

# NOW & NEXT

## HOW THE CHURCH IS CHANGING FOR GOOD

presented by  AMPLIFY MEDIA

### Episode 5 – Taking Self-Care Seriously: Managing Stress So You Can Care for Others

Watch this episode on demand and download related resources at  
[AmplifyMedia.com/NowandNext/taking-self-care-seriously/](https://AmplifyMedia.com/NowandNext/taking-self-care-seriously/).

Host – Rev. Lisa Yebuah, Lead Pastor, Southeast Raleigh Table, Raleigh, NC

Panelists –

- Rev. Ginger Gaines-Cirelli  
Senior Pastor, Foundry United Methodist Church, Washington D.C.
- Rev. Dr. Charles L. Howard  
Chaplain, University of Pennsylvania, Philadelphia, PA
- Rev. Anne Williams  
Associate Pastor, Church of the Resurrection Downtown, Kansas City, MO
- Curtis Zackery  
Pastor and Author of *Soul Rest*, Franklin, TN

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In this webinar, pastors and chaplains encouraged leaders – through conversation – to resist the urge to downplay the need for self-care. We cannot care well for others if we do not first care for ourselves. All the panelists affirmed that pastors need to be in some form of therapeutic conversation during this time, either through pastor support groups or with a medical professional. As you watch this episode, consider it an act of self-care to think through for yourself the questions Lisa Yebuah asks, beginning with, “How is it with your soul?”

Several panelists brought up inspiring quotes from writers such as Parker Palmer, Mary Oliver, and Soren Kierkegaard. Each of the panelists also affirmed physical activity – walking, dancing, gardening, running – as an important act of self-care to connect your spirit with all your physical senses.

They advised focusing on what is good, beautiful, and true – music, poetry, scripture, a conversation with a friend – and practicing gratitude. A thread throughout the episode was to acknowledge this time is traumatic and be gentle with yourself and the people around you, as we each do our best to serve one another during this time.

God has seen every act of our faithfulness. You don’t have to be perfect. We are saved by grace.

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**Now and Next: How the Church Is Changing for Good** is a series of webinars to encourage and equip leaders during the challenges COVID-19 has created for their communities.