



THE VINE

A NEWSLETTER OF THE CATAWBA CLERGY NETWORK

Catawba Welcomes New Chaplain and Director of the Lilly Center for Vocation and Values



Catawba College is the place where I heard my call to ministry as the deep intellectual wonderings of my mind were married to the commitments of my heart. As an institution Catawba was founded to nurture and train clergy. It gives me great joy to see the ways that Catawba is still living out this mission through the Catawba Clergy Network. As you serve God and God's people in your congregations, I hope that the Catawba Clergy Network is a place you can come to be nurtured, supported, and have the opportunity for growth, grounding, and flourishing. You all are in my prayers, and I look forward to meeting you in the weeks and months ahead.

--Rev. Kendra Joyner-Miller

LIVING THE GOOD NEWS IN 2023

By The Rev. Betty Morton, PCC, Leadership, Life and Spiritual Coach
Consultant, Catawba Clergy Network

*...I am bringing you good news of great joy for all the people.
Luke 2:10a (NRSV)*

*...I came that you might have life and have it abundantly.
John 10:10b (NRSV)*

New Year's is a time of both looking back and looking forward, a time when many reflect on what was achieved in the prior year and their hopes for the new year. Often, these reflections focus solely on work or organizational goals and financial matters -- what's getting done and how much money it will yield. Although many are encouraged to include development goals in their planning, the focus on growth is often the same. Once, you have grown, how much more can you do and how much more you can gain financially?

This mentality of constant striving to be more, produce more and earn more shows up not just in the businesses world, but also in the Church. More status, programs and services mean more people might attend, and more people attending and contributing mean more money to support the Church. Is this constant striving why so many ministers are stretched beyond measure, overtired and on the edge of burnout? When is enough enough? You are enough!

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Left: Participants in Catawba Clergy Days 2022. To read more about what's to come in 2023 keep reading on page 3!

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Thriving is not always about more, not for your personal wellbeing nor for the wellbeing of the church. Indeed, in Jesus' countercultural way of being, less is often more, and surely there's a point when enough is enough.

This New Year, as we hope for your thriving, we encourage you to reflect on the expectations you place on yourself and expectations others have of you. Are they reasonable? Do they protect your health and wellbeing so that you can thrive personally and maintain the heart, mind and strength to do all those things you do? Do you feel as though you're living and modeling the "good news" and "abundant life" offered in Christ? Your feedback is revealing that managing expectations and prioritizing self-care are still stretch goals. For too many, thriving is just a pipe dream, seemingly impossible to achieve.

Yet, at Christmastime, we celebrated the good news and abundant life offered of Christ. But I'm wondering how burnout and good news fit together? Is this God's gift of abundant life for you as ministers? Is this the model you want to set as a church leader for those you love and serve? I don't think so. Instead, I trust that your health and wellbeing matter to God. Further, they are foundational to your success in church, at home and in all aspects of life. This new year, take time to reflect on what can help you prioritize your overall health and wellbeing – mind, body, heart, soul and relationships. Thriving begins with including "YOU" in your New Year's reflections and planning. Only you can choose ways of being that promote thriving. No one else can do it for you.

To help you to manage expectations, set appropriate boundaries, and realize your dreams for health and wellbeing, ask yourself a few questions:

- 1.What does the "good news" and "abundant life" of Christ look like in my life on earth today?
- 2.What does thriving look like for me – not just for the church?
- 3.Am I happy and fulfilled? If not, what's missing?
- 4.What in my life is calling out for attention or expression?
- 5.What brings me joy and what takes it away?
- 6.Who or what gives me energy and who or what drains me?
- 7.Where do I need to draw greater boundaries?
- 8.What might I let go of or do to enhance my sense of wellbeing?
- 9.What small change can make a big difference and help me thrive?
10. As I serve God, how can I save my own life and be the whole, healthy and fulfilled ME that makes God smile?

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Thriving requires regular self-check ins and course corrections to assure you're living the abundant life God promises, and we hope your reflections on these questions help guide you to an abundant, good news life.

Those of us on the Catawba Thriving in Ministry team pray that you thrive in 2023. We encourage you to include "YOU" in your New Year's plans. Again, we say, "Self-care is not selfish." It is essential to your happiness and success. And when you thrive, your church is also likely to thrive. May it be so.

CLERGY THRIVING GRANTS

CCN offers grant opportunities to support Clergy Thriving through rest, resources, relationships, & reflection.

Upcoming Grant Deadlines:

Clergy Thriving Grant: (competitive grants, up to \$2,500)
Due May 1

COP Grants (for groups OR individuals upon successful completion of the COP Year):
Due August 1 (Can apply between June 1 and August 1)

To apply and find out more information about grants offered through CCN please visit www.catawba.edu/clergy. You may also read stories about past grantees in our previous newsletters, which are also available on our website.

SAVE THE DATE CATAWBA CLERGY DAYS 2023



We hope you will plan to join us for a time of renewal, fellowship, worship, ongoing education, and enriching conversation at Catawba Clergy Days 2023! If you'd like to be a part of the planning or have topics you'd like to suggest please let us know at clergynetwork@catawba.edu!

MBI: MEASURING GROUP BURNOUT

Getting feedback from members is an essential practice for organizations that serve their members well, and the Catawba Clergy Network (CCN) certainly wants to serve you well. We seek ongoing feedback through conversations with you and group leaders, as well as through various evaluation tools. One feedback tool CCN will use is the Maslach Burnout Inventory (MBI). The MBI is a short survey that lets us know whether, as a group and over time, our Network is moving from potential burnout toward thriving.

Included below is a link to take the MBI. It should take about ten minutes to complete. We ask that you promptly complete the survey. **Please do not click the link until you are ready to complete the questions. We pay for this service and will be charged each time the link is clicked.**

CCN will use this brief survey periodically and on an ongoing basis, along with other evaluation tools, to assess how CCN's programming is benefiting our members. Please let us know if you have any questions.

Thank you for being a part of the Catawba Clergy Network!

Please do not click the below link until you are ready to complete the MBI. If you've taken the survey before, please use the same email address as before.

[Click here to take the MBI.](#)



OPPORTUNITY FOR YOUTH!

Save the Date: Discover 2023!

Catawba College Youth Theology Institute



High School: On Catawba's Campus

July 9-14

Middle School: Black Lake Retreat Center

July 19-22



Registration coming soon at
www.catawba.edu/discover coming soon!

Catawba's Youth Theology Institute is accepting applications for its 2023 program. The save the date is below. If you would like to nominate a youth from your church or community to attend, please let us know and we will reach out to them with an invitation and notify them that they have been nominated. If you'd like staff from Discover to visit your church let us know that as well by emailing discover@catawba.edu.

Students will have the opportunity to explore faith and calling as well as topics such as sport management, science, music and service through a faith lens. It is only \$75 to attend! If you'd like to learn more, you are invited to attend our Discover Dinner on March 25th where we will share more about the program.

Registration for the program, the dinner, and more information is available at www.catawba.edu/discover.

YOU'RE INVITED!

DISCOVER DINNER

Saturday, March 25 | 6 pm

Catawba College, Peeler Crystal Lounge
2220 W Innes St., Salisbury, NC 28144

POEM FOR A NEW BEGINNING

*In out of the way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming
Waiting until you were ready to emerge.*

*For a long time it has watched your desire
Feeling the emptiness grow inside you
Noticing how you willed yourself on
Still unable to leave what you have outgrown.*

*It watched you play with the
Seduction of safety
And the grey promises that
Sameness whispered
Heard the waves of turmoil
Rise and relent
Wondered would you always
Live like this.*

*Then the delight, when your courage kindled,
And out you stepped onto new ground.
Your eyes young again with energy and dream,
A path of plenitude opening before you.*

*Though your destination is not clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is one with your life's desire.*

*Awaken your spirit to adventure
Hold nothing back, learn to find ease in risk.
Soon you will be home in a new rhythm
For your soul senses the world that awaits you.*

--John O Donohue