

## Big Sigh Ministries' Grace Break Program

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### *Workshops for Pastors*

GRACE BREAK:  
Planning Your  
Renewal Leave

### *Small Group Study for SPRC/PPRCs*

GRACE BREAK:  
Caring for Our  
Pastor

### *Retreats for Pastors and Their Families*

GRACE BREAK:  
Surviving the Fish  
Bowl

Marriage Retreats  
for clergy

More information upon  
request. [www.bigsigh.org](http://www.bigsigh.org)



Big Sigh Ministries Co-founders  
and GRACE BREAK Facilitators,  
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## Renewal Leaves

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## for Pastors

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Achieving  
Ministry  
Resilience!





## What Is A Renewal Leave?

A Spiritual Formation or Renewal Leave is a type of sabbatical that allows a pastor to withdraw from the parish for an extended period of time to rest, reflect, and spiritually reunite with God. The pastor then returns to the parish refreshed and more resilient to lead the congregation in making disciples for Jesus Christ.

## Who Benefits...

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### **Pastors**

The rigors and stress of 24/7 ministry can take its toll on pastors over time. Compassion fatigue is a real threat. Renewal leaves can provide the time and space for a minister's soul to heal and prevent burnout.

### **Congregations**

*Healthy and fruitful pastors lead healthy and fruitful congregations.*

*Dr. Samuel Moore, Jr., Pastor of Hickory Grove UMC*

### **The Kingdom of God**

*...when we take time away, when we take good care of our self and healthy practices, we draw people to us and that draws people to God and that's sort of the point.*

*Dr. Mary P. Kinken, Certified Pastoral Counselor*

## FAQs

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### **Length of Renewal Leave**

It varies....usually 2-4 months.

### **Meeting Church Needs**

In consultation with the District Superintendent, and Big Sigh Ministries, the pastor finds someone to preach and someone to fulfill pastoral care needs. Retired clergy are a wonderful resource.

### **Financial Obligations**

The church pays their already budgeted obligation: the Pastor's salary and housing continues, travel allowance is paid to pastoral care fill-in, pulpit supply can be compensated by church, pastor, district, or some other means as negotiated. Big Sigh Ministries may be able to help.

### **Other**

Further Questions? Please contact us at [www.bigsigh.org](http://www.bigsigh.org)