

What is United Fresh Start?

United Fresh Start is an educational resource based on a program developed over the last 20 years by the Episcopal Church in the USA. The program was adapted by the United Church General Council Office and approved as a suitable program for use within the United Church. The curriculum consists of 22 modules designed for 3-hour gatherings of ministry personnel and lay members. Each module presents critical information for congregations that desire to work effectively together and nurture a healthy pastoral relationship. You can learn more about the modules at <http://unitedfreshstart.ca>.



United Fresh Start

The United Fresh Start program requires facilitators to be trained by the General Council Office. Facilitators learn the transformational leadership theory supporting the program as well as facilitation skills for leading the modules. If you are interested in becoming a United Fresh Start facilitator, please visit the web site: <http://unitedfreshstart.ca>

For Program Information Contact

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**A Resource for Ministry
Personnel and
Congregations
in Transition**

**A program of the
Ministry and Employment Unit of
The United Church of Canada**

Helping pastoral relationships begin well

The early years in a new relationship are critical formational opportunities. The more intentional the ministry personnel and congregational leaders are in strengthening this new relationship the more effectively they will be able to focus on their common ministry together.



Why United Fresh Start?

The Purpose

Over the last 10 years, the General Council Office has been paying attention to the well-being of ministry personnel and attempting to understand what causes ministers to feel isolated and demoralized. A study conducted by the General Council a few years ago indicated a strong correlation between 1) the relationship between the minister and the congregation and 2) the degree to which ministers experience burnout, depression, anxiety and stress. In other words, the stronger the pastoral relationship between ministers and the congregation as a whole, the healthier and more effective ministry personnel will be.

The Program

United Fresh Start is a curriculum with over 20 modules that teach ministers and congregational leaders critical strategies for working effectively together. It contains proven methods based on the work of organizational leadership experts. The program covers key topics, such as entering new systems, conflict management, family systems theory, polarity management, church size theory, and adaptive leadership. Together, ministers and congregational leaders gain a mutual understanding of leadership expectations, role clarity, and the use of power and authority. The program will help create a united fresh start for the pastoral relationship and prepare you for effective mission and ministry together.

