



# PASTORAL STAFF SUPPORT TIME

## Retreat: Resiliency in Pastoral Ministry

Thursday, April 14-15, 2016  
Green Lake Bible Camp, Chrysalis House

*PSST...represents a network in our synod designed for pastors serving in settings with other pastors.*

### RETREAT SCHEDULE

#### Thursday, April 14

- 3:30pm Registrations begin
- 5:30 Supper in Dining Room
- 6:15 Opening Matters  
*Devotions*  
*Discussion regarding confidentiality*  
*Ice Breaker*
- 6:45 Verlyn Hemmen - *Resiliency*
- 8:30 Social time – *If you would like please bring a snack or beverage to share.*

#### Friday, April 15

- 8:30am Breakfast in Dining Hall  
*(coffee, tea available @ 7:30am)*
- 9:15 Morning “stretch” devotions
- 9:30 Verlyn Hemmen - *Resiliency as staff members*
- 11:00 Free Time/Conversations
- Noon Lunch in Dining Hall
- 1:00pm Verlyn Hemmen - *Congregations and resiliency*
- 2:30 Closing Matters  
*Planning for the future*  
*Evaluations*  
*Closing Worship*
- 3:00 Free time at camp, or homeward bound!

### PRESENTER: Rev. Dr. Verlyn Hemmen, M.Div, D.Min

As a CPE Supervisor with 20 years of parish experience, Verlyn brings his pastoral heart into his work with individuals, groups and congregations. Always learning, Verlyn completed a D. Min. with an emphasis on marriage and family therapy. He is trained in the use of therapeutic metaphors, Solution Focused Brief Therapy, Narrative Therapy and Family Systems thinking. Using his pastoral skills and resources from a variety of sources, Verlyn works with various groups around resiliency, coping with anxiety and stress, using effective communication, and managing grief. He has been married for 41 years and is a grandfather and a Harley rider.

### REGISTRATION

Please register online at [www.swmnelca.org](http://www.swmnelca.org), events page and send payment to:  
SW MN Synod, PO Box 499, Redwood Falls, MN 56283

- \$35 Commuting
- \$65 Individual (*includes lodging*)
- \$100 Pastoral Team Rate (*includes lodging*)

Take advantage of the team discounted price when you register two or more pastoral staff serving in one congregation or parish. Each pastor will have to register themselves but click the team rate.

Team rate includes lodging however you will not be lodging as a team. Lodging will be same sex in double rooms. A single room is an additional \$16. Please see online registration for roommate and single room requests.

**Registration Deadline is Tuesday, April 6, 2016**



**Southwestern Minnesota Synod**  
**Evangelical Lutheran Church in America**  
God's work. Our hands.