



MID-ATLANTIC DISTRICT PRESENTS:
2024 MINISTERS' CONTINUING EDUCATION (CEU) WORKSHOP

FINDING BALANCE FOR A FULL LIFE AND EFFECTIVE MINISTRY

BY RICHARD WERHLE FROM PART-TIME PASTOR, FULL-TIME CHURCH

WHAT IS SELF-CARE?

SELF-CARE IS THE PRACTICE OF CARING FOR YOUR OWN WELL-BEING. AMONG OTHER THINGS, IT MEANS THAT YOU ARE PRIORITIZING AND PERFORMING CERTAIN ACTIONS THAT WILL IMPROVE YOUR OWN PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL HEALTH.

IS SELF-CARE SELFISH?

AS FOLLOWERS OF JESUS CHRIST, WE ARE REGULARLY TOLD TO "DENY OURSELVES." INDEED, WE SHOULD DENY OUR SELFISH AND SINFUL LEANINGS, BUT SELF-CARE IS NOT SELFISH. IT IS ESSENTIALLY TAKING CARE OF YOUR OWN HEALTH, SO YOU CAN CONTINUE TO TAKE CARE OF OTHERS. WE MUST FILL UP OUR OWN CUP BEFORE CAN FILL UP OTHERS.

JOIN US AT BROWNSVILLE CHURCH OF THE BRETHREN
1911 ROHRERSVILLE RD, KNOXVILLE, MD 21758 301-432-8354
FRIDAY, OCTOBER 11, 2024 | 10:30AM-5:00PM

10:30AM -11:00 AM

REGISTRATION

11:00AM -12:30PM

MORNING SESSION

12:30PM-1:15PM

LUNCH

1:15PM-5:00PM

AFTERNOON SESSION

Finding Balance for a Full Life and Effective Ministry

The cost of the workshop is \$30.00 per person and includes 0.5CEU credits and lunch. Registration is due by **September 11, 2024.**

Please mail registrations to **Mid-Atlantic District, 19 Bond St.,
Westminster, MD 21157**

Checks should be made out to **Mid-Atlantic District.**

NAME

ADDRESS, TOWN, STATE, ZIP CODE

EMAIL

TELEPHONE

CONGREGATION

LUNCH OPTIONS, PLEASE SELECT ONE CATERED BY FRISCOS-FREDERICK, MD

ASSORTED SANDWICHES ,
FRESH VEGGIES, EXPLODED
POTATOES, DESERT PLATTER

(GF/V) MARINARA GREENS WITH
TOMATO SALSA, OIL & VINEGAR
FRUIT PLATTER

PLEASE SEND REGISTRATION FORM AND CHECK BY SEPTEMBER 11, 2024.

**PLEASE MAKE CHECK PAYABLE TO AND MAIL TO:
MID-ATLANTIC DISTRICT, CHURCH OF THE BRETHREN 19 BOND ST., WESTMINSTER, MD 21157**