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
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
BURNOUT

STAGE III: Withdrawal & Disappointment

- General feeling of disappointment
- Depression

STAGE IV: Terminal Cynicism

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

- Frustration
- Threat to Self-Esteem
- Injustice
- Physical Harm/Injury
Anger System

Stored
- 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
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

COMPASSION

- Jesus looked...and had compassion.
- Competency and compassion.
- Ministry Needs Assessment.
- Sympathy/Empathy/Compassion
- Ghana
- Canada
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