

Family & Friends: Leading an Integrated Life Resource Section



Purpose

To have participants reflect on how they spend their time; the boundaries they need to lead a wholesome, integrated life; and their support networks.

Theological Understanding

From the Old Testament friendships of David and Jonathan, Ruth and Naomi to the wisdom writings in Sirach on the importance of friendship, to Christ's own friends and Paul's commendations to his friends in the early Christian communities, the Bible is full of stories of family and friends. From the beginning it also is full of God's understanding that time for rest is needed ("and on the seventh day God rested"). Yet it is the time needed for rest, for learning and spiritual formation, and for family and friends that most often gets short shrift in our lives.

Special Instructions

If presenting this module to a mixed clergy/lay group or to laity alone, substitute the Headington Institute questionnaire cited in the bibliography below for Handout 3. Handout 3, which is from the Alban Institute, is specifically designed for clergy, and many of the concepts would not apply to lay people. The Headington questionnaire can be downloaded for free.

The Garrison Keillor recording used in this session is great for generating conversation and must also be used with some caution. It can lead to "lay bashing" given the role of laity in the story. The bibliography contains information on where to find the recording.

In addition to the recording, decide if you want to use any of the supplementary materials from Headington cited in the bibliography and prepare these in advance. You will also need blank pieces of paper, colored markers and/or colored pencils for the prayer exercise at the end.

Prior to the session, ask participants to track their use of time in half-hour increments for two weeks and bring the tracking data with them to the session. This may be more practical for clergy-only groups, but the discipline of watching one's time is useful for anyone.

Ask each participant to bring a personal story, a reading from Scripture, or a poem or verses from a hymn about family and friends. These are used as the first exercise.

Related Modules

Wellness: Caring for Self in Transition

Bibliography

The Anglican Church in Aotearoa, New Zealand and Polynesia. A New Zealand Prayer Book. San Francisco, CA, HarperSanFrancisco, 1997 – the propers for the 22nd Sunday after Pentecost are for “Our Homes” and contain collects about family (page 633).

Bass, Dorothy C. Receiving the Day: Christian Practices for Opening the Gift of Time. San Francisco, CA, Jossey-Bass, 2000 – one of the “Practices of Faith” series, this book focuses on reclaiming a sense of God’s time to reframe how we deal with time; challenges modern Western assumptions about time and its use and the consumer-driven model of Western economy.

Bedrosian, Maggie McAuliffe. Life is More than Your To-Do List: Blending Business Success with Personal Satisfaction. Rockville, MD, BCI Press, 1995 – a warm-hearted book with lots of tips on how to find time for family and friends (as well as self); contains a Life Balance Inventory.

Heifetz, Ronald A. and Linsky, Marty. Leadership on the Line: Staying Alive through the Dangers of Leading. Boston, MA: Harvard Business Review Press, 2002 – Part 3 of this book, “Body and Soul,” offers thoughtful reflections on the need for relationship, purpose, and meaning to be a successful leader.

MacBeth, Sybil. Praying in Color: Drawing a New Path to God. Brewster, MA, Paraclete Press, 2007 – provides a detailed description of how to use drawing as a form of prayer.

Melander, Rochelle and Eppley, Harold. The Spiritual Leader’s Guide to Self-Care. Herndon, VA, The Alban Institute, 2002 – a year-long set of exercises to be worked through with a partner, with each week covering a different topic in the area of self-care (e.g, time management, setting priorities, life-long learning, spiritual life, health); good for lay or ordained leaders; contains extensive bibliography of resources.

Oswald, Roy M. Clergy Self-Care: Finding a Balance for Effective Ministry. Bethesda, MD, The Alban Institute, 1991 – uses a series of self-assessments to help clergy gauge the balance in their lives.

Rayman, Paula M. Beyond the Bottom Line: The Search for Dignity at Work. New York, NY, Palgrave, 2001 – the former head of the Radcliffe Public Policy Institute’s plea for restoring meaning to work and time to families and friends; Rayman came up with the concept of talking about an integrated, as opposed to balanced, life.

Shor, Juliet B. The Overworked American: The Unexpected Decline of Leisure. Basic Books, 1991 – a classic work in which Shor documents the economics driving Americans to work longer hours; a critique of our consumer-obsessed culture.

Swenson, Richard A., M.D. Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives. Colorado Springs, CO, NavPress, 2004 – Swenson, a clinician, focuses on the need for margins in the four areas of emotional energy, physical energy, time and finances.

_____. A Minute of Margin: Restoring Balance to Busy Lives. Colorado Springs, CO, 2003 – 180 two-page meditations with prescriptions for finding margins in our lives.

Wirzba, Norman. Living the Sabbath: Discovering the Rhythms of Rest and Delight. Grand Rapids, MI, Brazos Press, 2006 – Part of “The Christian Practice of Everyday Life” of the Ekklesia Project, this volume by a philosophy professor at Georgetown College in Kentucky outlines the Christian responsibility to keep the Sabbath everyday.

Other Resources

The Headington Institute’s web site has a “Self care and Lifestyle Balance Inventory” and a one-page document, “Effective Lifestyle Balance” which can be downloaded for free (www.headington-institute.org – for inventory, click on Resources ONLINE, then Self-Assessment Questionnaires, and the title of the inventory; for the document click on Handouts and Workshop Outlines under Resources ONLINE, then on the title of the document). The document might serve as a useful supplement prior to the Appreciative Inquiry exercise especially if participants have not done their advance homework. If you would like to give participants even more resources, consider copying the first of the *Peace by Piece: Tips for Thriving* booklets also found under Resources ONLINE.

The story of Pastor Ingvist is in a CD collection, “*Gospel Birds*,” by Garrison Keillor. It is available through America Public Media (www.prettygoodgoods.org) or at Amazon.com (www.Amazon.com).

I Have Called You Friends

by Thomas John Carlisle

Who were his friends?

The Gospels are so busy
describing male disciples
and their acts and questions
we wish we had a longer
list embracing those
whom he called friends
although they did not journey
with his constant
and committed caravan.

We know a few
and are so certain
that he sanctified
the heart of friendship –
Joseph of Arimathea
and Nicodemus
seem to be,
but unmistakably
the trio at Bethany:
Martha
and Mary
and Lazarus.

"I Have Called You Friends" from Beginning with Mary: Women of the Gospels in Portrait by Thomas John Carlisle. Copyright © 1986, William B. Eerdmans Publishing Company, Grand Rapids, MI. Used by permission of the publisher. All rights reserved.

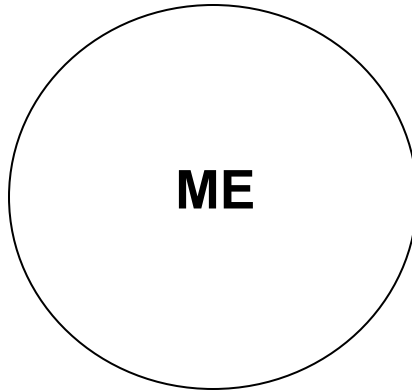
General Outline of Session

1. Opening prayer/meditation (suggested reading: Mark 6:30-31 or Sirach 6:14-17; poem by Thomas Carlisle [see Resources])
2. Check-in
3. Sharing of personal stories, poems, Scripture readings related to session topic (requested in advance)
4. Introduction and overview of balance vs. integration (PowerPoint 1-2; Talking Points)
5. The roles we play (PowerPoint 3; Talking Points; Handout 1)
6. Sharing in pairs the response to Handout 1 followed by large group discussion
7. How we spend our time (PowerPoint 4, Talking Points; Handout 2)
8. "Pastor Ingvist's Trip to Orlando" (CD; PowerPoint 5; Talking Points)
9. "How Well Do You Keep Sabbath Time?" OR "Effective Lifestyle Balance" (PowerPoint 6; Talking Points; Handout 3 or download handout from Headington Institute – see Bibliography)
10. Large group discussion of what questionnaire revealed
11. Leading an Integrated Life (PowerPoint 7; Talking Points; Appreciative Inquiry Handout 3)
12. Paired interviews using Appreciative Inquiry
13. Foursomes share themes/ideas people had for regaining sense of integrated life
14. Large group debrief
15. Basque proverb (PowerPoint 8; Talking Points)
16. Father Emil (PowerPoint 9; Talking Points)
17. Looking at your support network (PowerPoint 10-11; Talking Points; Handout 4)

18. Individual exercise followed by large group discussion
19. Staying in touch (PowerPoint 12; Talking Points)
20. Praying for family and friends (PowerPoint 13; Talking Points)
21. Individual exercise
22. Wrap-up and closing prayer

Family & Friends: Leading an Integrated Life Handout 1

In our lives we are asked to fulfill many roles, all of which demand our time. We may be rectors, spouses, siblings, friends, etc. Draw a line radiating from the circle below for each of these life roles you play, labeling each as you go along.



Now share your drawing with a partner – how similar or dissimilar are they? How many roles are you asked to fulfill? What role gets short shrift in your life?

Family & Friends: Leading an Integrated Life Handout 2

Using the data you collected, enter the activity under the appropriate heading on the table below and add up the amount of time given to that activity over the period. If you have more than one week of data, put more than one week's worth of data by each day.

Day	Work	Daily Tasks (e.g., doing dishes)	Relationships	Self-Care (e.g., sleeping, hobbies, exercise)	Spiritual Life	Other
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						
Total						

Family & Friends: Leading an Integrated Life Handout 3

How Well Do You Keep “Sabbath Time”?

The following checklist reflects a vision of the leader who has an ideal relationship with his or her Sabbath time. Check each statement that is true for you.

- _____ I always take off one day each week.
- _____ I try to take off two consecutive days a week.
- _____ I always take all of my vacation time each year.
- _____ I do not return from the midst of vacation to work.
- _____ I do not call in while on vacation.
- _____ I take all of my study leave each year.
- _____ I am planning for a sabbatical.
- _____ I screen phone calls (cell and home), pages, and e-mails on my day off.
- _____ I politely decline nonemergency work invitations for my day off, reminding colleagues and parishioners that it is my Sabbath time.
- _____ I have advocates in my ministry setting and colleagues who support and encourage me to take time off.
- _____ During time off, I am able to refrain from thinking about my work.
- _____ During time off, I seek to be nurtured spiritually as well as physically.
- _____ When I cannot take a day off due to an emergency, I take a compensation day off.
- _____ I regularly take compensation days for the holidays I work (examples include Christmas, Easter, and Memorial Day).
- _____ I take time off each day for myself and for my family or significant others.
- _____ I take a spiritual retreat each year.

How did you rate?

0-5 Make sure your health insurance is up-to-date!

6-10 You have room for improvement!

11-15 You are getting there!

16 You did it!

Family & Friends: Leading an Integrated Life Handout 4

With a partner, interview each other using the following questions. The goal is to identify what is important to you, have you describe a time in your life when you felt able to balance vocation and other priorities, and to discover what ideas you have for change that would help recapture that moment.

When you are interviewing listen for content and patterns, capturing the major themes in each response. Feel free to ask questions for clarification or to probe into your partner's meaning, but do not interrupt or offer advice. When you are being interviewed, be as descriptive as possible. The information you share will remain confidential. You will have 10 minutes for each interview.

Take a minute to read through the questions and decide how you will answer them, then begin the interview.

1. What about your vocation energizes you?
2. What outside your vocation energizes or restores you?
3. Describe a time in your life when you were able to find the time to pursue both your vocational and personal priorities. What stands out for you about that time? What were the factors that made it possible for you to balance vocation and personal life? Who were the people who helped make that happen, both at work and outside of work? What did they do? What did you do? What were the most important factors in the environment in which you found yourself that made this a good experience (e.g., schedules, policies)?

If you had a magic wand, what three wishes would you have for your life right now that would enable you to achieve that sense of balance again?

Family & Friends: Leading an Integrated Life Handout 5

In the boxes below list all the people who fulfill the roles of comforter, clarifier, and confronter for you in your vocation and in your personal life. After you have filled in the table, answer the questions that follow.

Roles	In My Vocation	In My Personal Life
Comforter		
Clarifier		
Confronter		

Handout 5 (cont.)

Put a box around members of your immediate and extended family. Put a line under any who live more than an hour from your home. In addition, if you are a clergyperson – circle all the names of people who are parishioners or otherwise connected to your denomination.

Who is left?

Does one person fill more than one role? If so, are there others who can fill that role for you? Who?

Do you have more than one person in each box who does not have a circle or a square around his/her name or a line under his/her name?

In what areas of your life might you need to find additional support? Where might that support come from?