

PRACTICAL RESOURCES FOR CHURCHES

**TENDING THE SHEPHERD:
SOUL CARE POST-ELECTION**



Welcome!



CHAT

If you'd like to interact with chat, click the chat box and select "**chat to all panelists and attendees**" from the dropdown menu.

RECORDING

You will receive a recording of this webinar including a scrollable chat box.

TOO MUCH?

If the chat and/or Q and A interactions are too distracting, please feel free to close them now or at any time during the webinar.

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Practical Resources for Churches



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INTRODUCTIONS



Who am I?



Why this work?



Embodiment Exercise

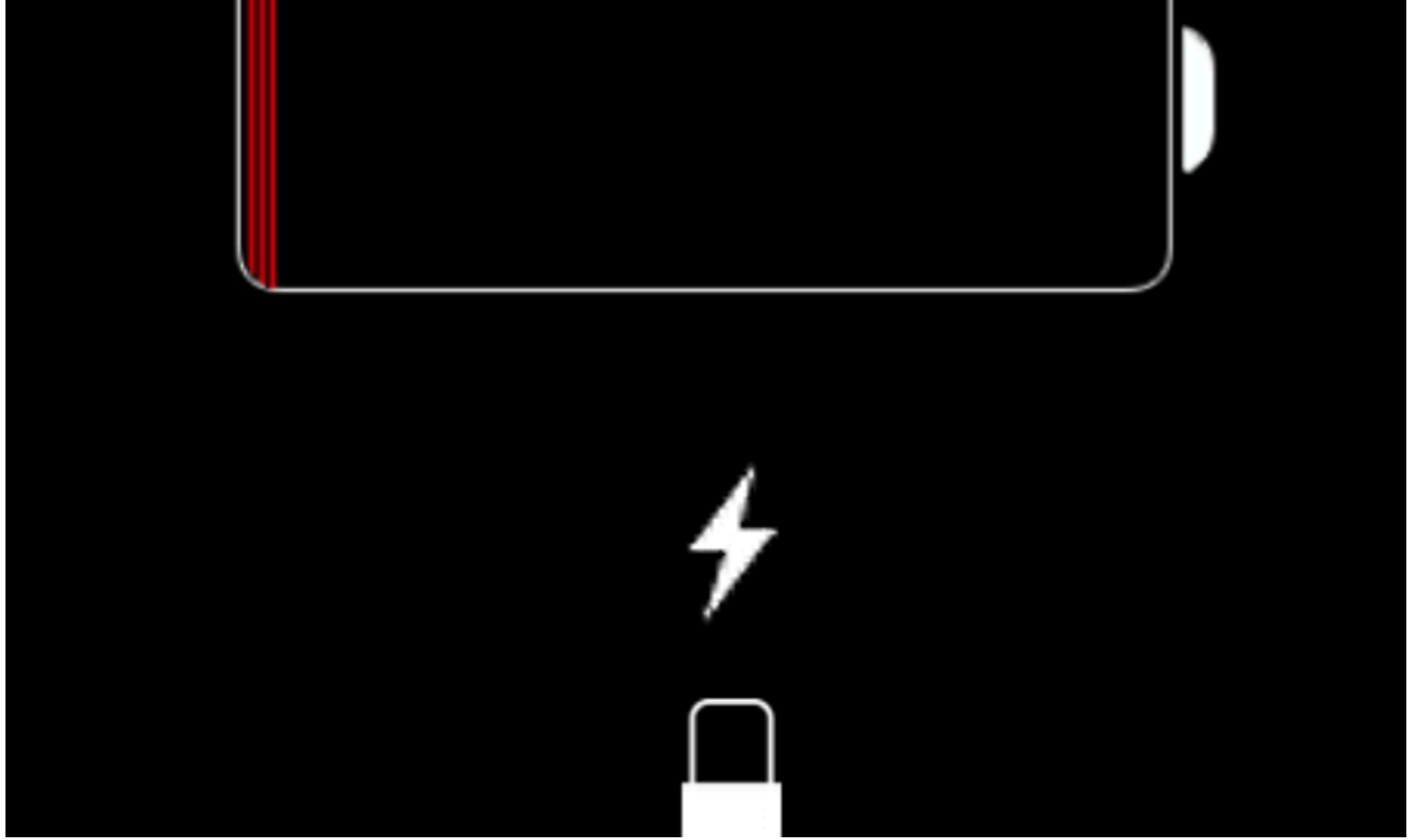
**MAKE IT A REGULAR PRACTICE TO CHECK IN
WITH YOUR BODY**

THE BODY KEEPS THE SCORE.

REFLECTION

- ▶ Joys and fears
- ▶ In God's house there are many rooms...
- ▶ We might bring things in the door with us...
- ▶ Leave them in one room...move into the next one
- ▶ They'll still be there.
- ▶ Write those things down

PERPETUAL BATTERY DRAIN



DON'T GET STUCK IN SHAME SPIRAL

- ▶ Expectations for clergy to just “rise above”
- ▶ All of our calls are not the same and that’s ok.
- ▶ Know your limits.

ADVENT & SPIRITUAL PRACTICES IN A TIME OF CHAOS

- ▶ Advent is a season of rending open.
- ▶ Watching
- ▶ Waiting
- ▶ Hoping
- ▶ Generative Darkness

WATCHING

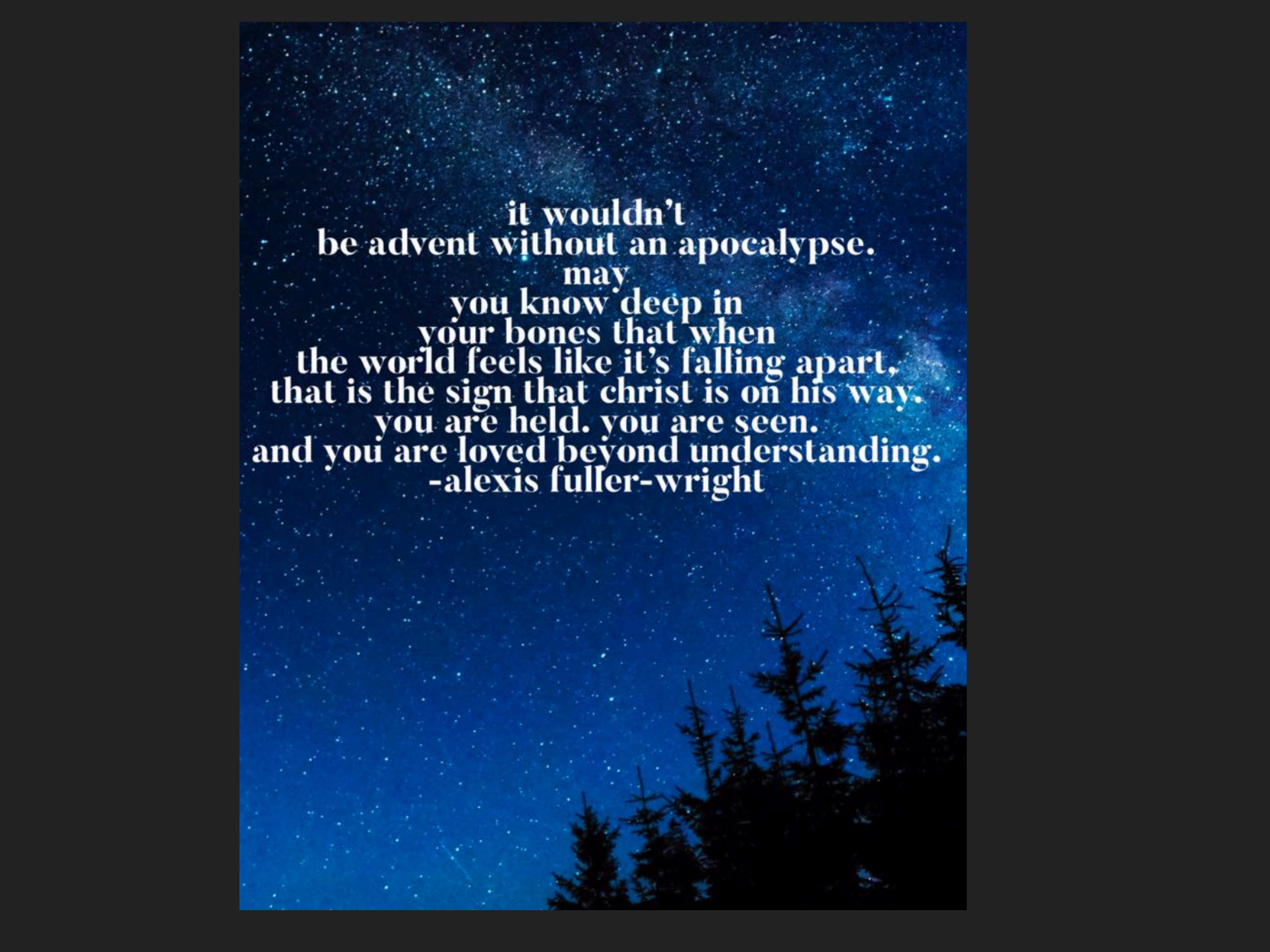
- ▶ Sleep: on a cellular level, we need it
- ▶ Disconnect
- ▶ Breathe
- ▶ Hydrate

WAITING

- ▶ Practice Empathy
- ▶ Be Real
- ▶ Rage is Holy - Hate is Destructive

HOPING

- ▶ Hope is a Discipline
- ▶ Create Ritual
- ▶ Practice Gratitude



**it wouldn't
be advent without an apocalypse.
may
you know deep in
your bones that when
the world feels like it's falling apart,
that is the sign that christ is on his way.
you are held. you are seen.
and you are loved beyond understanding.
-alexis fuller-wright**

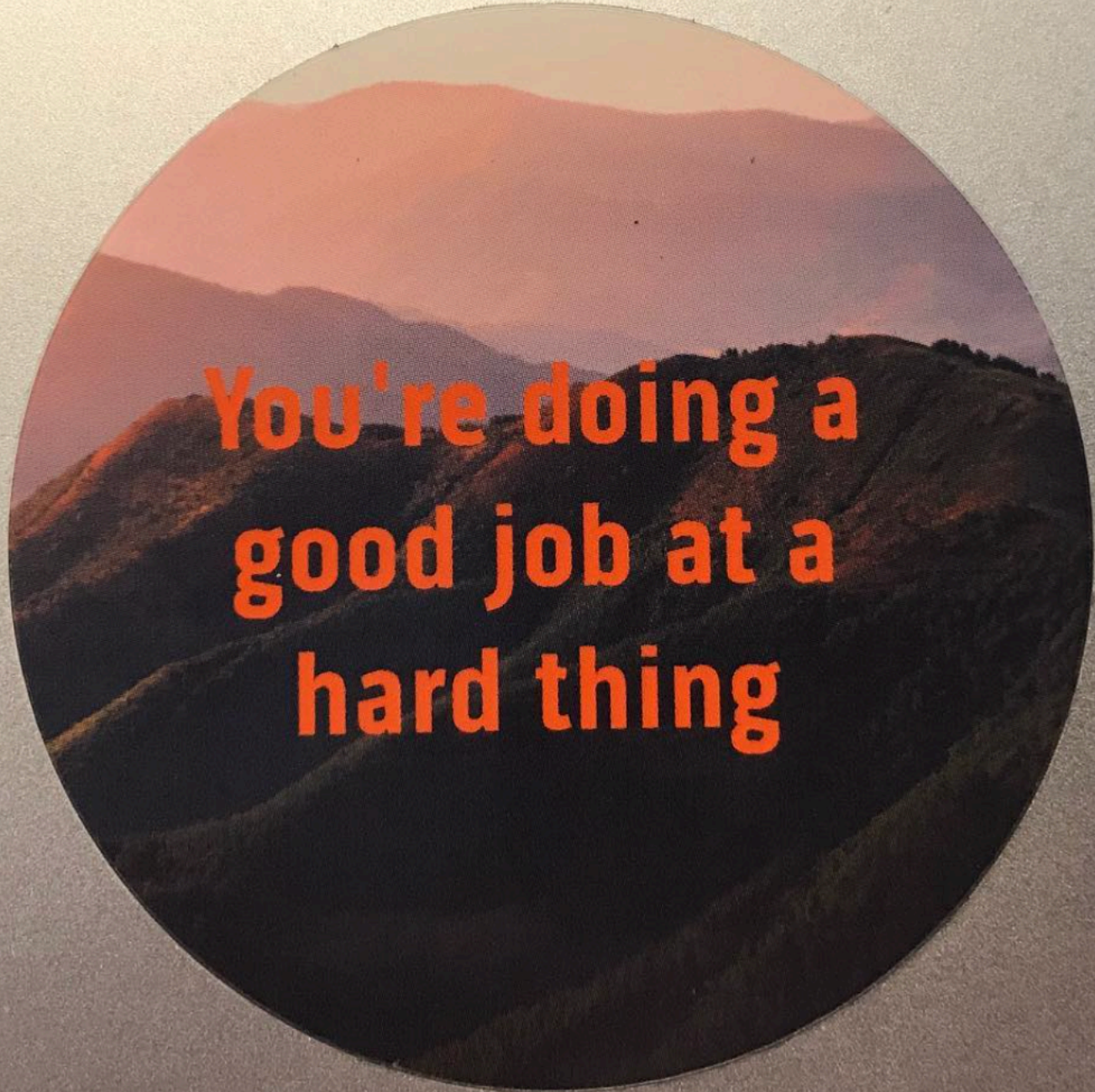
GUIDED BREATHING MEDITATION

- ▶ Keep Breathing by the Rev. Tom Ryberg

<https://soundcloud.com/tomrybergmusic/keep-breathing-guided-breathing-meditation>

REMEMBER...

- ▶ You are not alone.
- ▶ You are loved.

A circular graphic is centered on a light gray background. The graphic contains a landscape photograph of rolling hills and mountains under a hazy, orange-tinted sky, suggesting a sunrise or sunset. Overlaid on this image is the text "You're doing a good job at a hard thing" in a bold, orange, sans-serif font.

**You're doing a
good job at a
hard thing**