series which explores the external and internal facets of losing heart in ministry. Pastors have received help in healing from past ministry and life experiences, gaining new freedom in their lives and leadership through Thrive's Unfinished Business sessions. Others benefited from our financial health seminar 'Arrive Alive and Thrive – Not Just Survive' which provided practical information and one on one conversations that addressed attendees specific situations. And – one of the most appreciated aspects of our ministry is the prayer support offered by our dedicated prayer team.

I continue to be humbled and encouraged by the heartfelt gratitude that has been expressed by the pastors and spouses we are serving. And I am personally looking forward to Pastors Day 2015 as we tackle face to face time with God and others when we'd rather look the other way. Hope to see you there!

By Cathy Gates – Director Thrive Ministries

## 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 Pastors Day 2015

Donate by credit card or cheque through:  
Great Commission Foundation  
Thrive Ministries Project

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

#3 Fourteenth St., Grimsby, ON L3M 2W1

# Renewing the Flame – Burnout Prevention

It seems kind of strange to me that we call Renewing the Flame a burnout 'prevention' program. Why? Unfortunately many of us in ministry go beyond symptoms to full blown burnout before we even notice there is a problem. We are usually deep in trouble before we recognize it. It is admittedly, a complex problem. I like the way that Dr Terry Wardle of Ashland Seminary defines burnout. He calls it 'losing heart'.

*"Losing heart is essentially allowing the pressures of the external world, and the unresolved places in our own inner world, to disconnect us from the Source of life originally breathed into our being."*

In 2 Corinthians 4:1 Paul says, "Therefore, since through God's mercy we have this ministry, we do not lose heart." So what causes us to lose heart? I suggest that it is a combination of external factors (things like 60 hour work weeks, endless meetings and difficult people) AND internal factors (things like our motives, self-reliance instead of God dependence and uncertainty about our values). We also have this tendency to see the problems as being 'out there' in our environment and don't always recognize the internal issues that are contributing to the situation.

There are basically two ways to approach solving problems including the problem of burnout. The technical approach involves short term relief and long term strategies. This approach is prescriptive and the solutions are fairly easy to identify. For example if you work long hours you cut back to 40 hours per week. The second is the adaptive approach which addresses the underlying issues that lead to burnout. These are more difficult to identify - for example - Why do I work such long hours? Changing values, beliefs, roles, relationships and approaches to life and work are required. The 'solutions' take a long time to implement because we are making changes in habits and patterns of behaving that are automatic. Because of the complexity, we tend to resist this type of change. The eight week Renewing the Flame seminar series helps participants explore both of these approaches.

Until we get to the point where we stop trying to solve problems and meet God in the midst of the problem we will continue to burnout before we recognize it.

The next Renewing the Flame series will be offered in the spring 2015.



## Pastors Day 2015

# east TO face

when you want to look the other way

### Why would you rather look the other way?

Pastors frequently face difficult conversations with family members, people in the church, God and even with themselves.

Please join us for an encouraging and interactive day of learning, sharing, and experiencing 'Face to Face' time with God and others.

We will: **Explore** what causes us to avoid face to face time with God and other people  
**Develop** skills and perspectives needed to navigate difficult conversations  
**Provide** opportunities to dialogue with other Christian leaders

Thursday January 29, 2015.

9am – 4pm including lunch

Harbour Fellowship Church, St. Catharines

When you would rather look the other way choose 'face to face.'



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## STATISTICS:

Burnout:

"Losing heart is essentially allowing the pressures of the external world, and the unresolved places in our own inner world, to disconnect us from the Source of life originally breathed into our being."

Dr. Terry Wardle  
Ashland Seminary

"45 % of pastors say that they've experienced depression or burnout to the extent that they desired a leave of absence from ministry."

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