

Having trouble viewing this email? [Click here](#)



THE PARISH PAPER November 2018 (Late!!)

How to Develop Habits for Well-Being

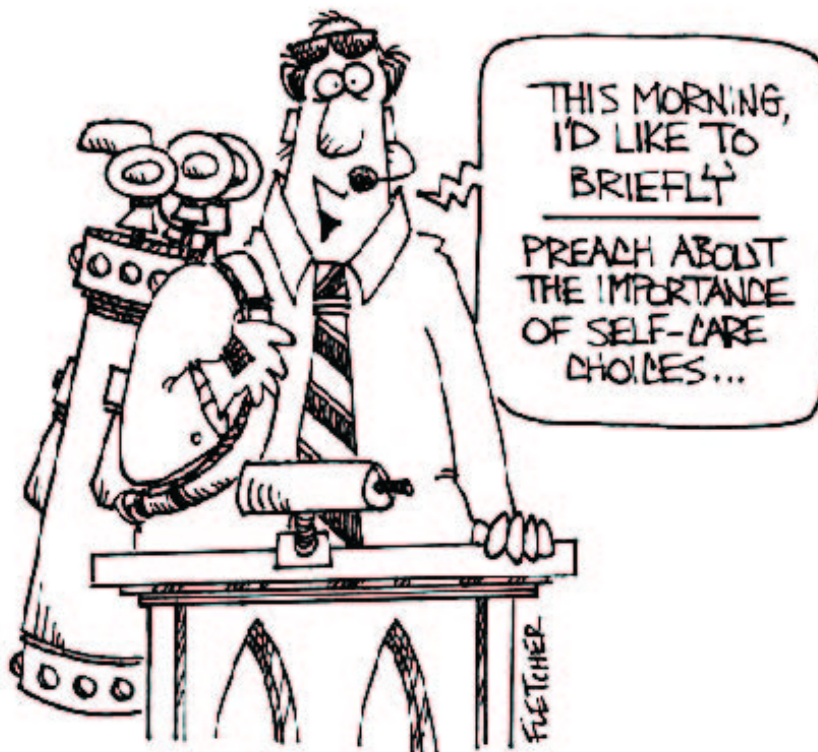
Seminaries and social work programs often ask their students to create a self-care plan. Not only does this send a message about self-care while pursuing a degree, ordination, or certification, it also makes clear that selfcare is a life-long commitment for those who serve the church and others. High demands and weak support systems can foster a toxic environment for clergy health. Therefore, some experts see a problem with the idea of self-care, which suggests that responsibility for clergy well-being falls entirely on the pastor. Clergy health and well-being involve three systems: the individual pastor's lifestyle, family and friends, and the congregation or denomination. Although all three systems share responsibility,

this issue focuses primarily on the role of clergy.

Making Better Choices

Mounting research finds that genetic differences are

[Read the full article here.....](#)



*~~from the Vermont Conference Resource Center
and your OCWM (Our Church's Wider Mission) contribution
to the Vermont Conference which makes this newsletter
and numerous programs available to you and your church.*

802-728-4999 | Vermont Conference, UCC, 36 N Main St, Randolph, VT 05060

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by vtconference@vtcucc.org in collaboration with



Try it free today