

# Leadership and Anxiety in the Church: A Family Systems Perspective



## Who Will Benefit:

This workshop is designed for:

- Pastors, Church Council, Vestry, Session members, Elders, Deacons, and Judicatory leaders.
- The workshop would be especially helpful if a team made up of both clergy and lay leadership from a congregation would attend the event together.

## Workshop Location:

Eastminster Presbyterian Church  
3200 Trenholm Road  
Columbia, South Carolina

The church is west of I-77, about 20 minutes from the Columbia Metropolitan Airport.

(Map to workshop site sent with confirmation of registration.)

## Workshop Leader:

**Richard Blackburn** is Executive Director of the Lombard Mennonite Peace Center (LMPC) in Lombard, IL. Richard leads a variety of workshops yearly on conflict transformation in congregational systems, and serves as a consultant to conflicted churches. He participated in Dr. Edwin Friedman's *Post Graduate Clergy Seminar in Family Emotional Process* and the Georgetown Family Center's *Post Graduate Program in Bowen Family Systems Theory and Its Applications*.

## Registration Fee:

The preregistration fee is **\$79.00**. If received after April 9, or for those who register at the door, the fee is **\$99.00**. Fee includes training manual, lunch, and refreshment breaks. Cancellations are subject to a nonrefundable administration fee of \$25, if LMPC receives at least five days advance notice of cancellation, otherwise no refund will be issued.

**Group discounts are available.** A registration discount of \$10 is available for the third and each subsequent registrant from the same congregation. To qualify for the discount, all registration forms must be mailed together with one single check. **Call LMPC at (630) 627-0507 to request a copy of the group discount coupon.**

## For More Information:

Call LMPC at (630) 627-0507. You can also visit our web site at [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org).

## Workshop Schedule

Friday, April 20, 2007

- 9:00-10:15 ***The Road to Damascus: The Church and Change in an Age of Anxiety***
- *Anxiety in Action: A Congregational Case Study*
  - *Linear Cause-Effect Thinking vs. Systems Thinking*
  - *Distinguishing Between Acute Anxiety and Chronic Anxiety*
  - *Understanding the Roots of Anxiety*
  - *Societal Anxiety: Its Impact on the Church*
- 10:15-10:30 Break
- 10:30-12:00 ***"They Know Not What They Do": The Scapegoat Mechanism and Church Conflict***
- *The Scapegoating Process in Church Systems: Case Studies*
  - *The Family Projection Process in Bowen Theory*
  - *The Scapegoat Mechanism in the Work of René Girard*
  - *Reflections on Christ's Passion in Art: Exposing the Scapegoat Mechanism to the Light*
- 12:00-1:00 Lunch (on-site — included in registration)
- 1:00-2:30 ***The Importance of Not Being Earnest: Reversals, Playfulness, and Paradox***
- *Understanding Triangles and the Importance of Maintaining a Non-Anxious Presence*
  - *Murray Bowen and Edwin Friedman on Reversals, Playfulness, and Paradox: Video Clips of the Masters at Work*
- 2:30-2:45 Break
- 2:45-4:00 ***The Road to Damascus: Lessons for Leadership in Anxious Times***
- *The Conversion of Paul in Art: Learning from Paul's Experience with Radical Change*
  - *Self-Differentiated Leadership: A Key to Overcoming the Impact of Anxiety*

## Registration Form

**Leadership and Anxiety in the Church — Columbia, South Carolina — April 20, 2007**

To register, clip this form, make your check payable (in US funds) to "LMPC," and mail to:  
Lombard Mennonite Peace Center, 101 W. 22nd Street, Suite 206, Lombard, IL 60148.

Name (s) \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Congregation/Organization \_\_\_\_\_ Work Phone \_\_\_\_\_  
Personal Email \_\_\_\_\_ Other Email \_\_\_\_\_

- \_\_\_\_ Yes! Please register me/us for the workshop in Columbia, SC. I've enclosed \$79.00 per person. (\$99.00 after 4/9/07.)
- \_\_\_\_ Please send information about how my congregation can host this workshop or other LMPC workshop options.
- \_\_\_\_ Please send information about LMPC's *Mediation Skills Training Institute for Church Leaders*.
- \_\_\_\_ Please send information about LMPC's *Here I Stand: Leading Change Through Self-Differentiation*.
- \_\_\_\_ Please send information about LMPC's *Clergy Clinic in Family Emotional Process*.



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# *Leadership and Anxiety in the Church: A Family Systems Perspective*

**April 20, 2007**

Friday: 9:00 a.m. to 4:00 p.m.

## **Eastminster Presbyterian Church**

3200 Trenholm Road  
Columbia, South Carolina

Sponsor: Lombard Mennonite Peace Center



### *About the Workshop:*

Since the publication of Dr. Edwin Friedman's *Generation to Generation*, many pastors and other church leaders have become aware of Bowen family systems theory as a way of understanding congregational dynamics. Family systems theory identifies differentiation of self and anxiety as two key variables impacting human functioning. The seminar on *Leadership and Anxiety in the Church* looks at the challenge presented by the rising levels of anxiety being experienced in churches today, as well as the role that self-differentiated leadership can play in calming such anxiety.

The seminar is comprised of a series of PowerPoint presentations originally conceived for LMPC's *Advanced Clergy Clinic in Family Emotional Process*. Works of art illustrating Biblical themes from the Medieval, Renaissance, and Baroque eras are integrated at various points to facilitate theological reflection on the themes being presented.

The seminar on *Leadership and Anxiety in the Church* is being offered by Lombard Mennonite Peace Center as part of its ongoing mission to help Christ's church grow in health and wholeness, into all that God wants it to be.

### *This workshop will help you . . .*

- Distinguish Between Acute Anxiety and Chronic Anxiety
- Examine the Roots of Anxiety
- Compare the Family Projection Process as Understood in Bowen Family Systems Theory, with René Girard's Understanding of Scapegoating
- Gain Insight into How the Scapegoating Process Impacts Church Conflict
- Understand Emotional Triangles and the Importance of Maintaining Non-Anxious Presence
- Recognize the Role of Playfulness in Defusing Anxiety
- See Self-Differentiated Leadership as a Key to Overcoming the Impact of Anxiety
- Enhance your role as a leader in the church.



### *Other LMPC Programs:*

The *Mediation Skills Training Institute for Church Leaders* equips leaders with strategies for addressing interpersonal, small group, and congregational conflicts. Dates and locations of 2007 institutes are:

March 12-16, 2007 - Tulsa, Oklahoma  
May 7-11, 2007 - Plymouth, Massachusetts  
August 6-10, 2007 - Glen Ellyn, Illinois (Chicago area)  
October 8-12, 2007 - Columbia, South Carolina  
November 12-16, 2007 - Portland, Oregon

*Here I Stand: Leading Change Through Self-Differentiation* equips pastors to reduce recurring congregational patterns of conflict, blaming, and distancing by inviting members toward greater clarity of personal beliefs and principles. Dates of 2007 events are:

March 20-22, 2007 - Portland, Oregon  
August 21-23, 2007 - Bensenville, Illinois (Chicago area)

*Clergy Clinic in Family Emotional Process* is designed to enhance the ability of participants to function as self-differentiated leaders in their ministry setting. The clinic meets 3 times each program year, 3 days each, for 9 full days of training. Contact LMPC for specific dates for 2007-2008.

For further information: [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)

*"...So we, though many, are one body in Christ, and individually members one of another." (Romans 12:5)*