

## Sessions

All sessions run from 10am to 3pm. Gathering and Sign-in at 9:30 am.

Please bring a brown bag lunch.

## Registration

All sessions are at Christ Church Beaufort.

Please register at least one week in advance by calling Kim Northcott at 514-843-6577, ext. 232 or by using our on-line registration site: [www.montreal.anglican.ca/freshstart](http://www.montreal.anglican.ca/freshstart)

### Schedule 2009/2010

Session 1	2 May 2009
Session 2	13 June 2009
Session 3	19 September 2009
Session 4	21 November 2009
Session 5	23 January 2010
Session 6	March 2010
Session 7	May 2010

### FRESH START

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*A Program for Clergy Entering  
New Cures and Lay Leaders in the  
Congregations they Serve*

## For Congregations

in the Diocese of Montreal

24 January 2009

14 March 2009

21 March 2009

2 May 2009

13 June 2009

19 September 2009

21 November 2009

## Summary of Fresh Start for Congregations

### Session 1

2 May 2009

Morning –

#### Introduction to Fresh Start for Congregations

Following an activity where members of the group will get to know one another and share some information about their history with the church, an overview of the Fresh Start program is given and there is discussion on the meaning, the value and the power of a time of transition. The product of Fresh Start is developing relationships which enable change and growth.

Afternoon –

#### Exit and Entrance: Patterns, Emotions and the Wilderness

In smaller groups, members consider the characteristics of good exits and entrances in their own lives and in the church. Jesus' baptism is used as a scriptural lens to consider transitions. Practical ideas to help congregations plan their "good-byes" and "hellos" are discussed. Members also begin to recognize the normal range of emotions they and their congregations will experience during the period of transition.

### Session 2

13 June 2009

Morning –

#### History Taking and Understanding its Impact

Working in church groupings this session helps lay leaders understand that congregations and their new clergy are entering into each other's lives and that they bring histories that affect who they are and how they behave. A segment of the "Vicar of Dibley" TV series is used as a springboard for discussion on the importance of understanding various views of a church's history. A framework for organizing a congregational exercise to "Learn from Our History" is provided.

Afternoon –

#### Goal Setting for Effective Ministry: Hearing God's Call

Remembering that transition is the perfect time for lay and clergy leaders to begin to plan together, this session asks members to consider the presence of Christ in their individual and congregational lives in the past and in the present. Discussion of where Christ is leading their church, consideration of current goals and ways to set new goals gives lay leaders some tools to take back to their parish.

## Summary of Fresh Start for Congregations in the Diocese of Montreal

### Session 3

19 September 2009

Morning –

#### Conflict Management

The morning begins with a presentation of information on church size especially noting how the size of a congregation will influence what conflicts look like. Role-play of a congregational situation helps participants to recognize the escalating levels of conflict. This experience and discussion will help lay leaders to better handle disputes in their own congregations.

Afternoon –

#### Decision Making

A story about a family's trip on a hot Sunday afternoon begins the session. Members then analyze how to avoid the problems that occurred in the story. Information on a structured approach to making sound decisions is presented. Congregational groups then work through the process using a real situation from their own parish.

### Session 4

21 November 2009

Morning –

#### Mutual Support

After completing a stress survey upon arrival, information about understanding stress and burnout is presented. This provides background knowledge for listening to and discussing a story told by American

humorist Garrison Keillor. Insight into clergy and lay leaders' needs for spiritual care and support lead to a congregational task of thanking those involved in transition.

Afternoon –

#### Clarifying Roles

Participants are asked to consider roles, responsibilities and expectations from their own and from a new clergy person's perspective. Examples of renegotiating roles and being able to find Christ in everyone are discussed so that lay leaders feel more prepared to guide their congregations through normal, yet difficult situations.

### Session 5

24 January 2009  
23 January 2010

Morning –

#### Power

Understanding that power and influence can be positive as well as negative sets the stage for listening to and discussing a story from the book "My First Church" by Elmer Towns. Lay leaders are helped to develop a sense of who has power in their congregations and how to work collaboratively to get things done.

Afternoon –

#### Models of Leadership and Authority

As lay leaders within their parish, participants consider Jesus' leadership style as well as general characteristics of leadership. A segment of the "Vicar of Dibley" TV series provides examples to promote discussion. Growing self-awareness of their abilities reinforces and helps to develop participants' leadership skills.

### Session 6

14 March 2009  
March 2010

Morning –

#### Listening Skills

Being a good listener is a requirement for leaders within a congregation. Discussion of the "How's" and "Why's" of good listening is related to Christian listening. Pitfalls of listening are identified before participants are asked to participate in a listening activity. Self-reflection on personal listening skills follows.

Afternoon –

#### Mutual Ministry

Recognizing that ministry belongs to all the people of God and not just one person, this session presents general information on the normal cycle of ministry, which includes reviewing ministry as well as planning, and doing it.

### Session 7

21 March 2009  
May 2010

Morning –

#### Meeting with the Bishop

This Fresh Start session, which is held every second year, includes clergy and congregational Fresh Start groups and provides a structure for all Fresh Start participants to meet with the bishop in open discussion. Some topics for discussion include the authority of the bishop's office, the chain of communication, the bishop's views on transition and parish visits.

Afternoon –

#### Parish Council Retreats

Lay and clergy participants meet together as congregational groups to consider and plan a future parish council retreat. Key factors to take into account in planning are discussed and models of retreats are given to groups for their use.

#### Diocesan Facilitators

Congregational Fresh Start: The Rev. Michael Johnson, Judy Oatway, The Rev. Mark Rogers, The Ven. Janet Griffith Johnson