### heart-health for clergy:

spiritual practices for dangerous, challenging, precipitous, pivotal times

Cal-Pac Clergy Convocation 2017

# be careful when you fight the monsters, lest you become one.

friedrich nietzsche

### racism

white supremacy

bigotry

greed

apathy

cynicism

we are surrounded by monsters.

polarization

ignorance

lust

hypocrisy

dishonesty

fear

corruption

### racism

white supremacy

bigotry

apathy

we are surrounded by monsters.
if we don't fight them, we are
complicit & cowardly (which makes

us monstrous). polarization

ignorance

hypocrisy

If we do fight them, we are in danger of becoming monstrous in other ways.

lust

greed

cynicism

fear

dishonesty

corruption

#### racism

white supremacy

bigotry

greed

apathy

of not becoming like what we fight, so that we are not overcome by evil, but instead overcome evil with good.

ignorance

lust

hypocrisy

dishonesty

fear

corruption

### love

joy peace patience kindness spiritual practices help us goodness guard our hearts forgiveness and grow better (not bitter) faithfulness through struggle gentleness self-control empowerment joy

justice

because in ministry, if your heart isn't right, nothing is right.

## and keeping your heart right isn't easy.

## heart-health for clergy: 4 spiritual practices

### my assumptions:

- 1. i know less than i don't know.
- 2. we need a convergence:
- 3. personal/social
- 4. confident/self-critical
- 5. head/heart
- 6. contemplative/activist because ...

It's not just that the future of the church is at stake. The future of humanity is at stake ... planet poverty peace people

# ... So your spiritual health and strength are precious resources. "Guard your heart" "Guard the gift"

### heart-health for clergy: 1. self-examination

# heart-health for clergy: 1. self-examination why are you downcast, o my soul? why are you disquieted within me?

# heart-health for clergy: 2. soul-friendship spiritual direction "holy conferencing" non-utilitarian relationship

# a query: how is your heart? how goes it with your soul?

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revealing your feeling is the beginning of healing.

# a query: how is your heart? how goes it with your soul?

we listen with holy attention. we mirror to one another the love, wisdom, and grace of God.

## heart-health for clergy: 3. constant conscious contact

with God

practicing God's presence

something i have learned, as an arranger of words: better a few words from the heart than many words disconnected from the heart.

no!
why?
when?

please! help! sorry.

```
no!
why?
when?
```

```
yes.
behold!
```

please! help! sorry.

```
o! (glory! hallelujah!)
thanks.
here.
```

o! thanks. here.

yes. behold!

please! help! sorry.

no!
why?
when?

#### At Evening With a Child

Jessica Powers

We walk along a road at the day's end, a little child and I, and she points out a bird, a tree, a toad, a stretch of colored sky.

She knows no single word but "Ah" (with which all poems must commence, at least in the heart's heart), and I am stirred by her glad eloquence.

Her feet are yet unsure of their new task; her language limited, but her eyes see the earth in joy secure.

And it is time I said:

Let the proud walls come down!

Let the cold monarchy be taken over!

I give my keys to rust, and I disown

castles of stone for ambushed roads in clover.

All the vast kingdoms that I could attain are less to me than that the dusk is mild and that I walk along a country lane at evening with a child.

Source: Selected Poetry of Jessica Powers edited by Regina Siegfried and Robert Morneau

o! thanks. here.

yes. behold!

please! help! sorry.

no!
why?
when?

### heart-health for clergy:

4. becoming a friend to yourself or

joining God in loving you.

bernard of clairvaux:
loving self for self's sake
loving God for self's sake
loving God for God's sake
loving self for God's sake

### what/who recharges, delights, restores you?

what/who drains, discourages, depletes you?

## what anesthetics tempt you toward addiction?

what 30% of your duties do you procrastinate on, causing yourself added anxiety?

what new approach can you take to that 30%?

just because you're a pastor doesn't mean you're not also ... a Christian a human being a creature in God's creation

what would a good boss or a good friend or a good pastor prescribe for you or say to you right now?

### heart-health for clergy:

- 1. self-examination
- 2. soul friend
- 3. constant conscious contact with God
- 4. becoming a friend to yourself

# A final word: Richard Rohr says ... action AND contemplation

formation for mission inner work for the outer work

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### heart-health for clergy:

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### heart-health for clergy:

spiritual practices for dangerous, challenging, precipitous, pivotal times

### heart-health for denominations:

organizational basics for dangerous, challenging, precipitous, pivotal times



# THE GREAT SPIRITUAL MIGRATION

HOW THE WORLD'S LARGEST
RELIGION IS SEEKING A BETTER
WAY TO BE CHRISTIAN

#### BRIAN D. MCLAREN

AUTHOR OF A NEW KIND OF CHRISTIAN TRILOGY AND A GENEROUS ORTHODOXY



### A spiritual migration

from system of belief to way of life/ way of love



#### A theological migration

from violent Supreme Being

to nonviolent Holy Spirit/Spirit of Christ



#### A missional migration

from organized religion (for self-protection)

to religion organizing for the common good

(institutions and movements in romance, forming & deploying spiritual activists)



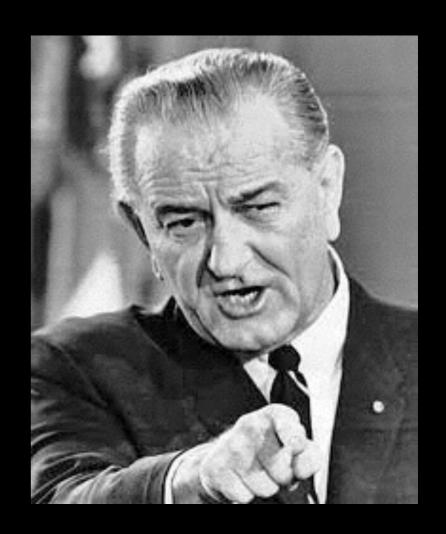
What's missing today is a high-quality discourse on rethinking the design and evolution of the entire system from scratch.

(Otto Scharmer)



### WE MEED A THEOLOGY OF





### INSTITUTIONS, MOVEMENTS. AND COMMUNITIES

### Communities

Families, individuals, and organizations linked to a common environment, collaborating for the common good.

### Institutions:

Organizations which conserve the gains made by past social movements.

### Social Movements

Organizations which make proposals or demands to current institutions to make progress towards new gains.

### Both movements and institutions...

Organize for their purpose
Need one another
Are frustrated with one
another
Benefit or harm communities

### Without movements ...

Institutions stagnate ...

Without institutions ...

Movements evaporate ...

# Some movements successfully inject their values into the institutions they challenge

Other movements create their own institutions, or pass away

Vital movements call people to passionate, sacrificial personal commitment

Sustainable institutions create loyalty across generations through evocative rituals & traditions

movements can be progressive, conservative, or regressive

as can institutions, depending on which movements they let in the door.

Lasting change happens when movement leaders knock persistently on the doors of institutional leaders, and a critical few institutional leaders answer ...

"Yes."

(Or "Let's negotiate.")



# From Greg Leffel Faith Seeking Action: Mission and Social Movements

### A vital movement is born when 3 things happen:

- 2 or more people agree what's wrong
  - They agree what should be done
- They agree to do it, counting the cost.

### Leffel's 6 Characteristics of Vibrant Social Movements

- 1. Opportunity Structure
- 2. Rhetorical framing
- 3. Protest (messaging) strategy
- 4. Mobilization strategy
- 5. Movement culture
- 6. Participant Biography

Jesus says the kingdom of God is like gardening (an organic movement) not warfare (institutional action): It spreads through seeds ... sown into systems to grow.

The seeds of the message.

The seeds of people who personally embody the message.

The seeds of communities who socially embody the message.

Jesus seizes the opportunity Structure provided by conflicted elites (Pharisees/ Sadducees; Herodians/ Zealots) and struggling masses (Galilee/Judea)

He provides rhetorical framing on hillsides, in houses, on retreats, in public teach-ins, in debates, through parables, through rituals and practices. He repeats key themes - commonwealth of God, life to the full, life of the ages, liberation - rooted in dynamic tension with tradition.

His protest (messaging) strategy includes public demonstrations (healings & miracles), teach-ins (Sermon on mount), civil disobedience (turning tables), querilla theatre (exorcisms), festivals (feasts & feedings), naming evil (woes), naming heroes (blessings).

He develops a mobilization strategy based on 3, 12, 70, and multitudes. He entrusts freely with responsibility and expresses high confidence in his agents (greater things shall you do ...)

He associates his movement culture with love, joy, justice, risk, hope, creativity, courage, Service, willingness to Suffer, nonviolence.

He provides his disciples challenge, rest, retreat, encouragement, recovery after failures. They testify that their participant biographies have been forever changed for the better.

What spiritual movement is trying to be born among us today?

What are its demands/proposals?

What role might we play in its emergence?



# 1. Congregations need to identify themselves.

- Regressive Churches (nostalgic)
- Eggshell Churches (anxious)
- Holding the Tension [cautious]
- Progressive/Missional Churches [bold]

Why?

Belonging, Amplification, Public Figures, Shared Encouragement & Resources, Mobilization

#### 2. Begin afresh with younger generations

- The reason an awakening takes a generation or more to work itself out is that it must grow with the young; it must escape the enculturation of old ways. It is not worthwhile to ask who the prophet of this awakening is or to search for new ideological blueprints in the works of the learned. Revitalization is growing up around us in our children, who are both more innocent and more knowing than their parents and grandparents. It is their world that has yet to be reborn. - Wm. G. McLoughlin

#### Begin afresh with younger generations

- An important scientific innovation rarely makes its way by gradually winning over and converting its opponents; it rarely happens that Saul becomes Paul. What does happen is that its opponents gradually die out, and that the growing generation is familiarized with the ideas from the beginning, another instance of the fact that the future lies with the youth. - Max Planck

3. Recruit leaders differently, train them differently, and organize them differently.

- MDiv - \$40 - 80K

The Cuban Methodist model ...

The deployment problem



Population

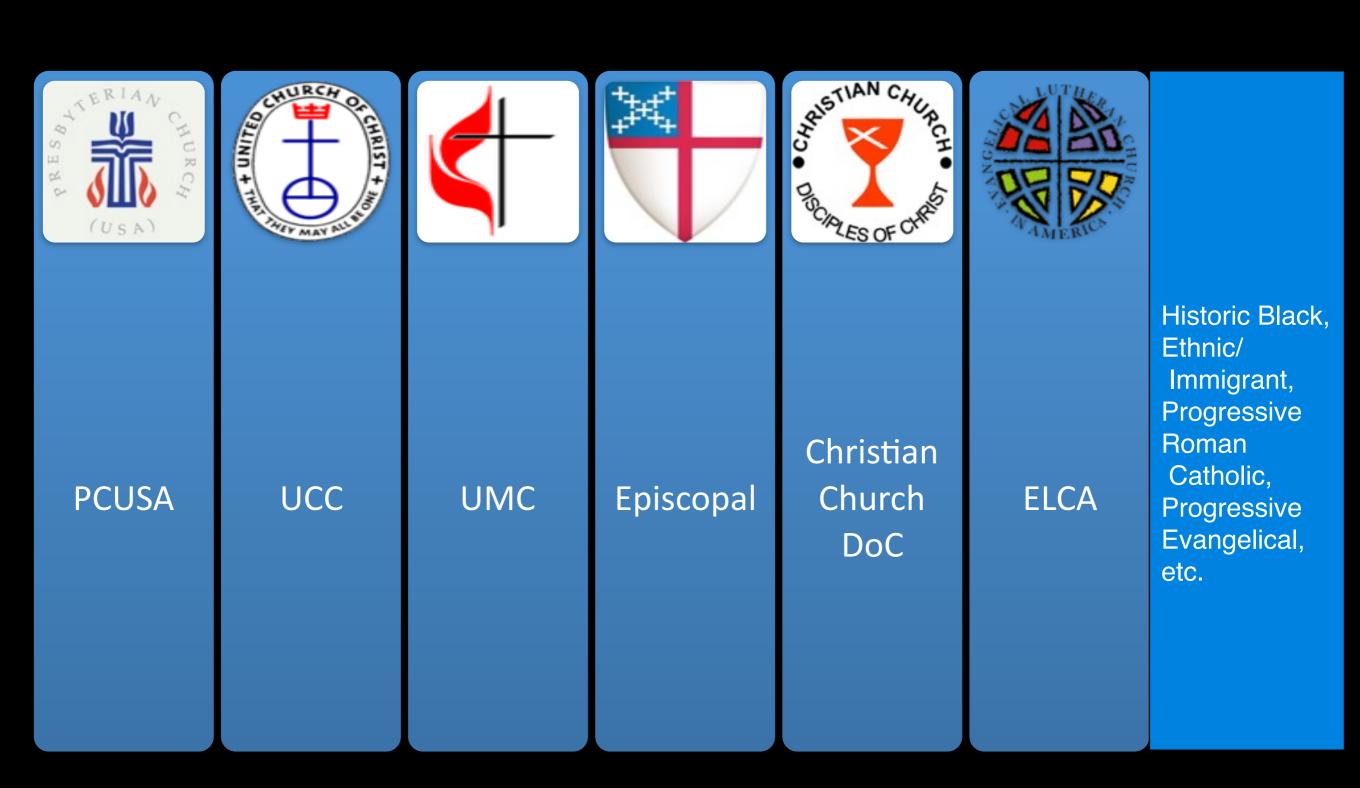
The population of the United States

is not distributed evenly. Instead, we tend

"84% of Americans now live in or around urban areas. But I'm United Methodist, so I speak out of the context of what I know best. 74% of our capital resources (that's our buildings) are where only 16% of the American population lives. The Methodist Church flourished in the 1800's and early 1900's in small towns and rural areas. But now we continue to send pastors to church buildings instead of populations. And if we're really going to reach people, we're going to have to radically rethink our paradigms of what it's going to mean to be missional." - Rev. Mike Slaughter

More here: <a href="http://www.ministrymatters.com/all/entry/1227/interview-w-mike-slaughter">http://www.ministrymatters.com/all/entry/1227/interview-w-mike-slaughter</a>

## Working in our tribes



### nostalgic



bold

#### A NOSTALGIC, REGRESSIVE MOVEMENT

PCUSA UCC UMC Episcopal Church DoC ELCA Historic Black Ethnic/ Immigrant, Progressive Roman Catholic, Progressive Evangelical, etc.
---

### Working across our tribes



A VITAL SPIRITUAL MOVEMENT FOR JUST AND GENEROUS CHRISTIAN FAITH?



A VITAL SPIRITUAL MOVEMENT

## key question:

to whom are we making our demands?

#### 4. Recast mission as spiritual activism.

- Recruiting activists
- Neighborhood/Community activism
- Political activism
- Economic activism (boycotts, buy-cotts, divest/invest)
- Professional activism
- Social entrepreneurship

Along this path, popular movements play an essential role, not only by making demands and lodging protests, but even more basically by being creative. You are social poets, creators of work, builders of housing, producers of food, above all for people left behind by the world market... The future of humanity does not rest solely in the hands of great leaders, the great powers and the elites. It is fundamentally in the hands of peoples and in their ability to organize. It is in their hands, which can guide with humility and conviction this process of change. I am with you. - Pope Francis



#### 5. Align, align, align.

- song
- liturgy
- preaching
- practices
- inner work/outer work
- multi-faith collaboration

#### Putting it all together ...

- Helping churches identify themselves.
- Beginning with kids and youth.
- Recruiting, training, organizing leaders in new ways.
- Recasting mission as spiritual activism.
- Celebrating liberation spirituality

# heart-health for denominations:

organizational basics for dangerous, challenging, precipitous, pivotal times

let's stay in touch ...

slides will be available

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# q+r

Holy One, whose love makes us one family.

May your unspeakable name be revered.

Now, here on earth, may your commonwealth come.

On earth as in heaven may your dreams come true.

Give us today our bread for today.

Forgive us our wrongs as we forgive.

Lead us away from the perilous trial.

Liberate us from the evil.

For the kingdom is yours and yours alone. The power is yours and yours alone. The glory is yours and yours alone. Now and forever, amen.

Now, here on earth, may your commonwealth come. On earth as in heaven may your dreams come true. Alleluia.

Alleluia.

Amen.

# heart-health for congregations:

congregational **innovation** for dangerous, challenging, precipitous, pivotal times

What congregations are leading the way?

What congregations are leading the way?

Why is this question so hard to answer?

#### innovation

S

imitation

#### When we look at growing churches ...

We have:

Feeder/collector churches for migrants

Churches for discontented transfer-ins

Churches of choice for targeted consumers

Churches improving without innovating.

#### We have:

- Innovations that are unsustainable financially
- Innovations that are unsustainable personally
- Innovations that are unreplicable due to exceptional talent

#### We don't have many:

Churches reaching secular people

Churches reaching younger generations

Churches "rethinking the whole system"

- Churches addressing deep theological issues

Learn from everyone. Withhold judgment.

Expect diversity - many ways.

Share best practices.

Improve what's working.

Innovate boldly and fail quickly.

Innovate on the side.

Distrust magic bullets.

Catholic Student Movement

Q Faith Communities Movement

Spiritual Direction Cluster

Dinner Churches/Breakfast for Dinner

# my best guess ...

my best intuition tells me 3 things ...

1. Creative and profound liturgies may help us break through.

my best intuition tells me 3 things ...

2. Discipleship, spiritual formation, personal transformation may happen best in non-Sunday formats: camps, retreats, online, field trips, etc.

my best intuition tells me 3 things ...

3. Before we can have a new "methodism" ... we need a new "messagism" - where we consciously rethink our message and **align** everything with it.

### alignment

the current challenge of innovation

```
communications
                                formation
                                                fundraising
                    budget
                                            "talent scouts"
                             creeds
                  building multi-faith alliances compassion
       prayers
 pastoral care
                                       confessions of sin
                          mentoring
           invocations
readings
                            benedictions
                                               eucharistic
                    welcome
                                                 liturgy
                                 training
   governance
             volunteer
                                                justice
                            sermon planning
 vocation
               care
                      mentoring/modeling announcements
    theology
                          planning
                                       fellowship
                litanies
                                                     songs
                                   professional
  recruitment
                spiritual
                                eval/development
                                                     recreation
              experience
 gospel
                                        instrumental music
                            seminary/
       education
                                             mutual care
                             training
```



### meaning

```
theology
gospel
spiritual
experience
```

announcements

eucharistic liturgy creeds

confessions of sin

#### celebration

ritual/practice - bonding to meaning

readings

songs

prayers

litanies

invocations

sermon

instrumental music

benedictions

#### welcome

mutual care

pastoral care

#### community

connected to celebrate/embody meaning

fellowship

recreation

training mentoring

#### formation

more deeply embodying meaning

education

formation

#### administry

supporting the meaning with logistics

volunteer care

management

communications

fundraising

budget

planning

job descriptions governance

#### mission

the meaning bearing fruit

recruitment

justice

compassion

vocation

#### leadership

equipped to build communities who embody the meaning

building multi-faith alliances

mentoring/modeling

professional eval/development

"talent scouts"

seminary/ training

## MUM Meaning leadership

Mission

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