



UNITED METHODISTS
OF SUSQUEHANNA & UPPER NEW YORK



Clergy Wellness: Actions for SPRC Teams

Congregations often ask, “How can we help?”

Here are concrete steps you can take to support your pastor’s wellness:

1. Normalize Rest

- Encourage your pastor to take their **full vacation time each year**.
- Support a **week of annual spiritual formation**.
- Affirm their need to take time off after demanding days.

2. Schedule Rest around Demanding Days

- Look at the church calendar together.
- For every **high-capacity week** (Holy Week, funerals, Annual Conference, etc.), help your pastor **schedule a recovery day within 5 days afterward**.
 - Example: If Holy Week is full of services and pastoral care, encourage your pastor to take a recovery time in the following week. Even one day can make the difference between exhaustion and renewal.
- Protect their time for family, rest, fitness, and hobbies.

3. Fund Renewal Experiences

- Budget for your pastor to attend a **retreat or renewal experience each year**. Financial investment communicates clearly: *Your health matters*.

4. Engage in the Season of Rest

- Invite your congregation to join the **4-week “Season of Rest” sermon series**. Together, explore the profound importance of rest as God’s gift to all people.



Reflection Questions

At your next SPRC meeting, ask together:

1. How does our church view rest?
2. How are we encouraging rest for our pastor, staff, and congregation?
3. Which of these actions above will we commit to this year so that our leaders and church can flourish?

When pastors are renewed, congregations are renewed.

Together, we can build a culture of health and hope.