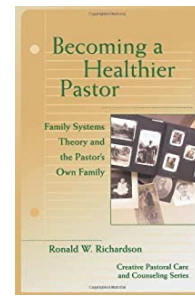
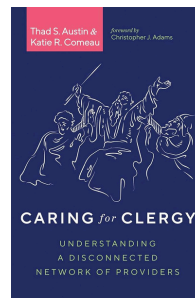
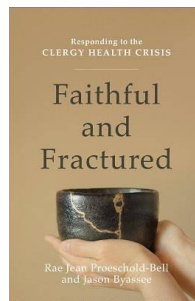
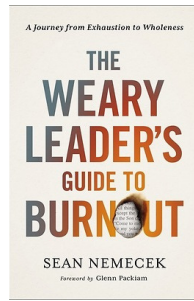
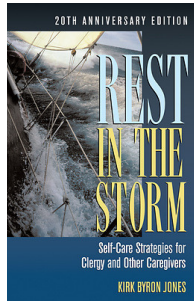
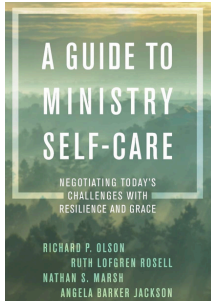


NC Conference Media Center Resources

nccumc.org/media-center



A Guide to Ministry Self-Care: Negotiating Today's Challenges with Resilience and Grace by Richard P. Olson, Ruth Lofgren Rosell, Nathan S. Marsh, and Angela Barker Jackson. A comprehensive and up-to-date overview of both the causes of stress and strategies for effective self-care.

Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers by Kirk Byron Jones. Discusses the fundamental importance of self-care for clergy and other professionals engaged in helping people.

The Weary Leader's Guide to Burnout: A Journey from Exhaustion to Wholeness by Sean Nemecek. Helps pastors and Christian leaders develop an integrated approach to life, work, and ministry through healing and spiritual transformation.

Upcoming Events

nccumc.org/events

- **Oct 1, 8 & 15:** Dementia Resourcing Series (Online)
- **Oct 2 & 8:** Leadership & Church Administration Webinar Series (Online)
- **Oct 11-13:** Youth in Unity, Epworth UMC, Durham, NC
- **Oct 26:** Voces en el Olvido/Voices in the Wilderness, NC Conference Building, Garner, NC
- **Oct 29:** Fresh Expressions, Garden Day, Genesis UMC, Cary, NC

Faithful and Fractured: Responding to the Clergy Health Crisis by Rae Jean Proeschold-Bell and Jason Byassee. This book brings together the best in social science and medical research, quantifying the poor health of clergy with theological engagement about what can be done about it.

Caring for Clergy: Understanding a Disconnected Network of Providers by Thad S. Austin and Katie R. Comeau. Envisions a connected network of providers offering more effective support for clergy and improving the congregations and communities they serve.

Becoming a Healthier Pastor: Family Systems Theory and the Pastor's Own Family by Ronald W. Richardson. Explores family patterns, how they operate in church situations, and how pastors can do their own family-of-origin assessment.

Upcoming Grant Opportunities

nccumc.org/grants

- **Applications due Oct 3:** Rural Church Grants (The Duke Endowment)
- **Applications due Oct 14:** Mission Seed Funds (NC Conference)
- **Applications due Nov 15:** Comprehensive Plan of Inclusiveness (NC Conference Race Equity & Justice Ministries)
- **Applications due Nov 30:** Clergy Loan Program (United Methodist Foundation)
- **Applications due Dec 31:** Overdose Resoponse (NC Council of Churches)



Disaster Ministries

North Carolina Conference

THE UNITED METHODIST CHURCH

nccumc.org/disaster

Hurricane Helene Response

Here are some ways you can help support Hurricane Helene disaster relief efforts:

- Assemble UMCOR Cleaning Kits
- Donate supplies for cleaning kits
- Sign up for your church to be a collection center
- Assemble hygiene, menstrual hygiene, or other UMCOR kits
- Prepare your Early Response Teams to be ready when teams are invited to begin their work
- Attend the Early Response Team training or recertification class on October 12, 8am-4pm, at the NC Conference Building in Garner, NC
- Donate to UMCOR or the disaster relief ministries of any of the affected United Methodist Conferences
- Share these opportunities on social media
- Continue praying and staying informed as new information becomes available



Sign up for our weekly email newsletter & topics related to your interests at: nccumc.org/signup



North Carolina Conference

The United Methodist Church

Office of Clergy Life

nccumc.org/clergy-life

The Office of Clergy Life works in the areas of calling, equipping, and sustaining servant leaders in the North Carolina Conference. This includes:

- Nurturing those who are discerning a call to ministry.
- Supporting those who are navigating the candidacy process.
- Providing support for the Board of Ordained Ministry.
- Providing support for district committees on ordained ministry.
- Sustaining and encouraging the ministry of servant leaders in our Conference. This includes providing resources for continuing education and financial aid for seminary students.

Mental Health Support

The NC Conference also offers financial assistance for mental health counseling sessions for clergy and their families. The form is available at:

nccumc.org/clergy-life/clergy-resources

A collection of online resources and printed resources that can be borrowed from the NC Conference Media Center is maintained on our website at:

nccumc.org/media-center/mental-health-resources

It includes resources and tools for:

- Self-Care
- Congregational Care
- Emotional Awareness
- Youth & Children
- And more