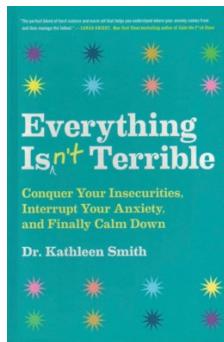


For over 40 years clergy and church professionals have used Bowen Family Systems Theory with its emphasis on leadership through self-differentiation as a useful guide in serving their congregations and ministry settings. Three families – the family of the leader(s), each family in the congregation, and the congregation itself as a family – constantly interact, and the eight concepts of Bowen Theory are at work.

Pastor Wendy Vie Trittin will again offer a monthly seminar on family systems and church leadership in 2023-2024. Wendy has over 25 years of training and experience in family systems and serves as a spiritual director and guide as well as a life coach. Sessions will be held at St. Stephen Lutheran Church, 8400 France Avenue S. in Bloomington, and Gloria Dei Lutheran Church, 700 Snelling Avenue S. in St. Paul.

We will use Dr. Kathleen Smith's Book, Everything Isn't Terrible (Conquer Your Insecurities, Interrupt Your Anxiety, and Finally Calm Down). Dr. Smith is a faculty member at the Bowen Center in Washington D.C. and provides a fresh voice on the theory. As the world and life together become ever more challenging, those who manage themselves as the title describes, shape a healthy way forward, not just in congregations but also in society.



Sessions at St. Stephen in Bloomington will be held from 1-3:00 pm on Thursdays September 28, October 26, November 16, December 21, January 25, February 29, March 21, April 25, and May 23.

Sessions at Gloria Dei in St. Paul will be held from 1-3:00 pm on Thursdays September 14, October 12, November 9, December 14, January 11, February 15, March 14, April 11, and May 9.

The cost is \$300 for 9 sessions or \$35 per session. For additional information or to register please email [revwendyvie@gmail.com](mailto:revwendyvie@gmail.com).

Dr. Kathleen Smith's book Everything Isn't Terrible is readily available in all formats and is divided into four parts and 18 chapters. We will read 2 chapters a month as we work through the material in 9 sessions.

Part One

## Your Anxious Self

Chapter 1: Focusing on Yourself

Chapter 2: Thinking and Feeling

Chapter 3: Your Pretend Self

Chapter 4: Defining Yourself

## Part Two

Your Anxious Relationships

Chapter 5: Your Family

Chapter 6: Your Parents

Chapter 7: Ugh, Dating

Chapter 8: Love

Chapter 9: Making Friends

Chapter 10: Finding Community

## Part Three

Your Anxious Career

Chapter 11: The Job Hunt

Chapter 12: Your Terrible Boss

Chapter 13: Procrastination and Productivity

Chapter 14: Switching Careers

Chapter 15: Being a Leader

## Part Four

Your Anxious World

Chapter 16: Smart Phones and Social Media

Chapter 17: Politics and Religion

Chapter 18: The Long Game