



the plan Strategic

Release Announcement

Effective January 6, 2016

Clergy Wellness



Strategic Area: Wellness

Goal: Implement a sustainable Clergy Wellness Ministry throughout the Metropolis.

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Program Description: To ensure the long-term health and wellness of our Clergy and their families, a Clergy Wellness program has been established, and is active within the Metropolis of San Francisco. Key elements of this program include:

- † Annual Metropolis-wide clergy couples retreat
- † Clergy small groups (3-6) which meet regularly for fellowship, support, accountability, professional development, Bible study, etc.
- † Regular Parish visitations by His Eminence, Metropolitan Gerasimos
- † Series of clergy wellness webinars/presentations (e.g., spiritual health, diet and exercise, legal issues for clergy, avoiding burnout, financial planning, etc.)

Current Status: This year, the Metropolis of San Francisco's 4th Clergy Couples' Retreat was recently conducted. Clergy small groups are being coordinated through area Vicars and other priest volunteers and the office of the Metropolis is currently coordinating parish visitations by His Eminence, Metropolitan Gerasimos.

Additionally, the Greek Orthodox Archdiocese of America's Department for Family Wellness produces webinars specifically designed for clergy families. The Metropolis of San Francisco's Family Wellness Ministry endorses and encourages the use of these webinars amongst our Metropolis clergy and their families. To access information regarding the webinars, please go to www.goarch.org/archdiocese/departments/family.

The Archdiocese's Clergy Couple Care website is also an excellent resource and can be accessed via www.goaclergycouple.org. This website is designed to provide specialized support to Clergy and their family members seeking support. In addition to these resources, the Metropolis of San Francisco will soon be launching its own Family Wellness website, is in the planning stages for clergy retreats to be held in the spring and fall of 2016, and has scheduled a Clergy Couples' Retreat for October, 2016. Final dates and logistics will be announced soon.

Recommended Parish Action: It is recommended that each parish priest, and his family, be encouraged and supported to attend and participate in these vital programs which are designed to energize and revitalize our pastors and presvyteres. Each parish is also asked to pay any registration and travel expenses associated with their participation in the programs offered.

Anticipated Parish Impact: As much as this program is designed around clergy wellness, it will have great benefit to the parish, at large, if the clergy family is healthy: spiritually, mentally and physically. Parish wellness and clergy family wellness are intertwined. This program will not demand major change at the parish level. A clergyman may be away from the parish for retreats and/or conferences for short, but manageable, durations. A priest and his family supported and energized by such programs will provide exceptional benefit to the parish.