

2022-2023 TRAINING MENU
MINISTRY LEADER EDITION

ANCHORAGE URBAN TRAINING COLLABORATIVE

ANCHORAGEUTC.ORG
ANCHORAGEUTC@GMAIL.COM



PASSION LED US HERE

TRAINING THE HEADS, HEARTS, AND HANDS
OF ANCHORAGE LEADERS TO LOVE THEIR
CITY AND SEEK ITS PEACE

Greetings from the Anchorage Urban Training Collaborative!

The Anchorage Urban Training Collaborative invests in leaders by creating spaces to deepen the care of their own souls through leadership-focused spiritual formation, which we believe leads to greater effectiveness and sustainability in their ministry.



We formed the Anchorage Urban Training Collaborative (AUTC) in 2020 because of our personal experience as ministers and faith-based social service providers. Both of us experienced prolonged periods of burnout and disillusionment that affected not only our ministry, but our personal faith and lives. We were invited onto a journey of transformational leadership centered on deepening our own relationship with God and experiencing relational soul care that has led to sustainability in our work despite the myriad of challenges of ministry and leadership. We believe leaders who devote time and intention to nurturing their own spiritual formation not only grow closer to the heart of God, but are able to minister in a more healthy, balanced, and vibrant way. This conviction led us to invest ourselves in leaders in our city.

Beyond our own experience, we have heard a common theme from other leaders over the years—exhaustion, stress, and burnout in the face of unrealistic responsibilities, emotional and spiritual drain, and relational isolation in their role. The rates of pastors considering leaving the ministry is at an all-time high. Churches are struggling to gain and retain staff and volunteers. The last couple of years, fueled by the pandemic, have only exacerbated these challenges.

We are not asking you to start or lead something new—we want to walk alongside you to help strengthen and sustain your own soul, leadership, and ministry, just as you do for those in your care. As ministry leaders, we devote our time and energy to evangelism, discipleship, and relational care of our communities. In the midst of this beautiful calling, we are also often consumed by the weekly cycle of services, programming, and/or other organizational demands, which exhausts the time and energy of our own spiritual formation and soul care and even that of other leaders in our ministries.

Your church is filled with leaders—staff, volunteers, and members alike. We desire to invest in you and your leadership's spiritual formation and soul care so you can continue doing so for those you serve. We have provided a menu of ways we can walk alongside you and your leadership toward deeper spiritual formation and transformational leadership that will also vitalize and sustain your ministry. We would love to talk to you about any of these opportunities and look forward to supporting your leaders.

We are also interested in brainstorming other ways we might be able to support you and the leaders in your church or organization. If this menu generates other ideas of how we might be helpful, reach out to us.

Thank you for all the ways you and your leaders invest in your churches and organizations.

Jessica Louwerse & Joel Kiekintveld

Co-Directors, Anchorage Urban Training Collaborative



SPIRITUALITY FOR SUSTAINABILITY



Jessica Louwerse & Joel Kiekintveld
Co-Directors

MENU OVERVIEW

Spirituality for Sustainability Cohorts
for Faith Leaders

Spirituality for Sustainability Cohorts
for Social Service Organizations

The AnchorED City Podcast
anchoredcity.podbean.com

The Ampersand Series:
Lost & Found
Give & Receive
Ancient & Modern

Preaching Peace Table

Contemplative Activism & Practices

Group Spiritual Direction

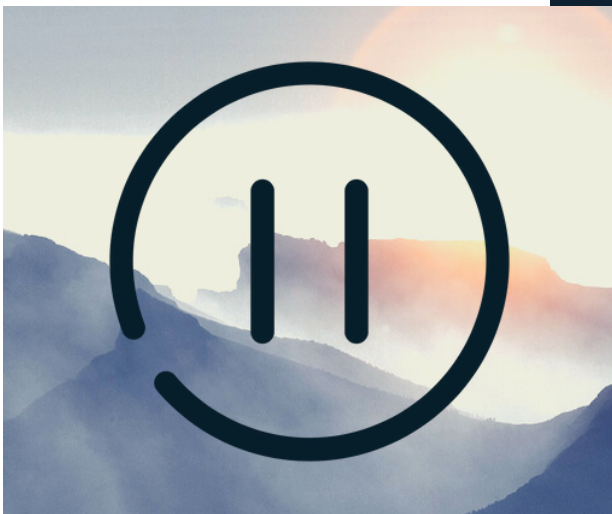
HUSH.

Community Mindfulness Experiences



The AnchorED City
PODCAST

CONNECTING WITH ANCHORAGE'S SOUL
THROUGH HER HISTORY, STORIES, AND PEOPLE



HUSH.

SPIRITUALITY FOR SUSTAINABILITY COHORTS

We are investing in the spiritual formation of ministry leaders inside a community of practice to provide relational affinity, support, and brave spaces for rest, healing, and growth.

We believe ministry leaders who practice self-care and wellness—in particular those who take care of the spiritual part of themselves—experience a lower rate of burnout and turnover in their ministry positions while flourishing in their inner spiritual life and strengthening their ministry service to others. The collective impact of this transformative leadership strengthens the health of the ministry and faith communities overall.

Consider cohorts for:

- Ministry Leader Peer Groups
- Staff & Leadership Teams
- Volunteer Teams
- Small Groups

Our Spirituality for Sustainability cohorts for ministry leaders are rooted in the Christian tradition. We nurture an environment where all denominations or streams of faith are welcome.

Ministry Cohort:

(25 hours/ 10 sessions)

\$400-600 per person/ 10-20 persons*

*Rates per person are dependent on cohort size.

Visit our website to learn how the cohorts are generally calendared; customization available.



- **Develop or deepen your understanding and practice of spirituality that transcends your vocation.**
- **Map the intersection between your personal and organizational "hurt, heart, and hope" toward developing generative practices to expand or deepen your spiritual formation.**
- **Discover the necessity of personal and communal spiritual formation for sustainable work.**
- **Explore and experience a range of spiritual practices and establish a personal plan for sustainability.**
- **Build a community of practice pursue spiritual rhythms, support each other in the work, and strengthen the overall faith community.**

CONTEMPLATIVE ACTIVISM AND PRACTICES

Cultivate an inner life to sustain ministry and social action—learn more about Contemplative Activism at the web address below.

This workshop is available to anyone interested in discovering the intersection between their own spiritual formation and their engagement in ministry service, leadership, and/or social action and change:

- Ministry Leader Peer Groups (i.e., local pastors or communities of practice)
- Church or Organization Staff & Leadership Teams
- Church Congregation or Small Group
- Organization Volunteer Teams
- Church or Organization Retreat Participants

Contemplative Activism & Practices:

(4 hours/2 sessions)

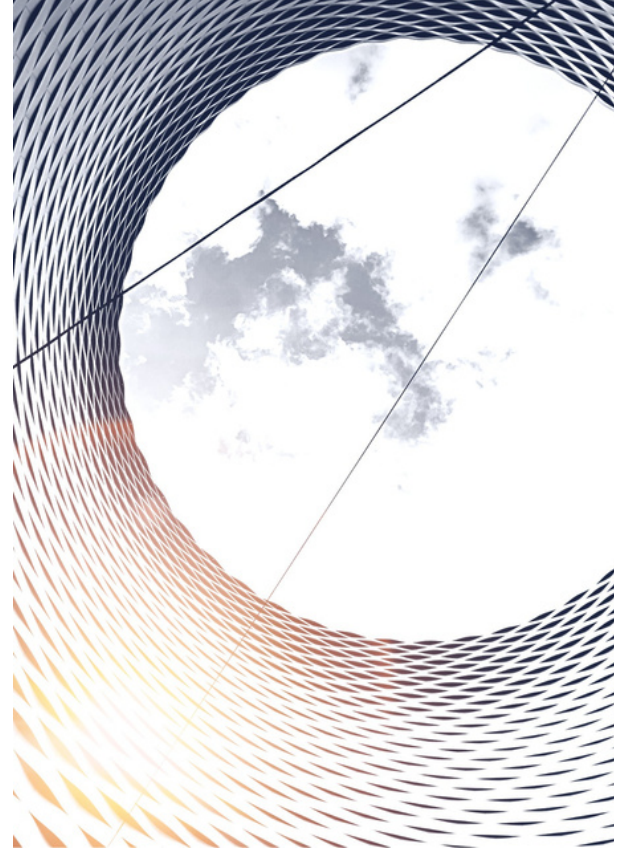
\$95 per person - 10 person minimum*

- Complimentary Consultation Option
- Digital materials provided
- Zoom or live options

Custom Design & Rates:

Sessions are customizable according to your organization's needs. Send an inquiry online.

*Group rates Available



- **Receive an introduction to contemplation.**
- **Identify the connection between contemplation and spiritual identity development.**
- **Explore contemplative activism & its impact on leadership development.**
- **Participate in guided meditations for discerning leader health and growth opportunities.**
- **Experience contemplative practices.**
- **Discover resources for establishing sustainable rhythms of practice.**

**BOOK NOW OR SEND AN INQUIRY AT
ANCHORAGEUTC.ORG/CONTEMPLATIVEACTIVISM**

HUSH.CHAPEL

Pop-Up Contemplative Experiences

We curate quiet and creative on-site spaces with varied formational, prayerful, and contemplative practices for your church/ organizational staff and leadership to cultivate stillness, silence, and solitude as a pathway toward deepening your relationship with God and caring for your soul.

Faith leaders are often unable to be fully present in the services and groups they lead because of the nature of facilitation and leadership. The HUSH.Chapel experience is an opportunity for leaders who facilitate formational activities or lead in other ways during services and groups to enter into a guided experience designed just for them. Leaders are invited to press pause for an hour to experience the rest, peace, and spiritual renewal that comes from time spent in silence and meditation. This life-giving experience serves to re-center and re-focus leaders in their spiritual journey.

Select an option and provide a room (our set-up is optimized for medium-large class or conference rooms). We'll transform the space and facilitate the experience.

Option #1

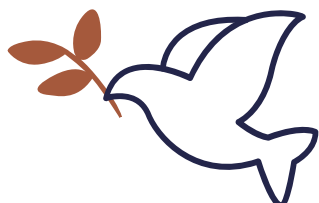
Self-Guided Drop-In Experience with Curated Stations
\$500/ 4 Hours

Option #2

Custom Guided Experience
\$250/ 1 Hour

EXPLORE MORE AT
ANCHORAGEUTC.ORG/HUSH





PREACHING PEACE

LECTIONARY DISCUSSION GROUP

WEDNESDAYS FROM 2-3PM | GRATIS

Preaching Peace is a Gospel Lectionary discussion group for local pastors, faith leaders, and others from a variety of denominations and faith affiliations. We meet weekly to discuss the week's Gospel Lectionary text and strengthen supportive relationships amongst ourselves and between the communities we serve.

We are unified in considering the question, "How can we preach this passage for peace?" even as we explore and learn from different perspectives from the text from those at the table. You do not need to preach from the weekly lectionary to sit at the table and be edified, encouraged, and challenged in our discussions.

LEARN MORE AT ANCHORAGE.UTC/PREACHINGPEACE



SPIRITUAL DIRECTION

GROUP METHOD

BY APPOINTMENT | VARIED RATES

Group spiritual direction is a sacred space for a small group to listen carefully to their own soul needs and the needs of others in the group, to experience transformational dialogue with God, to allow the Holy Spirit to direct our lives, and to experience formation—the process of being conformed to the image of Christ for the sake of others.

Group spiritual direction refocuses our attention on what God is doing in the ordinary and extraordinary moments of our daily lives, quiets our inner busyness to make space to hear God's still small voice, and to experience God's invitation to healing and growth in the presence of God and others.

LEARN MORE AT ANCHORAGE.UTC/SPIRITUALDIRECTION