



Sustain information sheet:

A post-college pastoral development program for all PCNSW pastors as they commence full time ministry

VISION

SUSTAIN is a 3-year post-college pastoral development program for all Presbyterian pastors¹ and their wives as they commence full time ministry. It aims to set a good direction for ongoing healthy, flourishing and sustainable ministry.

GOALS

1. Deepen among new pastors a culture of humility, confession, repentance, and loving connection between them and their congregations
2. Help new pastors grow in a pastoral theology which connects to the heart (especially in relation to understanding people, systems, conflict, transformational preaching, etc.)
3. Assist new pastors to develop a healthy “self” and realistic expectations in ministry (the a “long obedience in the same direction” shape to healthy pastoral ministry)
4. Connect new pastors with experienced pastors who are exercising healthy pastoral ministry
5. Connect new pastors and their families with the resources of M&M (specifically counselling, SRGs, Refresh camp, mentoring and supervision)
6. Connect new pastors with a mentor.
7. Train new pastors in some practical aspects of ministry
8. Build and deepen emotional & cultural intelligence in new pastors
9. Strengthen healthy leadership within a pastoral context
10. Make SUSTAIN a blessing and not a burden for new pastors and for congregations

¹ For the purposes of this paper “pastor” includes ministers, licentiates, unsupervised pastoral assistants, commissioned gospel workers and/or home missionaries.

THE PLAN

Each year consists of 3 gatherings: The 3 years are made up of a 3 day live-in, and 2 Zoom half day sessions each year.

- 1) The live-in will happen in August and be focussed on Personal and Pastoral Development. The live-ins will include a year with husband and wife together once every three years (a specific marriage and ministry focus) and for the other two years will involve only the men.
- 2) The two Zoom sessions each year will be from 10am-1:00pm one day each in late March and November. Zooms are husband and wife together (as much as possible) with 1 zoom each cycle focused on issues facing Ministry Wives and family life. Dates will be decided each year.
- 3) The cost of Sustain will be covered by Ministry and Mission

MODE	Year 1	Year 2	Year 3
<p>Zoom #1 Late March 10am – 1pm</p> <p>Last Wed in March (unless it clashes with Easter)</p> <p><i>Zooms can have some breakout room components divided by year group cohorts</i></p>	<ul style="list-style-type: none"> • Welcome • One topic – PLANNING a healthy year of ministry • Prayer • Issue Time • book review • interview – experienced couple 	<ul style="list-style-type: none"> • Welcome • One topic – WORKING WITH AND LEADING YOUR SESSION • Prayer • Issue Time • book review • interview – experienced couple 	<ul style="list-style-type: none"> • Welcome • One topic – LEADING CHANGE • Prayer • Issue Time • book review • interview – experienced couple
<p>Live-In</p> <p>August – generally first week in August</p> <p>Invite some experienced pastoral couples to attend for parts of this time</p>	<p>Who Am I?</p> <ul style="list-style-type: none"> • Identity • Ministry • Leadership • Self-Care • Soul Care <p>Panel Discussion</p> <p>Q&A time (TATA)</p> <p>TATA = Too Afraid To Ask</p>	<p>Pastoral Peacemaking (in house)</p> <p>Minister as Counsellor</p> <p>Preaching for transformation</p> <p>Wholistic Care</p> <p>Panel Discussion</p> <p>Q&A time (TATA)</p>	<p>Marriage and Ministry</p> <p>Wholistic Care</p> <p>Panel Discussion</p> <p>Q&A time (TATA)</p>
<p>Zoom #2 November 10am – 1pm</p> <p>Second Wed in November</p> <p><i>Zooms can have some breakout room components divided by year group cohorts</i></p>	<p>Life as a MINISTRY WIFE focus</p> <p>Issue Time</p>	<p>Family Systems thinking and Systems in pastoral ministry</p> <p>Issue Time</p> <p>Abuse/CPU</p>	<p>Resilience in Ministry</p> <p>Issue Time</p>