



## ***The Circle of Life: A Health Initiative for Ministry Professionals***

*"I came that they may have life, and have it abundantly" John 10:10*

Healthy ministry professionals affect the communities they serve in powerful ways. Unfortunately, people in ministry face great stress, and often have few supportive relationships in which they can safely explore their own health and life issues. With the encouragement and blessing of the FL-Bahamas Synod (ELCA) Bishop and the FL-GA District (LCMS) President, **Lutheran Counseling Services (LCS)** ([www.lutherancounselingservices.org](http://www.lutherancounselingservices.org)) is subsidizing the implementation of a program to support and strengthen the well being and health of ministry professionals.

*The Circle of Life* is designed to utilize the wisdom and encouragement of a peer group to assist participants in focusing on personal goals for self-improvement and enhanced health and wholeness (mind-body-spirit).

### **Group Description:**

- ❖ The group will include six to eight participants.
- ❖ The group will be led by a trained facilitator, a respected Lutheran leader/pastor in Florida (see names).
- ❖ The process will begin with an assessment to identify areas of health strengths and risks that will be the basis for each participant's personal goals.
- ❖ The group will meet for 8 sessions, based on a schedule established by participants.
- ❖ The group will use its shared experience, knowledge and wisdom to support participants in addressing health needs and supporting and enhancing areas of strength.
- ❖ Peer relationships in the group have been demonstrated to provide some of the best support available for making healthy changes and providing mutual accountability.

The group will follow a process outlined in the manual *The Circle of Life*, (Jahnke and McLean). The process supports participants in making choices that are linked to their most authentic life purpose. Key components of the process include:

- Self-assessment
- Goal-setting, predicting challenges, planning action steps
- Sharing resources, support, and accountability
- Personal action
- Evaluation and course correction

*The Circle of Life* is not a therapy group or a substitute for therapy. Rather, it is intended to build upon the identified strengths and victories of participants in order to enhance and strengthen health and well-being.

### **The Circle of Life**



Personal Health Assessment & Self-Energizing System  
by  
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*Circle of Life* trained facilitators through Lutheran Counseling Services:

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***We hope this brief introduction sparks your interest to learn more. Please contact the person in your area for information on an initial gathering. You can also contact Lutheran Counseling Services (outside of Orlando 800-444-2842) (or, e-mail: lcsflorida@earthlink.net).***