



## 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 pastors<sup>1</sup> and their spouses 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 and developing healthy resilient pastoral ministry)
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

---

<sup>1</sup> For the purposes of this document “pastor” includes ministers, licentiates, unsupervised pastoral assistants, commissioned gospel workers and deaconesses

## 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 June and be focused on Personal and Pastoral Development. The live-ins will include husband and wife together once every three years (a specific marriage and ministry focus) and for the other two years will involve only the Pastoral employees.
- 2) The two Zoom sessions each year will be from 9:15am-1:00pm one day each in March and November. Zooms are husband and wife together (as much as possible). Dates will be decided each year.
- 3) The cost of Sustain will be covered by Ministry and Mission

MODE	Year A	Year B	Year C
<b>Zoom #1</b> Late March 9:15am – 1pm	Welcome ATG <ul style="list-style-type: none"> <li>• PLANNING a healthy year of ministry</li> </ul> Experienced ministry couple	Welcome ATG <ul style="list-style-type: none"> <li>• WORKING WITH AND LEADING YOUR SESSION</li> </ul> Experienced ministry couple	Welcome ATG <ul style="list-style-type: none"> <li>• LEADING CHANGE</li> </ul> Experienced ministry couple
<b>Live-In</b> June – DTC	Who Am I? ATG <ul style="list-style-type: none"> <li>• Identity</li> <li>• Ministry</li> <li>• Leadership</li> <li>• Self-Care</li> <li>• Soul Care</li> <li>•</li> </ul> Experienced Ministry Couple Panel Q&A time	Pastoral Peacemaking ATG <ul style="list-style-type: none"> <li>• Understanding people in conflict</li> <li>• God’s big picture for relationships</li> <li>• Practical Peacemaking</li> </ul> Experienced Ministry Couple Panel Q&A time	Marriage and Ministry ATG <ul style="list-style-type: none"> <li>• Most sessions will be around Marriage and Ministry</li> <li>• Wholistic Care</li> </ul> Experienced ministry couple Panel Q&A Time
<b>Zoom #2</b> November 9:15am – 1pm	ATG <ul style="list-style-type: none"> <li>• Avoiding Burnout</li> </ul> Experienced Ministry Couple	ATG <ul style="list-style-type: none"> <li>• Meeting PCNSW People</li> <li>- CPU</li> <li>- Church Offices</li> </ul> Experienced Ministry Couple	ATG <ul style="list-style-type: none"> <li>• Resilience in Ministry</li> </ul> Experienced Ministry Couple