

**MMPCNSW.ORG.AU**



## **FOR MORE INFORMATION**

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pmckendrick@pcnsw.org.au  
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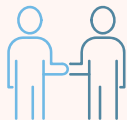
## **SMORGASBORD FOR HEALTH**

**PART 1: PASTORAL PERSONNEL AND  
THEIR FAMILIES**

## MENTORING

The biblical model of mentoring provides a person who can identify and promote the work of the Holy Spirit in your life, a key aspect of healthy ministry.

We can help connect you with a mentor.



## PASTORAL SUPERVISION

is aimed to help us keep our belief and practice in line. We see this as another crucial string in being healthy and safe in ministry.



## TRANSITION CONVERSATIONS/SUPPORT

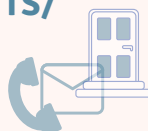


If you are about to transition to a new ministry then we can have a guided conversation with you to help you reflect on your past ministry and prepare for your new one.

## PERSONAL CONNECTION/VISITS/PHONE CALLS

M&M staff seek to visit as many of our pastoral personnel as we can.

We are also available for Pastoral support, please reach out to us by phone call or e-mail



## WHOLISTIC CARE PLAN

this is a document that will help you reflect and plan for Spiritual, Physical, Emotional, Relational and Pastoral health. Designed for you to do by yourself or with others. Available to download from our website: [mmpcns.org.au](http://mmpcns.org.au)



## SPIRITUAL RENEWAL GROUPS

Groups of up to 8 people who gather for a 4 day retreat and catch ups during the year to be part of your journey to see renewal and transformation by God in your life.



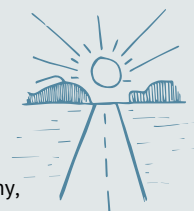
## REFRESH CAMP

Refresh (formerly Minister's Family Camp) is a space to connect with others in pastoral ministry and their families. To enjoy time away together. A 3 day camp run every second year - the next camp will be April 2027.



## SUSTAIN

Is a 3-year post-college pastoral development program for all Presbyterian pastors and their wives as they commence full time ministry. It aims to set a good direction for ongoing healthy, flourishing and sustainable ministry. It includes 2 Zoom sessions and 1, 3 day live in each year. Husbands and wives are welcome to all the Zoom sessions and the 3rd year live in is for husbands and wives.



## COUNSELLING (FOR PASTORS AND THEIR FAMILIES)

Counselling is available for all Pastoral Personnel, their wives/husbands and dependant children. This is organised by the Presbyterian Counselling Service and can be subsidised.



Jericho Road Presbyterian Counselling

1800 818 133

[counselling@jerichoroad.org.au](mailto:counselling@jerichoroad.org.au)

## PEACEMAKING MINISTRIES

M&M can assist with peacemaking training and conflict resolution, and we offer a range of ministries to assist in this area. Please contact Bern Merchant to discuss.



Bern Merchant: [bmerchant@pcnsw.org.au](mailto:bmerchant@pcnsw.org.au)

## CHURCH CONSULTANCIES

Church Consultancy are a service of the Ministry and Mission Committee aimed at supporting congregations. It involves a church's leadership working with trained consultants to develop achievable objectives for the benefit of their church.



## WORKERS COMPENSATION

is available for people who are injured physically or emotionally through their pastoral ministry. M&M can support you through this process.

