



Volunteers Needed for Doctor of Ministry Project:
8-Week Online Self-Care Seminar for
Seminarians, Clergy, Pastors and Church Leaders
(Begins Approximately the Week of January 23, 2017)

Please Consider as Part of Your Lenten Season Spiritual Discipline

Brief Synopsis of Project: This doctor of ministry project, using an adaptive Socio-Ecological Framework Theoretical Model and a Wholeness Wheel Model, will provide an 8-week online, interactive, self-care seminar. The primary focus is to *educate, empower* and *equip* participants. Participants will be introduced to affective, cognitive and behavioral resources and activities to increase their health, wellness and self-care knowledge. Participants' enhanced knowledge and behavioral modifications should produce in participants' greater intentional, holistic, self-care disciplines. Healthier self-care disciplines should lead participants, in their contexts of ministry, to advocate for and educate others on health, wellness and self-care.

Participant Criteria: Must be in the Presbytery of Coastal Carolina PCUSA; Must consent and commit to participate in the seminar expectations to the best of your ability; Able to use smartphone and/or internet tools

Targeted Participant Categories:

1. Seminarians: Inquirers, Candidates, Certified for Calls
2. Teaching Elders: All stages/phases, i.e., installed, interim, honorably retired, temporary supply, at-large
3. Pastors of Presbytery of Coastal Carolina churches, who are ordained in denominations other than PCUSA
4. Ruling Elders: Commissioned Ruling Elders, Qualified Ruling Elders, active Session Elders
5. Church Leaders: Certified Christian Educators, Certified Business Administrator or equivalent

Contact: Cassandra O. Thomas, Doctor of Ministry Candidate, for more information: Cell: (910) 988-1369 or email: chcothomas@yahoo.com

This project is supported by Presbytery of Coastal Carolina's Stated Clerk; Chair of CPM; and Chair of COM

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