



Getting Centered Sessions

Church Family,

I have been praying and thinking about an idea for awhile and I believe now is the time to pursue it. Thanks to your investment in my continuing education, I am now a Professional Certified Coach (PCC) with the International Coaching Federation (ICF). This credential allows me to coach in many different arenas, but I want to make it a more intentional part of our church's ministry.

In the middle of this global pandemic there is so much taking up "bandwidth" in our minds, hearts, and spirits. Thanks be to God that there are many resources out there to help people cope with the pandemic emotionally, psychologically, and physically. Hopefully, you have been able to see a doctor, counselor, therapist, or other healthcare professional when a need has arisen. With that in mind, as a pastor and professional coach, I want to be a resource for you as well.

Every year, most of us see our doctor for a physical...have you ever thought to see your pastor for a "spiritual?" The basic idea is to have a simple check-in conversation with someone who feels called to listen and to be a resource to you. Could we make it a part of a yearly routine (as an individual/couple/family)? Whatever you decide, please know that I am available to you and glad to be a part of your spiritual journey!

What would a "Getting Centered" Session be like with Pastor Chad?

1. **CONFIDENTIALITY:** All parts of the conversation will be confidential. The only exception is if there is a danger to yourself or others.
2. **COACHING:** In the session, I will use the coaching method which invites you to direct and focus the conversation to what is most meaningful to you. I will not have an agenda or plan for the meeting. My role will be to listen, walk beside you, and be of assistance to you as you discover what next steps you would like to take as you grow in your faith.
3. **COME PREPARED:** You will get more out of this if you complete the wheel (p.2) or have an area ready to focus on. Our session will be 1-hour long (at most) and we want to make the most of our time. If "the wheel" is unhelpful to you, no problem. Just come ready with a topic to discuss.
4. **GOAL:** The goal will be to come out knowing yourself a little bit better and having a few goals/steps to be more balanced and spiritually grounded. This isn't a "fix it" meeting, but a catalyst to be intentional about moving forward.
5. **COST:** For every congregation member the cost for a session is FREE. If you would like to do a voluntary remuneration or make an offering to Kid's Weekend Meals, you are welcome to do that. Due to keeping up with my routine demands, if you would like to meet on regular basis (monthly or quarterly), we will make a separate arrangement.
6. **METHOD:** During COVID-19, we can meet over Google Meeting, phone, or outdoor, distanced, masked walk
7. **WHO?:** This can be for individuals, couples, or family unit
8. **HOW LONG?:** Sessions take around 1-hour
9. **SCHEDULING:** Schedule via this link - <https://calendly.com/revchaddelaney/meeting> or email Pastor Chad.

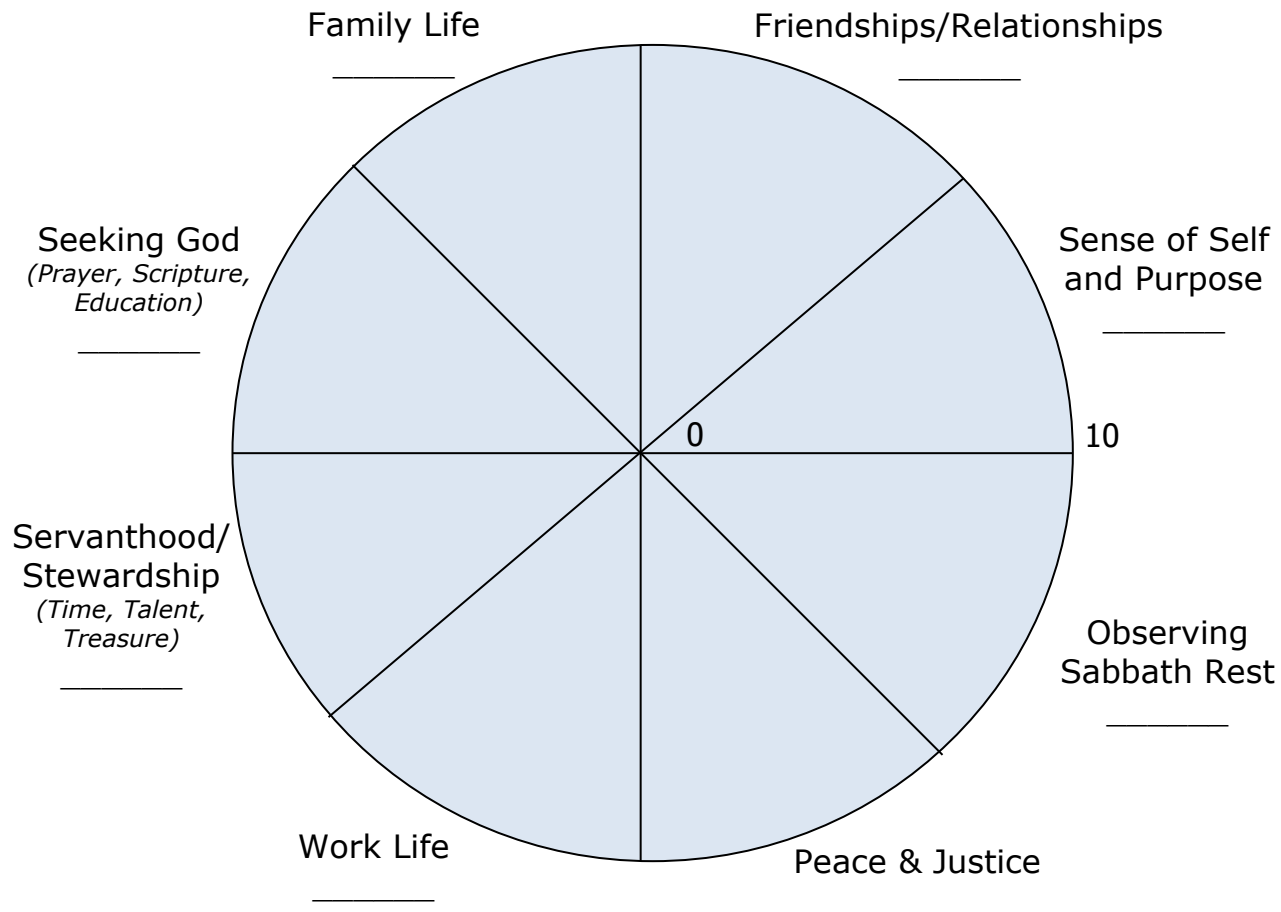


Getting Centered Sessions

Rev. Chad Delaney, PCC

NAME: _____

DATE: _____



WHEEL INSTRUCTIONS

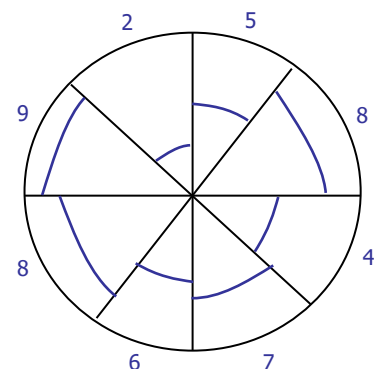
The 8 sections represent balance in your spiritual life

- Please change, split or rename any category so that it represents a meaningful balance for you.
- Next, taking the center of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example to right and see Guide on page 3 for more guidance)

GENERAL WHEEL QUESTIONS for REFLECTION

- What surprises you?
- In a year from now, what would you like to be different/same?
- What areas do you want to focus on?
- Who can help? Who can walk with you?
- What's one step you can take today?

EXAMPLE





Getting Centered Guide and Reflection Questions

- What is the degree of "contentment" or "satisfaction" do you feel in each area? (Scale of 1-10)

1. Family Life _____

"If it is possible, as far as it depends on you, live at peace with everyone." Romans 12:18

In whatever way we might define it, "family" can be an extraordinary blessing and/or filled with lots of struggle and heartache. What are your biggest blessings and challenges?

2. Seeking God _____

"But seek first the kingdom of God and God's righteousness, and all these things will be given to you as well." Matthew 6:33

Prayer, scripture reading, church involvement, and theological education can be part of building our relationship with God, but sometimes we put them on the back burner. What ways of seeking God are most meaningful to you?

3. Stewardship/Servanthood _____

"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received." 1 Peter 4:10

One of the many ways we live and love in the likeness of Jesus is to give of our time, talent, and treasure in different ways. In what ways do you enjoy using your gifts to serve others?

4. Work Life _____

"Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver." 2 Corinthians 9:7

Balancing our work life with our home/personal life can be a challenge for everyone. How is this going for you? What have you found through your experience?

5. Friendships/Relationships _____

"Two are better than one, because they have a good reward for their toil." Ecclesiastes 4:9

Relationships and community connection can be a lifeline in difficult times. Do you feel strengthened by your relationships? Need a change? Need to reignite?

6. Sense of Self and Purpose _____

"Then I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?' And I said, 'Here am I; send me!'" Isaiah 6:8

Each one of us is created in the image of God. Each of us known, accompanied, and loved by our Creator. How would you describe your relationship with your self? What helps give you meaning and purpose in your life?

7. Observing Sabbath Rest _____

"Return, O my soul, to your rest, for the Lord has dealt bountifully with you." Psalm 116:7

The need for resting and recharging is important for every person as the stresses of everyday life build up. What do you do to rest/recharge? What helps you manage your stress?

8. Peace & Justice _____

"The Lord has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" Micah 6:8

Advocacy and social justice seek to amplify the voices and experiences of the marginalized and hurting in the world. What has God placed on your heart to speak to and act upon?