

**For all Pastors, Elders, Deacons, CRE/CLPs and other Servants**  
**2021 – 2022 Classes** Held the 2<sup>nd</sup> weekend of each month

## Pastoral Self Care



*Ruth T. West* M.Div., San Francisco Theological Seminary

Ruth T. West is an ordained PC(USA) Minister of the Word & Sacrament. In addition to a Masters of Divinity (MDiv), Ruth holds an MBA, Diploma in the Art of Spiritual Direction and a Certificate in Trauma & Spiritual Care. She is currently Associate Director of Advanced Pastoral Studies at San Francisco Theological Seminary (University of Redlands) which facilitates the Doctor of Ministry program. As a Spiritual Director and Chaplain, she has developed, prepared and presented spiritual, devotional and meditational practices mostly for groups. Ruth is continuing her ministry to people in transition by helping students, clergypersons and the greater community discern possible next steps in their ministry journey.

**When:** **Thursday and Friday, April 8 and 9 – 7:00 to 9:00 pm**  
**Saturday, April 10 – 9:00 to 11:30 am; 1:00 to 3:30 pm**

**Where:** **Zoom Class – Register on the links below:**

Thursday [https://zoom.us/meeting/register/tJMvCu-hpzwtHdcafKD5m\\_U0ABwkg68BI0pg](https://zoom.us/meeting/register/tJMvCu-hpzwtHdcafKD5m_U0ABwkg68BI0pg)  
Friday <https://zoom.us/meeting/register/tJwpdu6sqzljH9K5BFmZw1YxZh-a2JU6EOxh>  
Saturday [https://zoom.us/meeting/register/tJApfumgrTgvH9ZYQjdbV-ARIJ5UuJBcl3\\_s](https://zoom.us/meeting/register/tJApfumgrTgvH9ZYQjdbV-ARIJ5UuJBcl3_s)

**Cost:** **\$100 for credit** for Commissioned Ruling Elder Candidates  
**\$40 to audit** and open to all

**Class Description:** This course is designed to encounter and discover what self-care is as it relates to those who have leadership roles in ministry. Additionally, students will develop ways to personalize practices to undergird resilience and renewal. Self-awareness and identity are keys to understanding what resources are needed to sustain and support the true/authentic self. Therefore, the course also engages social location and its impact on wholeness.

### **Required Reading:**

Linn, Dennis, et al. *Sleeping with Bread: Holding what gives you life*, Paulist Press, 1995  
Yamasaki, April. *Sacred Pauses: Practices for Personal Renewal*, Herald Press, 2013

**Questions:** Contact Phil Arzino, CRE/CLP Coordinator, [pkarzino@comcast.net](mailto:pkarzino@comcast.net), 510-828-5596

# Pastoral Self Care

## Further information for CRE/CLP Students

### Course Description and Objectives:

This course is designed to encounter and discover what self-care is as it relates to those who have leadership roles in ministry. Additionally, students will develop ways to personalize practices to undergird resilience and renewal. Self-awareness and identity are keys to understanding what resources are needed to sustain and support the true/authentic self. Therefore, the course also engages social location and its impact on wholeness.

### Required Reading:

Linn, Dennis, et al. *Sleeping with Bread: Holding what gives you life*, Paulist Press, 1995

Yamasaki, April. *Sacred Pauses: Practices for Personal Renewal*, Herald Press, 2013

### Pre-Class Assignments:

- Read *Sleeping with Bread*. (All)
- Read chapters 1-5 in *Sacred Pauses*.
- Complete and submit pre-class exercise (pdf) due to my email [ruthwest@gmail.com](mailto:ruthwest@gmail.com) by April 3, 2021.

### Post-Class Assignment:

Write a 5-page reflection paper on the importance of self-awareness and the use of spiritual practices as a tool for self-care. Include an example of a self-care regimen and the obstacles that might interfere with its success; the impact of environmental stressors and relationship obligations; and how these spiritual practices (self-care) will affect your ministry.

### Class Outline:

Day One – What self-care is and why it is important.

Day Two – “Who am I”: self-awareness as a component of self-care.

Day Three – Boundaries & Modeling Hospitality; Social Location and its impact.