

Leadership by



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New England United Methodist

Clergy Spouse Retreat

November 17, 2018

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

The Preachers' Aid Society invites all New England Clergy spouses to a Clergy Spouse Retreat on Saturday, November 17 from 9 till 5. The event will be held at Newbury Court in Concord, MA. Cost is just \$25 and includes lunch. To register call the PAS office at 207-467-3246 or visit our website www.preachersaid.org. Limit of 24 participants.

For clergy spouses, this retreat:

- Creates a safe sacred space for healthy expression of common experiences, without being personally revealing
- Explores how to claim and celebrate an elusive Sabbath
- Bridges isolation and builds informal networks of support



"We all wanted to express ourselves authentically and safely, with the intent to create connection. Thanks to the retreat's design and leadership, we never stayed in a place of venting and lamenting. The Sabbath Game is an ingenious tool to draw forth balanced, useful discussion. I was surprised!"

— Bernie Jacabella, Clergy spouse participant

This full-day retreat for clergy spouses includes:

- Original interactive small group and music activities
- Private reflection
- Real-life clergy spouse scenarios to solve
- Practice for Sabbath boundary-setting
- The Sabbath Game
- Facilitation by clergy spouse
- Also includes post-retreat support to establish healthier Sabbath patterns:
 - A one-hour individual coaching session
 - Seven-week closed Facebook group

Retreat Leader: Julie Anderman, Executive Director, ArtosRetreats.org



- 20 years as EPA Conference UMC clergy spouse (with reluctance and reward!)
- 20 years providing instructional design and communication services to Fortune 500 companies
- 25 years facilitating small groups
- A.B. in Theology, M.B.A. in Organizational Behavior, Strategic Marketing