

Cleveland Baptist Association



Growing

HEALTHY
CHURCHES
INITIATIVE

2023-2024



PURPOSE

The CBA Growing Healthy Churches initiative offers **holistic wellness** information, resources, and training to strengthen you and your congregations and assist you in your efforts to grow, not only numerically, but spiritually, mentally, relationally, intellectually, emotionally, professionally, and economically as well.





OVERVIEW

CBA's *Growing Healthy Churches Initiative* (May-November) is fully sponsored by the Palmer Grant. As a participating pastor and congregation, you have access to the following:

- A safe and authentic space for holistic growth
- Access to professionals in their areas of expertise
- Monthly pastoral gatherings
- A pastoral 2-day retreat
- Support in creating and implementing a personal and congregational wellness plan



APRIL

SPIRITUAL WELLNESS

MEETING LOCATION: Virtual

PASTOR

1. Space for Grace conference (in person and online)
2. Zoom Session - Prayer, feedback, review plans for the HCI

CONGREGATION

Evaluation of using the resources from the Space for Grace Conference



MAY

MENTAL/EMOTIONAL WELLNESS

MEETING LOCATION: First Baptist Church of Bedford

PASTOR

1. *Spiritual Practices for Effective Leadership*
The 7 R's of Sanctuary for Pastors, by Debora Jackson
2. Mental health resources for clergy

CONGREGATION

1. Mental Health Resources for church members
2. Emergency Mental Health Training Info
3. GriefShare or Grief Recovery



JUNE

RELATIONAL WELLNESS

MEETING LOCATION: Affinity Baptist Church

PASTOR

1. Strengthening EQ and Relational IQ
2. Healthy Relationships for Pastors
3. Emotional Healthy Spirituality

CONGREGATION

1. Invitational Culture: Evangelism Training (virtual)
2. The Autopsy of a Dying Church/The Anatomy of a Revived Church
3. Conflict and Reconciliation tools



JULY

FINANCIAL WELLNESS

MEETING LOCATION: Grace Tabernacle Baptist Church

PASTOR

1. Improving one's relationship with money and generational wealth
2. MMBB – Sharing updates and available resources

CONGREGATION

1. New ways of giving and growth for churches
2. Fiscal updates and resources for your administration and finance teams



AUGUST

OCCUPATIONAL WELLNESS

MEETING LOCATION: Antioch Baptist Church

PASTOR

1. Vocational Checkup and spiritual direction
2. Occupational resources for future planning

CONGREGATION

Training for Associates (holistic)



September

PHYSICAL WELLNESS

MEETING LOCATION: Cornerstone Baptist Church

PASTOR

1. “Extreme Transformation”
Speaker
2. Food tasting
experience

CONGREGATION

1. Training for
Deacons
2. CPR and First Aid
Training



OCTOBER

ENVIRONMENTAL WELLNESS

MEETING LOCATION: TBA

PASTOR

1. 2-day Wellness and Visioning Retreat (with spouses)
2. Creation of Personal Wellness Plan

CONGREGATION

CBA Annual Meeting



NOVEMBER

STRATEGIC WELLNESS PLANNING

MEETING LOCATION: TBA

PASTOR

1. 2-day Wellness and Visioning Retreat (with spouses)
2. Creation of Personal Wellness Plan
3. Evaluation of your Experience

CONGREGATION

Finalize Church Wellness Plan

PRAYER PARTNERS



Each of you will be connected to a **cohort prayer partner** to pray together at least twice a month.

Gloria Chaney
Christine Smith



Lisa Goods
Deborah Federico



Stephen Rowan
Earl Simpson



Napoleon
Harris IV
Wayne Dawson



Jonathan Glass-
Riley
William Maddox



David Hughes
James P. Quincy III



HCI Cohort I Participant Covenant

As a covenanting participant in the Cleveland Baptist Association Healthy Church Cohort, we will receive the following benefits:

1. The CBA HCI will offer our clergy, lay leaders and congregations the opportunity to participate in training and leadership development opportunities at no cost
2. The CBA HCI will cover any costs of hosting Cohort meetings and worship services held at Cohort member churches
3. The CBA HCI will offer first come/first served scholarship opportunities to offset the cost of attending other CBA and/or ABCUSA events, seminars and conferences

HCI Cohort I Participant Covenant (cont.)

As a covenanting participant in the Cleveland Baptist Association (CBA) Healthy Church Initiative (HCI) Cohort I, we declare our intention to involve ourselves and our congregations in Cohort gatherings and to offer our support and encouragement to other Cohort member congregations in the following ways:

1. We will be open to allow our churches to be used for occasional meetings and worship opportunities
2. We will maintain communication between CBA and our clergy, lay leaders and congregation with regard to training and leadership development resources offered to cohort member churches, and encourage their participation in such
3. We will agree to share our feedback with HCI leaders and with other pastors/leaders in our sphere of influence
4. We will continue *to honor our commitment to mission giving support to CBA*



QUESTIONS

Beloved, I pray that you may prosper in all things and be
in health, just as your soul prospers. (3 John 2)