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Hi, I am Chris Brady. I'm the Capital District Superintendent and also dean of the Cabinet. I'm Beth Hood. I serve as Assistant to the Bishop for Clergy Life. We want to share our gratitude and appreciation for all the North Carolina Conference clergy. We are so thankful for each of you and for the ways you serve the local church and share God's love with your communities.

We see you striving to flourish in the ebb and flow of ministry. Research shows that flourishing clergy make plans to care for themselves mentally, spiritually, and physically. Do you have plans for your mental health and well-being?

The Office of Clergy Life wants to partner with you to make your plans a reality. Our office has financial assistance available to clergy of the North Carolina Conference and their family members to help with costs related to seeing a licensed therapist or a counselor. Even when we are flourishing, it is so important to continue healthy practices.

With this video, we are including two links, one from Clergy Health and one from our Office of Clergy Life, which include support resources you can access right now. Also, during the next several weeks and during clergy consultations this year, please communicate with your district superintendent if there are other ways we can support you.

Again, thank you. Thank you for your faithfulness. Thank you for the ways that you serve. We believe strongly in supporting you, and we hope that all of us can engage in healthy practices, which build one another up.