

Healthy Congregations

Healthy Congregations, Inc. is an ecumenical and interfaith organization that addresses the times in which we live and the challenges of thinking clearly about families, congregations, and leadership. Resources and training are based on a perspective that views communities as living systems that incorporate thinking, feeling, responsibility, and purpose.



The Healthy Congregations training is composed of six, five to six hour workshops that help a congregation view itself as a whole, as an organism, as a system. Instead of seeing separate parts, you will see interrelated parts and their interactions. Each part can promote health and wellness within the system. The congregation is seen as a unit in need of challenge and care.

Each workshop is designed to help parishioners become effective stewards of their congregations.

The goal of the thirty-six hour training process is to encourage and challenge members in any congregation so that they become the experts on maintaining and improving their own congregational health.

The series uses vignettes, case studies, workbooks, conversation and current research, and experience in congregational life as a basis for learning that is interactive and thoughtful.

Benefits for your Congregation

- Gain a renewed sense of purpose and mission
- Learn how to develop healthy patterns of living together
- Learn how to focus on strength, resources, and options for the future
- Boost confidence in responding to challenges and opportunities
- Learn how to respond calmly and with thoughtfulness
- Reflect theologically about relationships
- Move the congregation toward healthier functioning

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