A Commitment to Your Well-Being
In today’s fast-moving world, stepping back and taking stock of your life is a difficult challenge. As an authorized minister in the United Church of Christ, you are constantly multitasking and busy beyond imagination. And, as one who serves the Church, you are continually focused on others. Finding time to address your own needs, hopes, and dreams may well have fallen from your list of priorities. However, the wellness of those around you directly depends on your own health and well-being.

The CREDO experience is anchored in a week-long Seminar. During this time, participants examine significant areas of their lives and discern prayerfully the future direction of their vocation as they respond to God’s call in a lifelong process of practice and transformation. Pre-assessment and follow-up resources deepen and extend the impact of CREDO for well-being and ministry.
CREDO Seminars concentrate on four interrelated dimensions of wellness:

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Description</th>
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<tbody>
<tr>
<td>Spiritual</td>
<td>CREDO offers you a sacred space to contemplate your interior life and relationship with God in Christ, and to experience God’s deep love for you.</td>
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<tr>
<td>Vocational</td>
<td>CREDO helps you discern more clearly who God calls you to be and how to live that call with integrity, energy, and hope.</td>
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<tr>
<td>Financial</td>
<td>CREDO helps you learn to be a better steward of your personal financial resources, and to discern how to use them in response to God’s call.</td>
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<tr>
<td>Health</td>
<td>CREDO helps you reflect on your physical and psychological well-being, supports stewardship of your body, and helps you develop a plan to address your health needs.</td>
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“I am renewed, refilled and remember why I am called to serve God.”
– CREDO Seminar Participant
CREDO LEARNING
A holistic understanding of wellness is the cornerstone of the CREDO process. Seminars include a carefully crafted blend of learning opportunities and activities that support an experiential learning model grounded in holistic well-being. The design seeks to honor each person and recognizes that participants have different needs and learning styles.

CREDO FACULTY
Throughout your CREDO week, you will experience large group gatherings and the opportunity for more intimate discussions with a select small group. Your experience will include faculty-led workshops and plenaries and opportunities to fully engage experienced faculty members in one-on-one consultations. Interspersed with times of listening, questioning, and learning are quiet times for reflection, worship, and contemplation; space for physical activity and relaxed socializing; and opportunities for fun, laughter, and joy.

PBUCC CREDO SEMINAR FACTS
» PBUCC CREDO is a benefit of the PBUCC Annuity and Health Plans.
» The PBUCC CREDO Program will include authorized ministers in both plans between 35 and 55 years of age with at least five years of ministerial service.
» Nearly 7,500 Episcopalian and Presbyterian clergy have attended a CREDO Seminar. PBUCC CREDO is modeled after these successful programs. PBUCC works in partnership with them and has contracted with the Episcopal Church Pension Group’s CREDO office to provide all administrative functions of PBUCC CREDO.
» The PBUCC CREDO faculty are clergy and lay persons from across the United Church of Christ, gifted and experienced in each component of the curriculum.

“It has helped me clarify a vision for the short term, while also casting wide for a long-term dream!” – CREDO Seminar Participant
THE CREDO PLAN

With the help of an experienced faculty team, you will build a CREDO Plan, a culminating personal covenant based on your CREDO experience. Your CREDO Plan is one you’ll take home with you and carry in your heart, where it will inspire intentional practice and continued growth, guiding you in the years ahead.

“CREDO is life transforming! This experience has been a treasured gift to me and will deeply impact my ministry.”
– CREDO Seminar Participant
Who may apply to attend a PBUCC CREDO Seminar?
PBUCC members who are authorized ministers with five years of service and between 35 and 55 years of age are invited to apply. You must be in good standing and not a part of the Pension Boards’ Next Generation Leadership Initiative (NGLI) program. Current participation in both the Annuity and Health plans is required.

Is enrollment limited and is there an application deadline?
Yes. Space is limited to 25-30 participants per Seminar. You must apply by October 7, 2016.

Does my application guarantee participation?
No. You will receive notification about your application by November 10, 2016.

Do I need Internet or e-mail access to participate in CREDO?
Although the application process and a majority of CREDO’s pre-seminar work and communications are done via the Internet, provisions are made for those who do not have access to this technology.

What will this cost?
As an incentive to participants in this program, costs are underwritten by the Pension Boards. You will be assessed a registration fee of $500 inclusive of seminar, travel, housing, and food. Scholarships are available if this prohibits your participation.

Can my spouse or partner attend with me?
No. CREDO Seminars are a benefit of participating in Pension Boards’ Plans, so only Plan participants may attend. We provide conference materials to facilitate involvement with your spouse.
or partner before, during, and after the Seminar. If your spouse or partner is a Pension Boards' Plan participant and also receives an invitation, we ask that you each attend separate Seminars in order to get the maximum benefit from the CREDO experience.

**What is the refund policy?**
Your fee will be refunded in full if you cancel at least 60 days prior to the beginning of the Seminar. If you cancel after the 60-day deadline, there is no refund.

Participants go out to dinner one night but that cost is covered in the Seminar fees. However, you may wish to bring a small amount of spending money for gifts, souvenirs, or optional gratuities for conference center staff.

**What are my responsibilities?**
In return for PBUCC’s investment in you, you will be expected to participate in 10-20 hours of pre-Seminar self-assessment; the full seven days of the Seminar; post-Seminar evaluation; and the self-guided follow-up program.

**Privacy of Information**
All assessment materials are confidential and the property of each participant. They are for your use at the Seminar, providing a base on which to build your CREDO Plan for growth. While an anonymous aggregate of the material will be provided to the faculty during the Seminar and used in research/evaluation, identified material is not shared with PBUCC or any other UCC offices.
CREDO provides opportunities for people to examine significant areas of their lives and to discern prayerfully the future direction of their vocation as they respond to God’s call in a lifelong process of practice and transformation.

## 2017 Seminar Dates

<table>
<thead>
<tr>
<th>Dates</th>
<th>Session</th>
<th>Location</th>
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<tbody>
<tr>
<td>May 16-22, 2017</td>
<td>UCC4</td>
<td>Barbara Harris Conference Center</td>
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<td>Greenfield, New Hampshire</td>
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<tr>
<td>October 24-30, 2017</td>
<td>UCC5</td>
<td>Cerveny Conference Center</td>
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<td>Live Oak, Florida</td>
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For application and information:
CREDO Program Office
The Pension Boards-United Church of Christ, Inc.
www.credo.pbucc.org | jheckles@pbucc.org
1.800.642.6543, ext. 2804

For confirmed participants:
CREDO Office
100 Peabody Place, Suite 800
Memphis, TN 38103
1.888.274.2828