

## Mindfulness in Parish Life

A Path to Greater Resilience  
and Reduced Stress

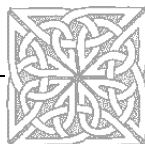
The life of a parish pastor is complex and demanding. The day to day requirements of this work call for the dividing of our attention between multiple, high-level commitments. Sustaining and enhancing this kind of attention requires skills that can be learned through an established discipline and a community of support.

"Mindfulness can most simply be described as the intentional cultivation of nonjudgmental moment-to-moment awareness."

- Jon Kabat-Zinn—*Full Catastrophe Living*

The Mindfulness in Parish Life Program begins with a four-day retreat/training event held at the Norbertine Center for Spirituality in Green Bay, WI. The retreat will provide an immersion in the development of mindfulness meditation practices.

The second aspect of the program is an eight week at-home period which will include guided instruction for the further development of mindfulness practice and weekly, on-line dialogue among retreat participants in order to provide the kind of support necessary for this new discipline.



"Twice this week I was aware of being very mindful in my pastoral work.... Being mindful and not reactive allowed me to be a better listener ...

- Pastor Lloyd Luedemann – Mohawk, MI

The Mindfulness in Parish Life program is intended to do just what the title suggests: build greater resilience and creativity through the cultivation of direct moment-to-moment awareness. By learning to pay close attention to what is actually happening at any given time in our bodies, our minds and in our relationships, we become more open to the possibility and promise of each moment. Through the development of mindfulness meditation practice we nourish the deep capacities for attentiveness and awareness that we all possess.

Greater awareness can then lead to greater creativity, less reactivity and more freedom to choose how to live in each moment. And then the possibilities for our relationships, our preaching, our listening, our leading, our compassion are endless.

**Enrollment is limited to  
20 participants.**

## Mindfulness in Parish Life

Spring 2011  
Norbertine Center for Spirituality  
Green Bay, Wisconsin

Name

Street

City

St

Zip

Phone

Cell Phone

Email

**Registration Deadline February 15, 2011**

**Total cost of enrollment  
\$300.00**

**Make Checks Payable to:  
Northern Great Lakes Synod/Sabbath Project  
and return to:**

**The Sabbath Project  
W2234 Hwy 64  
Marinette, WI 54143**

**Register Online at [www.thesabbathproject.org](http://www.thesabbathproject.org)**

**For more information:  
Contact Pr. Lee Goodwin  
[sabbath.ngls@gmail.com](mailto:sabbath.ngls@gmail.com)  
715-732-0962  
715-938-2443**

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