



## *SUSTAINABLE MODELS FOR SABBATH-MINDED MINISTRY*

MARCH -DECEMBER 2025

### FAQS

**WHO:** American Baptist pastors\* in need of an imminent sabbatical and/or reasonable, quantifiable, Spirit-led “sabbath-minded” shifts in current ministry.

**WHAT:** We will support ten pastor-lay partner teams through gatherings and coaching for sabbath-minded ministry shifts. We’ll experience theological reflection, collaborative learning and SMART Goal Planning within cohort meetings and in follow-up sessions with an assigned consultant.

**WHEN/WHERE:** March 20, 2025 - March 31, 2026.

*Key dates will be secured and announced by March 15, 2025 upon formation of the cohort.*

- “Sabbath Seminars” - Two-Day Virtual Gatherings (One in May, One in October)
- Discernment & planning w/clergy participants over 6-months between June 2025-December 2025, with licensed wellness practitioners in a bi-weekly or monthly support call during this period (frequency based on need).
- In-person culminating retreat - January 2026

**WHY:** We recognize the toll of ministry undertaken without the nourishment of sabbath-minded routines is dire, and consequences ripple out to affect family, church, coworkers and community for mental health fragility and suffering. For these, we seek provision and sustainable models for lifestyles of mercy, justice and humility in order to prevent unnecessary suffering and to preserve the joys of prophetic ministry.

Mercy, justice and humility is also important for lay leaders and the congregation's culture, partnering lay leaders with clergy will equip the minister as well as the congregation for sabbath-minded living. .

**HOW:** Apply in February through the simple application form at [www.ministerscouncil.com](http://www.ministerscouncil.com), including reference requests. If invited to join the cohort, participants simply complete the Project Agreement Form.

**COST:** Thanks to a grant from the Palmer Foundation, there is no financial fee; attendees will covenant their investment of time with the cohort.

**REQUIREMENTS: Covenant of Agreement and full attendance.**

\*Ordained with recognition through ABC-USA or serving an ABC-USA congregation.