

**MISCELLANEOUS
INFORMATION**

(1) EPISCOPAL AREA OFFICES, WESTERN JURISDICTION

Denver Area:	Rocky Mountain and Yellowstone Conferences Bishop Warner H. Brown, Jr. 6110 Greenwood Plaza Blvd., Greenwood Village, CO 80111-4803..... 800-536-3736
Los Angeles Area:	California-Pacific Conference Bishop Mary Ann Swenson 110 South Euclid, P. O. Box 6006, Pasadena, CA 91102-6006..... 626-568-7312
Phoenix Area:	Desert Southwest Conference..... Bishop Minerva G. Carcano 1550 E. Meadowbrook Ave., Phoenix AZ 85014-4040 800-229-8622
Portland Area:	Alaska Missionary and Oregon-Idaho Conferences Bishop Robert T. Hoshibata 1505 S. W. 18th Ave., Portland, OR 97201-2524 800-593-7539
San Francisco Area:	California-Nevada Conference..... Bishop Beverly J. Shamana 1276 Halyard Drive, West Sacramento, CA 95691 916-374-1500
Seattle Area:	Pacific Northwest Conference Bishop Edward W. Paup 816 South 216 th #2, Des Moines, WA 98198-3650 800-755-7710

(2) CAMPING, OUTDOOR, AND RETREAT MINISTRIES

110 S. Euclid Avenue, P. O. Box 6006, Pasadena, CA 91102-6006
FAX 626-568-7331

Director of Camping and Facilities Management: Paul Cogger	626-568-7335
Reservationist: Patti Palomo	626-568-7333
Administrative Assistant of Camping and Facilities: Susan Bonaparte	626-568-7330
Program Associate: Samuel S. Yun	562-761-4043

CAMPS AND RETREAT CENTER:

(For availability and reservations, call 800-244-8622 or 626-568-7333)

ALDERSGATE RETREAT CENTER: 925 Haverford, Pacific Palisades, CA 90272	310-454-6699
Manager, Chris Erickson	FAX 310-459-9934
ARROYO GRANDE: 250 Wesley St., P.O. Box 328, Arroyo Grande, CA 93421-0328	805-489-4139
Manager, Steve Tallant	FAX 805-481-5924
CEDAR GLEN: 743 Farmer Road, P. O. Box 2500, Julian, CA 92036.....	760-765-0477
Manager, Cory Jones.....	FAX 760-765-0479
Assistant Manager, Jason Kuiper	
COLBY RANCH: 23828 N. Angeles Forest Highway, Palmdale, CA 93550	626-792-2296
Manager, Mark McConnell	FAX 626-792-9206
LAZY W RANCH: 23852 Hot Springs Cyn Rd., PO Box 579, San Juan Capistrano, CA 92693...	949-728-0141
Manager, Billy Stempson.....	FAX 949-728-0240
STURTEVANT: P. O. Box 847, Sierra Madre, CA 91025-0847	760-249-4626
Manager, Chris A. Kasten	FAX 760-249-4626
WRIGHTWOOD: 1401 Linnet, P. O. Box 66, Wrightwood, CA 92397-0066	760-249-3453
Manager, Gary L. Clover	FAX 760-249-4113

(3) CAMPUS MINISTRY UNITS

**California Polytechnic State University
at San Luis Obispo and Cuesta College**
Wesley Foundation
1515 Fredericks Street
San Luis Obispo, CA 93405-1942
Jane Voigts 805-543-7580

California State University at Long Beach
United Methodist Campus Ministry
University Interfaith Center
1250 Bellflower Blvd.
Long Beach, CA 90840-0603
Mary Kay Will 562-985-4369

California State University at Los Angeles
Wesley Foundation
1850 West Hellman Avenue
Alhambra, CA 91801-2699
Phyllis Tyler 626-284-3229

San Diego State University
Wesley Foundation
5716 Hardy Avenue
San Diego, CA 92115-2232
Beth Cooper 619-582-0772

University of California at Irvine
University UMC
18422 Culver Drive
Irvine, CA 92612
Sarah Heath 949-786-8354

University of California at Los Angeles
Wesley Foundation
900 Hilgard Avenue
Los Angeles, CA 90024
Alissa Johnson 310-208-1051

University of California at Riverside*
United Campus Ministry
900 University Avenue
Riverside, CA 92521
Terry Mathis 951-334-1859

University of California at San Diego
Wesley Foundation
9600 Gilman Drive, Dept. 0081
La Jolla, CA 92093-0081
Gary Anderson 858-534-6951

University of California at Santa Barbara
Wesley Foundation
892 Camino del Sur
Goleta, CA 93117
Chi Young Jeong 805-968-2610

University of Hawaii, Manoa
Wesley Foundation
1918 University Avenue
Honolulu, HI 96822-2403
Charlene Zuill 808-949-1210

University of Redlands
University United Methodist Church
940 E. Colton Avenue
Redlands, CA 92374-3637
Glenn C. Hoskins 909-793-1651

University of Southern California*
United Ministry
University Religious Center
835 West 34th Street, Room 103
Los Angeles, CA 90089-0751
Diane Kenney 213-740-2667

* Indicates an Ecumenical Ministry

(4) THEOLOGICAL SCHOOLS AND AFRICAN-AMERICAN INSTITUTIONS
OF HIGHER EDUCATION

Theological Schools

Boston University School of Theology	617-353-3050
745 Commonwealth Avenue, Boston, MA 02215	
Candler School of Theology	404-727-6322
Emory University, Bishops Hall Suite 10, Atlanta, GA 30322	
Claremont School of Theology	909-447-2500
1325 N. College Ave., Claremont, CA 91711-3199	
Drew University, The Theological School	973-408-3000
36 Madison Ave., Madison, NJ 07940	
Duke University, The Divinity School	919-660-3400
107 New Divinity, Box 90968, Durham, NC 27708-0968	
Gammon Theological Seminary	404-581-0300
653 Beckwith St., SW, Atlanta, GA 30314	
Garrett-Evangelical Theological Seminary	800-SEMINARY
2121 Sheridan Road, Evanston, IL 60201	
Iliff School of Theology	303-744-1287
2201 S. University Blvd., Denver, CO 80210-4798	

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Methodist Theological School in Ohio	740-363-1146
3081 Columbus Pike, Delaware, OH 43015	
Perkins School of Theology	214-SMU-THEO
Southern Methodist University, P. O. Box 750133, Dallas, TX 75275-0133	
St. Paul School of Theology	816-483-9600
5123 E. Truman Road, Kansas City, MO 64127	
United Theological Seminary	937-529-2201
4501 Denlinger Road, Trotwood, OH 45426	
Wesley Theological Seminary	202-885-8600
4500 Massachusetts Ave., NW, Washington, D.C. 20016-5690	

African-American Institutions of Higher Education
Historically Related to the United Methodist Church

Bennett College	Greensboro, NC 27401
Bethune-Cookman College	Daytona Beach, FL 32114
Clafin University	Orangeburg, SC 29115
Clark-Atlanta University	Atlanta, GA 30314
Dillard University	New Orleans, LA 70122
Huston-Tillotson University	Austin, TX 78702
Meharry Medical College	Nashville, TN 37208
Paine College	Augusta, GA 30901
Philander Smith College	Little Rock, AR 72202
Rust College	Holly Springs, MS 38635
Wiley College	Marshall, TX 75670

(5) RETIREMENT HOMES

(The following institutions have had, from time to time, a varying history and degree of relationship to other organizations of the United Methodist Church, and are listed for your information only.)

BAKER Home: 1415 S. Otterbein Ave., Rowland Heights, CA 91748.....	626-964-5677
BURBANK Homes: (4 non-profit corporations that function as a single entity)	
Wesley Homes: (A Holding Corporation) 1048 Sherlock Dr., Burbank, CA 91502.....	
Burbank Plaza: 340 Harvard Rd., Burbank, CA 91501.....	818-841-2621
Pacific Manor: 609 N. Glenoaks Blvd., Burbank, CA 91502	818-846-2667
Wesley Tower: San Fernando Road & Verdugo Avenue, Burbank, CA 91501	
PACIFIC Homes:	
Casa de Manana: 849 Coast Boulevard, La Jolla, CA 92037.....	800-959-7010
Claremont Manor: 650 West Harrison Avenue, Claremont, CA 91711	888-627-2900
Fredericka Manor: 183 Third Avenue, Chula Vista, CA 91910.....	800-310-4696
Kingsley Manor: 1055 N. Kingsley Dr. Los Angeles, CA 90029	323-661-1128
Wesley Palms: 2404 Loring Street, San Diego, CA 92109.....	858-274-4110

(6) 2007 SPECIAL OFFERINGS RECEIVED AT ANNUAL CONFERENCE

DAY	CAUSE	AMOUNT
Wednesday, June 20	Global AIDS	\$ 4,835.84
Thursday, June 21	Sierra Service Project	3,154.93
Friday June 22	Philippines Mission	2,417.97
Saturday June 23 (AM)	Nothing But Nets & Invisible Youth	3,362.00
Saturday June 23 (PM)	African Students	3,282.15
Sunday June 24	Katrina	5,199.52
Total Offerings		\$ 22,252.41

(7) LAYMAN AND LAYWOMAN OF THE YEAR AWARD RECIPIENTS

In 1961, the Bishop Gerald Kennedy Award was established. This was to be given annually to a person or persons for distinguished service, selected by a committee appointed by the Bishop. After 1980 it was given to an outstanding Layman and Laywoman each year. The award is presented at the Conference of the following year.

1961 Wesley I. Dumm
1962 Keith Smith
1963 Verne Orr, Sr.
1964 Donald A. Odell
1965 Robert Griffin
1966 Robert Fletcher
1967 Lawrence T. Cooper
1968 Hubert Orton
1969 J. Wesley Hole
1970 Walter R. Hoefflin
1971 Marion R. Walker
1972 Mildred Hutchison
1973 Kazuo Saito
1974 Victor Ruiz
1975 Richard Dennis
1976 C. Raymond Meyers
1977 Pauline Bobbitt
1978 Tova Bedolla
1979 LeRoy Vaughn
1980 Harriet Dommes and Byron Hayes, Jr.
1981 Charles Cappleman and Pat Hammer
1982 Jean Wickett (Posthumous) and Ronald Warner
1983 May Chun and Frances Dale
1984 Peggy Hutchison and Clifford Aguilar
1985 Doris and Robert L. Luckhardt
1986 Marguerite Justice and Chuck Jones
1987 Betty Finn and Leon McKenzie
1988 Sherlie Weeks and Norman Bowler
1989 Nancy Green and Arlan Walton
1990 Shin Maesaki and Jo D'Archangelis
1991 Howard Hudson and Lucy Wilson
1992 John Chang and Sharon Savage
1993 Millie Hiltz and Robert E. Klein
1994 Ellen Peterson and Sam Maloof
1995 Lupita Alonso de Redondo and Kenneth Tittle, MD
1996 Margaret Jones Kanaar, MD, Charles Bohannon, Betty Jackson, and Dennis Lee
1997 Eleanor Ramsdell, Betty Mitchell and Donald Evans
1998 Scott Jackson (*posthumously*) and Verna Porter
1999 Martha Lindey, Gertrude McClay (*posthumously*) and Salvador Sarmiento
2000 Doris Shigihara and Alex Morales
2001 Ardys Hunter and Russ Whittenburg
2002 Delores Alleyne and Glen Bancroft
2003 Margaret Ann Henke and Francis Fukumoto
2004 Rosemary Zettler and Bob Denham
2005 Martinique Brown, Ellen Johnson and Chris Fracchiolia
2006 Ellen Evans Agee and Genaro Cordova

(8) 2007 CONFERENCE HONORS AND AWARDS

(Note: Each year, the Annual Conference presents awards of merit to individuals and local churches for outstanding ministry. Here is a summary of this year's recipients as they were greeted and appreciated by members of the Annual Conference).

- Laywoman of the Year** Ellen Evans Agee
- Layman of the Year** Genaro Cordova
- Verne Cooney Award**..... Marguerite Phillips, Sally Bell, and Lynda Wood
Presented by Board of Christian Education
- Mildred Hutchinson Award** Phil Shigekuni
- Susannah Wesley Scholarships**David McFarland, Kenn Malec, Sharon Kim, Jacqueline Robertson, and Rachel DeBos
Presented by the Conference Council on Youth Ministries
- Francis Asbury Award**.....Dr. Norman Wollitz
Presented by the Board of Higher Education and Campus Ministry
- Lyle Loder Awards** Westwood United Methodist Youth, Jeff Notke
Presented by the HIV/AIDS Committee
- 2007 Youth Worker of the Year Award** Ana Hungalu
Presented by the Conference Council on Youth Ministries
- Outstanding Missionary Supporting Church in 2006**..... Aiea UMC of Hawaii
- Highest Per Member Missionary Supporting Church in 2006** ... Native American MC of Southern California
- Distinguished Service Award**..... Rev. John Giffin
Presented by the UM Joint Commission for Church Extension and Cooperation between Mexico and U.S.
- Camper of the Year Awards**..... Program Camper of the Year: Sharon Shellman
..... Facility Camper of the Year: Carmonde Cochran, Staff Person of the Year: Paul Cogger
- Most Accessible Church Award**..... The United Methodist Church of Yucaipa
Presented by the Conference Committee on Disability Concerns

**(9) BOARD OF ORDAINED MINISTRY
CANDIDACY & PSYCHOLOGICAL ASSESSMENT PROCESS**

1. **CANDIDATES WORK WITH GUIDES AT START**
At the start of the process of candidacy which is called the Inquiring Stage, a person interested in ministry is to work with a Guide through the initial materials: *The Christian as Minister and The Ministerial Inquiry Process*. The Candidate's Guide is the pastor of his or her local church.
2. **DISTRICT SUPERINTENDENT ASSIGNS MENTORS**
After the Candidate has completed the initial materials above and has decided to proceed forward in candidacy, the Candidate enters the Exploring Stage and is assigned a Mentor by the District Superintendent. Mentors are assigned from an approved list of clergy who have been trained in the new candidacy procedure. With the Mentor's assistance, the Candidate will study and complete all the remaining requirements for candidacy.
3. **PSYCHOLOGICAL TESTING IN STAGES**
Testing is in three stages (tier): first, as part of exploring candidacy, using the Division of Ordained Ministry (DOM) materials, and interpreted by the regional Ministerial Assessment Specialist (MAS). In the second stage it is part of the preparation for the District Committee on Ordained Ministry (DCOOM) interview for recommendation for commissioning, and it is administered and interpreted by our MAS. The third stage of testing is part of the preparation for the Conference Board of Ordained Ministry (BOOM) interview and recommendation for ordination; again it is administered and interpreted by our MAS. There is an MAS in Hawaii as well as one in California for your convenience.
4. **CANDIDACY AND ASSESSMENT COSTS**
DCOOM Registration /Administration Fee: Candidate pays \$50.00
Tier I: Candidate pays \$200.00, BOOM pays \$125.00
Tier II: Candidate pays \$125.00; Local Church pays \$100.00; BOOM pays \$100.00
Tier III: Candidate (with possible Local Church assistance) pays \$150.00

5. MINISTERIAL ASSESSMENT SPECIALISTS

In California, the MAS is Samaritan Counseling Center, 869 N. Euclid Ave., Upland, CA 91786, (909) 985-0513.

For the Hawaii District, the MAS is The Counseling and Spiritual Care Center of Hawaii, 1020 S. Beretania St., Honolulu, HI 96814, (808) 545-2740.

They interpret Psych Assessment Tier I, and they administer and interpret Tiers II & III. Contact them with any questions.

6. MENTORS SEND FOR AND PROCTOR TIER I ASSESSMENT

The materials for the Tier I assessment are solicited from the Division of Ordained Ministry by the Candidate and Mentor using a form supplied to all Mentors. The Tier I assessment materials are to be completed by the Candidate under the supervision of the Mentor. This proctoring should happen in an adequate and private space for test-taking, with plenty of time allowed for thoughtful responses by the Candidate. The Candidate is to complete the assessment materials without assistance of family or friends.

7. AVOIDING TIER I ASSESSMENT DELAYS

The Division of Ordained Ministry (DOM) processes the assessment materials of Tier I and then mails data to our local MAS for interpreting with the Candidate. This processing by the DOM takes a couple months. If it is taking longer, the delay is usually due to some reference forms not being submitted to the DOM in a timely fashion. You can help solve this problem by reminding the people providing the references to complete the forms and get them mailed to the DOM promptly.

8. ASSESSMENT TIMING IS ESSENTIAL FOR TIER II

The second assessment occurs in preparation for the DCOOM interview in which the Candidate hopes to be recommended to go before the BOOM for the commissioning interview. The DCOOM needs to see that the Candidate completes this assessment and receives the assessment report prior to their interview. Give at least a three month lead time for this. If your DCOOM interview is in the fall, plan to have the Candidate complete this Tier II assessment in the spring or early summer months.

Contact Person:

Ms. Cheryl Connors, Candidacy Registrar
Board of Ordained Ministry
728 Calle De Orboles
Redondo Beach, CA 90277
310-373-4129 (Home) 310-373-7351 ext. 110 W (Office)
E-mail: Candidacy@calpacordainedministry.org

Or

The Rev. Jim Hickman, Psych Assessment chairperson
114 E. Tenth St.
Corona, CA 92879
(951)737-5225

9. ASSESSMENT TIER III

The third level is a collegial visit between the MAS and the candidate. If the candidate has taken CPE, the candidate is to provide the MAS with a copy of their CPE Supervisor's final evaluation and the student's final CPE evaluation.

(10) CLERGY COUNSELING AND GUIDANCE BENEFITS

The Annual Conference through the Conference Boards of Ordained Ministry, and Pensions makes available counseling and guidance benefits for clergy, Diaconal Ministers, and their immediate families.

For those clergy, Diaconal Ministers and covered dependents enrolled in the PacifiCare and Secure Horizons health plans, PacifiCare Behavioral Health provides psychiatric, psychological and counseling services. Various treatment plans are available through a low cost system of assessment and referral for inpatient, outpatient, residential and urgent care programs. Please consult your Plan handbook or contact the Health Benefits Coordinator at the Conference Board of Pensions Office for details of coverage. (626-568-7319 or 800-244-8622.)

The Board of Ordained Ministry also provides financial assistance to clergy and Diaconal Ministers and their immediate families. The Board is prepared to assist with up to 50% of out-of-pocket expenses up to a limit of \$500 per year, per family member with the amount provided for assistance not to exceed \$1,000 per family, per year. Because these funds are limited and come from the Apportionments paid by local churches of the Annual Conference, the Board recommends that requests for assistance be made after benefits from their personal or group insurance plans have been exhausted. Also if persons are financially able to meet their respective counseling expenses without assistance from the Conference, they are encouraged to do so. This will make funds available for those you do not have these resources.

Requests for funds through the Board of Ordained Ministry are handled in a strict confidential manner to respect the privacy of the applicant. A process is worked out with the providing counselor to bill the Board using a pre-arranged numbering system which is known only to the Chairperson of the Board's Counseling and Support Committee.

Information concerning the Board of Ordained Ministry's program may be obtained from:

The Reverend Andrew J. Welch
772 South Johnson Street
El Cajon, CA 92020
619-442-9491

(11) STRATEGIES FOR PREVENTION OF SEXUAL MISCONDUCT

- A. **INTRODUCTION:** The importance of self care in the Christian ministry cannot be overstated. As professional caregivers we are subject to the stresses and strains of being out of balance in our outreach and love. Stress, burn out and exhaustion knock at our door on a regular basis, and we must look for ways to overcome the demands of our calling. When it comes to sexual ethics, self care remains one area of prevention. In fact, recognizing this connection between self care and prevention is the first step for all of us. If we are striving for a life in balance (physically, emotionally, spiritually, intellectually, etc.) we will be better able to maintain our professional boundaries and to live a whole and liberating life of Christian love.

As ministers we live a life in community. We are each part of different groups which supply some part of our need for fellowship, validation, enjoyment, study, etc., in both short-term and ongoing communal experiences. We lift this up as a vital and necessary part of our human experience. However, if our lives are out of balance, and certain needs are not being met, there can be a tendency to blur the boundary lines of professionalism. At that point, we are susceptible to moral indiscretions that violate our ministerial covenant. It can be as simple as spending more time than necessary in the pastoral care of a person whom we perceive might be able to meet our own needs. It can be as serious as violating the marital covenant by entering into a personal relationship with a parishioner. It can be a simple hug of affection from one of our congregation members when we are in need of emotional care. It can be as serious as misappropriating church funds out of a personal need. It can be as simple as ignoring a parishioner's phone call because we are angry with them for something they did to us at church. It can be as serious as being deceitful in our professional role and violating a trust. It can be a matter of mistaking spiritual intimacy for sexual intimacy.

It is no secret that we are most susceptible when our own needs are being ignored, and out of anger or

frustration, we act on those needs in the confines of our professional role. As professionals, we must have a clearly defined role that remains separate from the personal roles that we must assume. This professional role defines a boundary that must not be crossed in the ministry--a boundary that has to be maintained and monitored by both the institutional church and ourselves. This professional role as ministerial members is undergirded by the covenant of trust. People trust us precisely because we are Christian ministers!

One of the problems arise from our lack of clarity concerning the integration of our professional and personal lives. We are called not only to a vocation, but a lifestyle. We are called on behalf of the community to tend to the spiritual needs of that community. Thank God it is not just a job, but a way of life. However, in the midst of this divine calling, we never cease to be human, with human needs, aspirations, joys and sorrows. Our dilemma is to remain being true to ourselves in the midst of our professional role. Our dilemma also surrounds how we maintain a clear separation between our personal and professional lives. Most other professions allow for the individual to clearly delineate between his/her professional role and personal life. It is not so easy with ministers. Those who know us will always relate to us as the "minister."

Our clerical role does not stop merely because we go home. This is precisely because we are called to a way of life as much as to a job or profession. Pastoral emergencies are real and necessary elements in our daily lives, and there will be occasions when we simply have to respond to a crisis in the ministry. However, such pastoral emergencies are not everyday occurrences, and it is to the day to day ministry with which we are concerned. To help us balance the ambiguity between the separation of our personal and professional lives, we must establish some clear boundaries that can remain intact. It is when we are exclusively responding to pastoral matters and neglecting our personal and family time that we remain out of balance and the most susceptible to violating ethical standards.

Following are some important and key areas that must be examined in our own lives to help us discover whether we are living a healthy, whole and liberating life in light of our professional role. All of them are suggestive of a holistic approach to self-care in the Christian ministry which is the first step in prevention. The list is certainly not exhaustive! All of us would be wise to add our own additions and private concerns when it comes to our own personal care. However, these following areas can help us frame a checklist to take inventory on our own lives.

- B. MY SPIRITUAL WELL BEING: As a Christian minister, a basic question is, "What is my personal and communal relationship with God in Jesus Christ?" One of the classical ministerial roles that we assume is that of "priest," but often we manifest this role in the performing of priestly duties, rather than the ownership of a priestly being. Often we do not give adequate or concentrated periods of time for the development of our own spiritual resources. Here are some questions we might ask ourselves:
- Am I growing spiritually? Is there a sense of spiritual direction in my life?
 - Am I working on some specific spiritual disciplines? Do I set time for my own personal spiritual life on a daily basis? Do I set time for strengthening my covenant relationship with other ministers?
 - Am I in touch with the Holy Spirit? Is there a true connection between myself and the Triune God?
 - Do I have a worshipping life of my own? Can I also worship while leading the congregation in worship? Do I need to supplement my worship life?
- C. MY EMOTIONAL WELL BEING: A basic question is, "Am I in touch with my real feelings in the here and now of my life?" We must attend to our emotional needs and concerns and be willing to take an emotional inventory. So many of us have worked at developing our intellectual capacities far beyond our emotional ones. We pay more attention to what we think than how we feel. We must be reminded of the Hebrew concept that the heart is the center of our rational side as well as of our emotional side. It lifts before us an example of a holistic integration of ourselves as human beings. Our essence is formed by the balance of our head, heart, body and spirit. Some questions we might ask ourselves are:
- How is our self-esteem? How are we feeling about ourselves?
 - Do we have a theology of being or just doing? Are we living this theology of being?
 - Are we in touch with our positive emotions: joy, laughter, elation, etc.?
 - Are we in touch with our negative emotions: anger, frustration, hatred, envy, jealousy?
 - How are we dealing with conflict? Do we have a healthy conflict resolution style?
 - Where are we intentional about seeking an appropriate place to express these emotions?
- D. MY INTELLECTUAL WELL BEING: A basic question is, "Am I growing intellectually, cognitively, rationally?" Many ministers fail to keep up on the different fields connected to the Christian ministry. We

are called to be generalists, but all of us need to work in a more conscious way toward our continued intellectual growth. Some questions to explore are:

- Do I take time for regular study on a daily or weekly basis? Is it directed at personal growth rather than merely connected to functional duties I am required to perform?
- Am I engaged in a lifelong learning process that has a well thought out and comprehensive program?
- Am I challenging myself to grow in new areas? Am I moving toward deeper reflections and study?

E. MY RELATIONAL WELL BEING: A basic question is, “Do I give quality time for the different personal relations that I have in my life?” Since our entire professional lives are relational, we sometimes blur the lines between our personal and professional relations. Are we giving enough time to our family and friends in light of the demands and needs of our parishioners? Is there a healthy balance in our relational life? Some questions to reflect upon are:

- What is the quality of my relationships with my immediate family, my extended family, my friends, my parishioners, my colleagues, strangers, the earth?
- Am I aware of the clear cut relationship boundaries which exist between myself and those in my ministerial care? Do I monitor these boundaries and defend them at all costs?
- Am I aware of how I relate to members of the opposite and same sex? Is there a healthy sense of trust and respect that I have developed? Am I aware of any sexism in my personal or professional relationships?

F. MY PROFESSIONAL WELL BEING: A basic question in this area is, “Do I continue to grow and develop in my professional ministerial role?” There is much demanded of us in the ministry and we cannot possibly excel in all areas and roles. An important question is, “Are we intentional in our growth and maturing in the various areas of our ministry?” No matter how long we have served, there is always more to learn and more to experience. We need to develop a healthy sense of professional goals and objectives. We need to keep fresh challenges alive in our work; however, ambition in the ministry is something of a double-edged sword. On the one hand, it is important to keep challenging ourselves professionally, and yet we must always remember that our highest goal is to be servant of all. All of us must come to grips with our basic professional ambitions and how we want our ministry to develop. Some questions we can ask are:

- What happens when I do not progress the way I think I should? Do I become angry or feel cheated when others “less qualified” are placed in positions I feel I deserved?
- Are there better professional models than simply moving to a “higher” ministerial order?
- Do I continue to seek growth in my current location?

Another important part of our professional well being revolves around our healthy use of time. We need to be well versed in time management principles. The bottom line for many of us is the need to balance time between our professional and personal selves. We must be intentional in our self care and develop off time when we are not working or fulfilling the ministerial role. Time management can help us organize our lives to become more efficient. But we must recognize that this is not to make more time to work; it is to find more time to be a child of God. We must remember that God values our very being as much as how much we do. Some important questions on which to reflect are:

- Do I understand my gifts and the evidence of God's grace in my ministry?
- Do I have a firm grasp of the various ministerial roles, and do I take a regular assessment of how well I am fulfilling these roles?
- Do I have an understanding of where I am going in my professional ministry?
- Do I understand my own ambitions and am I content with them?
- Am I aware of the elements of time management and incorporating them into my ministry?
- Do I have a healthy sense of the balance of time in my life?

G. MY PERSONAL WELL BEING: One might well start with a basic question of, “Do I have a significant personal life to begin with?” We have already covered much of the ground in this section on our

discussion of our “Relational Well Being”, but we cannot overstate the concern to take quality time with personal friends, family members and loved ones. We must take personal time to become good friends with ourselves. Our profession by nature is relational, but quiet and solitude are good spiritual disciplines for us to consider also. We must consider making time for personal interests and hobbies that do not necessarily relate to the Christian ministry.

One of the major areas of concern as it relates to our personal well being and the ministry is the “Fishbowl” effect. We practice ministry in a public setting where all eyes can be trained on us for extended periods. It is not just our ministry that is under scrutiny — our personal and family lives are also exposed as fish in a fishbowl for all to see. We can lessen the effects of the fishbowl, but we can never remove ourselves from the scrutiny of our parishes. Here are some questions to reflect upon:

- Do I have significant friends both inside and outside the church?
- Do I have a healthy and affirming attitude about the formation of friends within the life of the church where I serve? Have I thought through the implications of friends in the parish, e.g. that some parishioners might feel slighted by the amount and quality of time spent with fellow parishioners who happen to be personal friends?
- Do I understand and maintain clear boundaries about what can and cannot be shared with friends in the congregation?
- Do I and my family have a healthy attitude toward the “fish bowl” effect of the church?
- Do I have a healthy set of hobbies and interests that round out and balance my personal life? Do I make time for such hobbies?
- Do I make time for myself?

H. MY PHYSICAL WELL BEING: We put a great deal of training into the development of our minds, and, hopefully, our spiritual selves. However, when it comes to our bodies, we often find excuses to not put in the necessary time to take care of our physical selves. We skip meals, we eat on the run, we don't have time for exercise, and we put ourselves through too many stressful situations. We must take the time to care for our bodies, for oftentimes the strength of our ministry will depend on physical health. Some guidelines might be:

- Do I take the time for regular exercise? Do I have a daily routine where I am getting the physical exercise necessary to maintain a healthy body?
- Do I have a rigorous exercise routine that enables my cardiovascular system to be worked a minimum of twenty minutes, at least three times a week?
- Do I receive annual check-ups from a physician? Do I follow medical advice well and attempt to improve my physical health?
- Do I eat balanced meals on a daily basis? Do I try to maintain good eating habits and avoid skipping meals? Do I attempt to eat healthy, low fat foods?
- Do I practice some form of stress management that enables me to deal with the great stress that comes in the Christian ministry?
- Do I attempt to maintain an ideal body weight? Do I practice preventive medical care?

I. MY ETHICAL AND MORAL WELL BEING: Another area which is often neglected is the development of our ethical and moral self. It might be that we are so clearly associated with honesty and integrity that no one bothers to raise the ethical character issues with us as ministers. This however is a gross oversight. As human beings we are liable to all the frailties and weaknesses of others. We do not have a special market on character. We need to work intentionally on our ethical and moral lives, just like everyone else. One of the key issues in this area is the question of the integrity of the ministry. We have to assume so many diverse roles in the Christian ministry. We often have to compromise our personal feelings in order to be more objective for our pastorates. An important question here is, “Can I be true to myself while assuming the role of the Christian minister?” Without personal integrity we cannot grow and develop in our own professional role as minister. We would be like a split personality, carrying on the public role of minister, while feeling something very different inside. Some additional issues to consider are:

- Do I feel a tension between my ministerial roles and the kind of person that I truly am? How do I deal with this tension? What are some positive ways to deal with the question of personal integrity in the ministry?

- Am I satisfied with my personal character? Are there areas of my ethical and moral self that need work? What positive steps can I take for self-improvement in the area of my character?
- What kind of model am I in my ministry? Do I realize that people look to me as a model? What kind of modeling would I like to project in my own ministry?
- How do I deal with power? How do I deal with my own personal sense of power? Am I aware of the power dynamics that I bring in my ministry?
- How do I deal with members of the opposite and same sex? Do I seek positive and healthy relationships with members of the opposite and same sex?