



A COMMITMENT TO YOUR WELL-BEING

The Pension Boards—United Church of Christ, Inc.

Realign



In today's fast-moving world, stepping back and taking stock of your life and ministry is a difficult challenge. As an authorized minister in the United Church of Christ, you are constantly multitasking. And, as one who serves the Church, you are continually focused on others.

Finding time to address and realign your own well-being, 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.

WHAT IS PBUCC CREDO?

The CREDO program of the Pension Boards—United Church of Christ, Inc. (PBUCC CREDO) is a benefit for authorized ministers who participate in both PBUCC's Annuity and Health Plans, and who are between the ages of 30 and 58 with at least three years of ministerial service.

The PBUCC CREDO experience is anchored in a week-long residential seminar. During this time, participants examine significant areas of their lives and discern prayerfully the future direction of their vocations 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 PBUCC CREDO for well-being and ministry.

Refocus

CREDO LEARNING

A holistic understanding of wellness is the cornerstone of the PBUCC 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 to refocus their lives and calls.

“[PBUCC CREDO is] valuable at breaking down large personal issues/opportunities into manageable and well-defined steps. Ancient challenges still exist, but the respite of CREDO is a helpful pause and opportunity to reassess.”

“I really appreciated the time away from my regular schedule to learn and discern with other clergy around intentional topics that promote a healthier self and ministry.”

“I have changed my priorities and have taken more seriously my need for self-care...”

PBUCC CREDO seminars concentrate on four interrelated dimensions of wellness.



Spiritual



Vocational



Physical and
Psychological



Financial

Renewal

PBUCC CREDO FACULTY

During your PBUCC CREDO seminar you will experience large group gatherings and opportunities for more intimate discussions with a select small group. Your experience will include faculty-led workshops, plenaries, and opportunities to fully engage experienced faculty members in one-on-one consultations. Faculty are clergy and laypersons from across the United Church of Christ, gifted and experienced in each component of the curriculum.

Interspersed with times of listening, questioning, and learning are quiet times for reflection, spiritual renewal, worship, and contemplation; space for physical activity and relaxed socializing; and opportunities for fun, laughter, and joy.

“I would describe [PBUCC CREDO] as one of the most transformative experiences of my vocational life. To be blessed with time to think, pray, learn, and make a plan was so worth my time.”

“Excellent. It really helped me to refocus and prioritize how I’m living and ministering.”

THE PBUCC CREDO COVENANT

With the help of an experienced faculty team, you will build a PBUCC CREDO Covenant, a culminating personal plan based on your CREDO experience. Your CREDO Covenant 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.



Upcoming PBUCC CREDO Seminars

April 24-30, 2018
Cerveny Conference Center
Live Oak, Florida

October 9-15, 2018
Trinity Conference Center
Pine Knoll Shores, NC

For Application and Frequently Asked Questions, visit
www.credo.pbucc.org

For more information
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