

For the Care & Feeding of Pastors

Pastors need to care for themselves, so they are strong to care for others. Parishioners need to encourage their pastor to care for themselves. The following questions are intended to promote self examination in behalf of pastoral self-care:

1. What is my worship community?
2. Who are my colleagues?
3. Who are my friends?
4. What do I do for play?
5. How do I get time apart to think (be)?
6. How do I use time with my spouse?

- David Walker, Executive Presbyter/Stated Clerk