

Vital Church Ministry, “Understanding Church Dynamics” Workshop Series

“Relief for Stiff Necks and Hardened Hearts”
Skills for Neutralizing History in Personal Relationships

Friday, March 15th, 6:30-8:00 p.m.

AND

Saturday, March 16th, 9:00 a.m. – 4:00 p.m. (Lunch provided)

Workshop Purpose....

This workshop provides participants with insight and skills to help transform difficult personal relationships.

This Workshop Will Help You Learn...

- How to move relationships from hurt and negativity toward constructive reconciliation.
- Techniques relevant to all relationships: friends, family, co-workers, church members.

Specific Skills Include...

- Releasing a relationship burdened with hoarding of past hurts.
- Helping a worsening relationship to move from reverse to neutral.
- Letting go of bitter memories from the past.
- Allowing hurt individuals to feel heard.
- Letting go of past hurts.
- Avoiding attempts to negotiate the past or “figure out what happened”.

Content is drawn from the work of the Lombard Mennonite Peace Center (www.lmpeacecenter.org) a respected authority in teaching practical approaches to Christ-based peacemaking. Everyone aged middle school and older is welcome to participate! Led by Naomi Garcia, our Vital Church coach, and Gerry Conti of Ypsilanti First UMC.

Please RSVP to Michelle by March 13th if you will need childcare for Friday or Saturday.