

## Report of Pastor for Engagement

Pastor Liz Frey

June 2022

This is a long report because it includes the events of May, but also my strategic plan progress and my sabbatical plan.

### **Baptism**

Cecilia Margaret Tice, child of Jimmy and Amy Tice on Saturday, May 28

### **Creative Worship – May 11**

The staff met to discuss communion distribution as well as prepare the themes for the summer.

### **Synod Candidacy Committee – May 5 and 9**

I met with our synod's candidacy committee twice in May.

### **Missions – May 11**

Our Missions team met to discuss our summer events: missionary visits, Bread Weekend and World Hunger. We also voted to sponsor Quentin Bernhard as our Young Adult in Global Mission (YAGM) volunteer for 2022-23. I have been working with Quentin in hopes that he'll visit us this summer before he begins his year of service in Senegal.

### **Summer Worship and Service Events**

I've been working to coordinate the details for these special events happening this summer. This summer, our congregation will have the opportunity to worship and then serve on June 26, July 24, and August 28. In June we will collect trash along the Capital Green Belt. In July, we will do a project with Christian Churches United and in August, with Pink Hands of Hope.

### **Community Outreach Ministries – May 17**

This team met in May with the objective of planning the July Giving Tree. I have been working with our volunteers to finalize details for the Giving Tree. This summer we will be supporting Pink Hands of Hope's Miles of Hope program, which provides gas gift cards for cancer patients and Christ Lutheran Medical Mission by collecting several much-needed items.

### **Faith Formation**

We wrapped up the faith formation program year. The pastors met with confirmation students in 8<sup>th</sup> and 9<sup>th</sup> grade to finish that program on May 22. I finished up the spring bible study on Galatians on May 26.

### **Personal note**

I took a week of vacation to celebrate the wedding of a friend in North Carolina. Kyle, my parents, and I explored Asheville for a few days after the wedding.

### **Strategic Plan Progress**

As I mentioned in my May report to council, I had been working on the gifts and talents survey. I have identified a survey that will work well with the process I hope to begin at Trinity. I began a list of folks who will receive invitations to this survey this summer and I have written the final draft of the invitation letter they will receive with the help of Stephanie Maurer.

An office volunteer has been identified and she committed to assisting with the administration duties for the volunteer hours and gifts and talents survey data. I have informed staff, council, and team and committee leaders about the goal to collect volunteer data.

I have been conducting interviews of recent new members to receive feedback, insight and suggestions about the new member process. I plan to use these conversations in implementing a new and improved new member process this fall.

In improving the new member class, I am identifying folks to serve on a team for new members. I am looking for a team of at least 5. One person will handle meal planning for the class. One person will provide childcare for new members. One person will handle new member logistics and details like forms, taking pictures, etc. The other two will provide new member hospitality during the class and during the welcome weekend. I am hoping to have this team in place by the end of July.

The Worship and Serve events this summer would also fall into the strategic plan category. These events are another form of engagement for our members.

### **Sabbatical Plan for August 2022**

Objectives:

My plans are two-prong for my sabbatical during August 2022. First, it is about rest, but also personal reflection. I plan to use this time to read, process, and reflect. I have some personal work I'd like to do. This work is concerned with healthy, pastoral leadership. Second, it is about edification. I want to focus this

piece on trauma response. I have reflected on the events of the last two years, and I am concerned about the long-term effects of these events, especially on our young people.

How will I carry out these objectives?

1. Healthy, pastoral leadership:

They don't teach you how to be a pastor during a pandemic in seminary. I want to be better equipped if something like this happens again. I've noticed that my own self-care has been lacking for the last two years. I want to explore how I can take better care of myself moving forward.

- a. Burnout – how to identify it and how to address it?
  - i. Reading *Burnout: The Secret to Unlocking the Stress Cycle* by Amelia Nagoski and Emily Nagoski
- b. Enneagram – I took this personality test a year ago, but I didn't adequately explore what my results meant.
  - i. Reading *The Enneagram Made Simple* by Ashton Whitmoyer-Ober
- c. Vulnerability and Leadership
  - i. Reading *Dare to Lead* by Brene Brown
  - ii. Listening to the Brown's podcast of the same name
- d. Emotional Intelligence – what is it and how can I better develop my own?
  - i. Reading *Emotional Intelligence for Religious Leaders* by John Lee West
- e. Physical health – I want to get back to running 5 times/week again, so I'll be keeping a log during August.
- f. Journaling – while I read, I plan to journal and keep record of my reflections and thoughts throughout the month.

2. Trauma response:

This is a hot topic in education, psychology, ministry, and beyond. I want to explore how I as a leader can be better equipped to care for those who have experienced trauma. I am particularly interested in collective trauma (what we've all been feeling though the pandemic) and trauma response for children and youth. As the next generation grows up, how can the church and its leaders be better equipped to care for them?

- a. Trauma-informed preaching –
  - i. Reading *Unspeakable: Preaching and Trauma Informed Theology* by Sarah Travis

- b. Especially in young people – Sarah Hancock, a member of my Mutual Ministry team, who also works with the IU will be providing me with a list of additional resources geared toward children and youth.