



Resourcing pastors to
build lives that thrive

Day 2016 Sponsors who helped make
this day possible.

eisboxx (design/print/media)

George Darte Funeral Chapel

Pearable Ministries

Niagara Helicopters

Niagara Parks Commission

YMCA of Niagara

McIntosh Financial

Bird Kingdom

Heritage Christian Book Store
St Catharines

Harbour Fellowship Church

Debra Hoffos – Leadership Coaching

First Ontario Performing Arts Centre
St Catharines

John Bear Buick GMC

St Catharines Recreation
& Community Services

Starbucks, Martindale Rd, St.Catharines

Café Amore, St Catharines

Book Outlet, St Catharines

Ramakers Imports

August Restaurant, Beamsville

Syndicate Restaurant, Grimsby

Coras, St Catharines

Coles Florist

Vine Floral

Bleu Turtle

Jim Steele

Gary Anderson

Kevin Sider

UPdate

spring 2016

Pastors Day 2016

Fifty pastors and church leaders came together for Thrive's fourth annual Pastors Day in January. This year's theme 'What's on Your Plate? Bite off more than you can chew?' addressed the ever present leadership challenge of navigating a healthy balance of family life and ministry responsibilities.

Watch out for Sink Holes

Keynote speaker Tim Day provided a lot for busy leaders to ponder by introducing the concept of 'sink holes'. He described them as cavernous spaces or a sense of numbness that can develop within a leader. Rather than addressing the sink hole –leaders tend to pave over it in a variety of ways meant to avoid, mask, detract or deflect attention from its existence. He encouraged leaders to find safe people who they can be honest with about what is going on within. Tim also encouraged them to rebuild a solid foundation of God's unconditional love in their lives.

Plates

The theme of plates was underscored through out the day beginning with each attendee choosing a plate as a take away to remind them of their unique capacities as leaders. Participants engaged in an interactive exercise of examining 'What's on your Plate' to determine what may need to come off their plate in order to maintain a level of responsibilities that are doable and not destructive.



Uniquely You

Interactive seminars provided opportunities for leaders to discover their own uniqueness in several realms. Attendees were encouraged to deepen their relationship with God by discovering their spiritual temperament and the ways they best connect with God. They explored how they are uniquely wired to lead through a leadership aptitude assessment. Gift based leadership was encouraged during the spiritual gifts seminar and understanding how your own life story underscores your leadership was explored in the Six Words seminar.

Fun, Friends and Food

Different settings throughout the day provided opportunities to renew acquaintances and develop new relationships with Niagara area pastors and church leaders. Great conversations happened over a delicious meal lovingly prepared by Thrive's hospitality team. Table discussions during seminars enabled sharing of life and ministry challenges. Gifts and prize draws added a celebratory atmosphere to the day.

Here is what some of the attendees had to say.

"The content and pace of the entire day was excellent -quality content without being overwhelmed."

"Thank you so very much for all your prep, prayers, and presentation. We were truly blessed by all."

"Just wanted to let you know how much I am enjoying the book, Strengthening the Soul of your Leadership that I received it at Pastor's Day."

Providing safe people and safe settings for church leaders to process the challenges they are experiencing in life and ministry is a high priority for Thrive Ministries. We are committed to resourcing pastors and church leaders to build lives and ministries that thrive.

Looking forward to seeing all of you for our
next Pastors Day, January 26, 2017.



Cathy Gates (Thrive Ministry Director)

Jamie Reimer (Winner of Niagara Helicopters tour for two)

Announcement

We are excited to announce that Cathy Gates has increased her time commitment in her role as Director of Thrive Ministries. In her own words – “I was working part time in Public Health and part time with Thrive. Ministry needs and opportunities were increasing and, even with the addition of Michael Piett to our pastoral advisors last fall, we didn’t have the capacity to attend to those needs. Something had to go. I made the decision to leave my nursing job and devote all of my time to Thrive.” We are looking forward to developing more supports and resources to help meet the needs of pastors and church leaders in Niagara and beyond.

Pastors Needs Survey

Each Pastors Day we ask leaders to complete a short questionnaire to help us understand what they need most in order to thrive in ministry leadership. We would like to share a little of what we learned.

- We asked pastors and church leaders to rate how well they are thriving in several specific areas. The following four areas (in no particular order) received an average score of less than 6 out of ten: financially, physically (weight, fitness, health, nutrition), spiritually and life balance.
- The two areas that pastors/church leaders feel the least equipped to deal with are conflict and burnout/life balance.

Thrive’s leadership team is taking a look at what additional services we can offer to help address some of these needs. We would love to partner with you in creating these supports. If you have any suggestions, we would love to hear from you. Please email us at info@thriveministries.ca.

Unfinished Business Summer Series

For the first time, Thrive is offering a 14 week summer Unfinished Business series beginning in June. If you or someone you know is struggling with some life or ministry hurts or experiencing anxiety or low level depression, this may be a great step toward healing.

Or - If you have the means to sponsor a church leader to attend an Unfinished Business series please contact us at info@thriveministries.ca.

This group is open to pastors, church leaders, Christian non profit leaders and their spouses or adult children.



Thrive is Ready to Serve you.

Want to be part of a monthly Women in Ministry Small Group?
Would you like to speak with one of our pastoral advisors?
Are you challenged with a sense of being overloaded or overwhelmed?
Being bullied? Visit www.churchbullying.org and/or email us.
Know someone in church leadership who may benefit from our services?

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

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



Resourcing pastors to
build lives that thrive

RESOURCES:

Thrive provided church leaders three books to choose from at Pastors Day this year. We highly recommend them as resources for delving into what’s behind the challenge of finding a healthy balance between life and ministry.

Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry by Ruth Haley Barton (2008)

The Best Yes: Making Wise Decisions in the Midst of Endless Demand by Lysa TerKeurst (2014)

A Resilient Life: You Can Move Ahead No Matter What by Gordon McDonald (2006)

www.thriveministries.ca
info@thriveministries.ca