

The Sabbath Project
W2234 Hwy. 64
Marinette, WI 54A143

Mindfulness in Parish Life

A path toward stress reduction

*A personal & vocational enrichment
program of The Sabbath Project*

Facilitators

Pastor Lee Goodwin

Pastor Lee Goodwin has been called by the Northern Great Lakes Synod Council to serve as Director of The Sabbath Project. Pr. Goodwin has served as a parish pastor for over 27 years. He is a graduate of the Shalem Institute for Spiritual Formation's Group Leaders and Spiritual Guidance programs as well as the teaching Practicum of the Center for Mindfulness at the U. Mass. Medical School. He has extensive experience as a retreat leader and spiritual director.

Pastor Chris Lee-Thompson

Pastor Chris Lee-Thompson has been a pastor for 28 years and has served in a variety of settings. He has received training in spiritual guidance at the Shalem Institute for Spiritual Formation and in family systems theory at the Lombard Mennonite Peace Center. He is presently serving a parish just outside Madison, Wisconsin, where he also offers spiritual direction to pastors.

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And what I say to you
I say to all:
Keep awake.

-Mark 13:37



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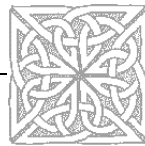
The life of a parish pastor is complex and demanding. The day to day requirements of this work call for the dividing of our attention between multiple, high-level commitments. There are skills that can help develop the capacity to cope more effectively with short and long-term stressful situations.

"Mindfulness can most simply be described as the intentional cultivation of nonjudgmental moment-to-moment awareness."

- Jon Kabat-Zinn—*Full Catastrophe Living*

The Mindfulness in Parish Life Program begins with a four-day retreat/training event held at the Norbertine Center for Spirituality in Green Bay, WI. The retreat will provide an immersion in the development of mindfulness meditation practices.

The second aspect of the program is an eight week at-home period which will include guided instruction for the further development of mindfulness practice and weekly, on-line dialogue among retreat participants in order to provide the kind of support necessary for this new discipline.



"Twice this week I was aware of being very mindful in my pastoral work.... Being mindful and not reactive allowed me to be a better listener ...

- Pastor Lloyd Luedeman – Mohawk, MI

The Mindfulness in Parish Life program is intended to do just what the title suggests: learn to walk a path toward more skillful stress management. By learning to pay close attention to what is actually happening at any given time in our bodies, our minds and in our relationships, we become more open to the possibility and promise of each moment. Through the development of mindfulness meditation practice we nourish the deep capacities for attentiveness and awareness that we all possess.

Greater awareness can then lead to greater creativity, less reactivity and more freedom to choose how to live in each moment - not free from stress, but more free to choose how we will live with the gifts and the demands of parish life

**Enrollment is limited to
20 participants.**

Mindfulness in Parish Life

April 11-14, 2010

Norbertine Center for Spirituality
Green Bay, Wisconsin

Name

Street

City

St

Zip

Phone

Cell Phone

Email

Registration Deadline March 15, 2009

**Total cost of enrollment
\$300.00**

Make Checks Payable to:

**Northern Great Lakes Synod/Sabbath Project
and return to:**

The Sabbath Project

W2234 Hwy 64

Marinette, WI 54143

Register Online at www.thesabbathproject.org

For more information:

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