

Subject: FREE course for Pastors & Ministry Leaders- RSVP TODAY!

Greetings Pastors & Ministry Leaders,

The Tolton Spirituality Center is recruiting members to join our virtual learning cohort. Our goal is to equip pastors, church, and lay leaders with the education and resources needed to sustain a more mission-focused and community-orientated Church movement. We aim to assist parishes in building a healthy and thriving new reality. We have created a valuable and impactful program that aids in the personal growth of leadership teams and the positive evolution of your congregation.

The Tolton Spirituality Center is kicking off its 2022 Tolton Spirituality Program with a FREE workshop for pastors and ministry leaders only. It is a two-month course entitled Emotionally Healthy Discipleship taught by world-renowned Pastor Pete Scazzero. It starts March 16 and ends May 4. We have nine spots left available. You must RSVP and submit your application by **Monday, February 7**. We provide all materials needed for the course. We operate on a first-come, first-serve basis, so we strongly encourage you to RSVP as soon as possible. All participants are required to attend all sessions. Please review the information below for more details, and don't hesitate to contact the program manager, Shakira Morrisette, at smorrisette@archchicago.org with any questions you may have.

Emotionally Healthy Discipleship

➤ Emotionally Healthy Spirituality & Relationships Courses

Start Date: March 16 End Date: May 4

Every Wednesday from 12-2:30 PM (*Only one leader is allowed per parish. Please let me know if you desire to have more than one leader attend, and I will see if we have a space available.*)

COURSE COMMITMENT/REQUIREMENTS:

• **Attend ALL 8 Sessions from 12:00–2:30 pm CT via Zoom.**

Please double-check your calendar with the Course dates. If you are not certain that you can attend all 8 sessions, consider planning to attend at another time.

• **Do weekly readings of assigned chapters from the *EH Spirituality* book.**

• **Practice the Daily Office** (silence/devotionals 2x daily) **from *EHS Day by Day*.**

- **Commitment to meet with your Table Leader one time, for one hour, after Session 5.**
- **Read *The Emotionally Healthy Leader* (Zondervan) before the Course begins.**

SESSION TOPICS:

- The Problem of Emotionally Unhealthy Spirituality (*Saul & the False Self*)
- Know Yourself that You May Know God (*David & Leading from a True Self*)
- Go Back to Go Forward (*Joseph and a Life of Surrender*)
- Journey Through the Wall (*Abraham and the Dark Night of Leadership*)
- Enlarge Your Heart through Grief & Loss (*God's Treasures Found in Loss*)
- Discover the Rhythms of the Daily Office and Sabbath (*A Deep Dive into Sabbath Delight*)

- Grow into An Emotionally Mature Adult (*Loving People as Thou's*)
- Develop a Rule of Life (*Recrafting How Your Entire Life around Jesus*)

*-Please email Shakira Morrissette at smorrissette@archchicago.org, so she can add you to the RSVP list. Then, click the link below, fill out the form, and put referred by **Shakira Morrissette**; this lets them know you are a part of the Tolton Spirituality Program's cohort.*
<https://emotionallyhealthy.wufoo.com/forms/z1osghw70jsbu6v/>

With joy and gratitude,

Who is the Venerable Augustus Tolton?

<https://tolton.archchicago.org/>
www.ToltonSpirituality.org

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