NACC
MAKING ALL THINGS NEW RESILIENCE
Prayer of St. Teresa of Avila
Christ has no body now but yours,
    no hands, no feet
on earth but yours.
    Yours are the eyes
through which He looks
    compassion on the world.

    Yours are the feet
with which He walks to do good.

    Yours are the hands with which He blesses
all the world.

    You are His hands,
    You are His feet,
    You are His eyes,
    We are His body.          Amen.
DEFINITION

Recover quickly and spring back into shape.
CONTEXT

- Conference theme
- NACC Value Statements
- NACC Vision Statement
IF YOU ARE

- Filled with life
- Compassionate
- Person of integrity
- Collaborate

YOU WILL BE RESILIENT
FILLED WITH LIFE

Burnout
Anger
Loss
Failure
Burnout
BURNOUT

STAGE I: Over-Involvement with work/ ministry

- Beliefs and expectations lead to over involvement
- Belief system linked with personal worth
- One-dimensional person
STAGE II: Exhausting & Questioning

- Physical and emotional tiredness
- Values are questioned
- Absence of joy
STAGE III:
Withdrawal & Disappointment

- General feeling of disappointment
- Depression
BURNOUT

STAGE IV:

Terminal Cynicism

- Cynical attitude toward life
- Erosion of self-esteem
Anger
Beliefs

Frustration

Threat to Self-Esteem

Injustice

Physical Harm/Injury

Anger
ANGER
BELIEF
SYSTEM

STOR ED
• Physical reactions
• Depression
• Pressure cooker
• Passive aggressive
• Boredom
• Substance abuse

EXPRESSED
• Destructive
• Constructive
EXPRESSED ANGER

DESTRUCTIVE
- direct hostility
- displaced hostility
- apathy
- free-floating hostility

CONSTRUCTIVE
- feel>think>talk>act
- pity and compassion
- forgiveness
Questions for Reflection

Where do I experience anger in my life and in my ministry of leadership?

How do I generally deal with anger?

Are there ways in which I would like to deal with my anger in a more constructive way?

Other thoughts and feelings I have about anger in my life…
Forgiveness
WHY FORGIVE?

The Pope Pardons The Gunman
DISTINCTIONS

- Forgiveness is an act of the will, a decision. You have complete control over forgiveness. No one can stop you from forgiving.
- You have no control over reconciliation.
- Forgiveness does not remove the responsibility for justice.
- Forgiveness does not condone the actions of the other.
Moving forward...

LOSS
Six Steps in Dealing with Loss and Termination

1. Get in touch with all the emotions you are experiencing.
2. Accept all the feelings.
3. Talk about the feelings.
4. Allow sufficient time to grieve.
5. Ritualize the loss
6. Allow new people to enter your life.
SPIRITUALITY OF FAILURE

Mother Theresa

Jim Gill – “always leave room for improvement

St. Francis de Sales

There is more joy in heaven
Jesus looked...and had compassion.
Competency and compassion.
Ministry Needs Assessment.
Sympathy/Empathy/Compassion
Ghana
Canada
Listening. Korean.
INTEGRITY

- Wisdom People
- Do the right thing, regardless of consequences
COLLABORATION

Neo-natal clinic in Alaska
Christ has no body now but mine, 
    no hands, no feet 
on earth but mine. 
    I am the eyes 
through which He looks 
compassion on the world. 

    I am the feet 
with which He walks to do good. 

I am the hands with which He blesses 
    all the world. 

    I am His hands, 
I am His feet, 
    I am His eyes, 
We are His body.         Amen.
Closing comments
Concluding Ritual