



Leadership is not easy. The dynamics of church leadership in particular can keep leaders from thriving, and can even cause leaders to burn out, give up or get stuck spiritually, mentally, emotionally or relationally.

I write to invite you to a two day retreat intent on time for worship and ministry alongside teaching which focuses on growing resilience and sustainability* with Richard Black** of Strength to Strength as our facilitator.

The dates and locations are;

Monday 28th to Tuesday 29th August at Hope Vineyard, Palmerston North

Thursday 31st to Friday 1st September at Whakata, Coatesville, Auckland

The retreat starts at 10am on the first day and finishes at 4.30pm on the second day.

The cost details are;

\$290 per person for attendees needing accommodation, \$220 for the non-residential option, including all meals, which will be home catered onsite to facilitate the relational nature of the gathering. Couples attending are priced at \$500 for those needing accommodation, \$350 for a non-residential option. Airport transfers included where possible.

Our aim is to see you strengthened as a leader, faithfully living out your calling over the long-haul of ministry life.

Please do let me know as soon as possible whether you're interested in coming as this is intended to be a small gathering and numbers are limited. If you are discipling younger leaders let me know if you'd like the invitation extended to them.

Kind regards,

Lydia

** Richard is an ordained minister and a trained counsellor, and completed his Masters' research in Emotional Health in the role of a church leader. He is the founder and Managing Director of Strength to Strength, a counselling and training organisation. Richard works alongside churches providing specialised support for their pastoral care. Through his counselling, training, and public speaking he helps people strengthen their thinking, be proactive in relationships, and succeed with life. He has

been involved in pastoral ministry for many years and understands the everyday struggles that people face and the demands on church leaders. Richard's Just a Thought segments are broadcast regularly on Radio Rhema (NZ's national Christian radio station). As the Chair of the Trustees for New Wine in NZ Richard is passionate about seeing churches fulfil their purpose in God. He is married to Jennifer and they have three children.

* The programme will cover;

// Worship and ministry

// Surviving and thriving in ministry

// The Strengthened Mind - getting perspective

// Strengthened Emotions

// Strengthened Relationships

// Honestly Me - the importance and power of wise vulnerability

// Strengthened Living - living in the sweet spot of ministry

// Strengthened Spirit - intrinsic spirituality and closeness with Jesus

// Values and disciplines to keep on target

Lydia Read

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