

## Building healthy churches with healthy leaders

Written by Timothy Houston

Tuesday, 14 January 2014 13:03

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I have been invited again to be a speaker at the Minnesota COGIC Leadership Conference.

This year's annual event will be held Jan. 16-18, at 7:45 p.m. nightly with a Saturday luncheon. This year's theme is "Building Healthy Churches with Healthy Leaders." With the rash of suicides from clergy this event is timely and relevant. Here a few things you can do to help your church become and remain healthy.

To begin, support your pastor. This is monetary, emotional, spiritual, and relational. Pastors are the spiritual leaders of the church. As leaders, pastors not only have vision and purpose, they also have families and responsibilities, and they need your support. In many instances, the church is styled after the family, and every member should work for the good of the household. When you present yourself as a good member, you relieve some of the pressures pastors experience every day. As you help your spiritual brothers and sisters become healthier, you indirectly help your pastor become healthier.

Secondly, support your church. From financial support to volunteering, your church can benefit from your contribution. There's no better medicine than having your gifts and talents at work for the betterment of your church and community. As you lend your hand, heart, back, and brain, you become better as well. Every church becomes healthier when its members are active and engaged.

Thirdly, let your church and pastor support you. Church is a spiritual and emotional hospital. As you experience life's ups and downs, you will need the spiritual and emotional support of your church. If any part of the body hurts, the body as a whole is impacted. Your church is healthier when you are healthier.

Finally, help your church support your community. Just about every significant event in the African-American community has its beginning in the church. From the post slavery movement to the civil rights movement, the church has been a champion for community causes. Today, now more than ever, the church will be called on to stand for what is right and to stand against those things that work against the health of our community as a whole. A healthier church is a healthier community.

Thursday and Friday night services will be held 7:45 p.m. nightly at Faith Tabernacle COGIC, 2501 Taylor St. NE, Minneapolis, and the luncheon will be held Saturday at 12:30 p.m. at New Creation COGIC, 5144 13th Ave. N, Minneapolis.

Workshops will be held at 6:30 p.m. nightly and at 10:00 a.m. on Saturday. I will be presenting a session designed for pastors, but there will also be sessions for everyone including the youth. Elder Terre Webster, Supt. Carl Davis, and Bishop Fred Washington will be the speakers. The event is open to the public.

*Timothy Houston is an author, minister, and motivational speaker who is committed to guiding*

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*positive life changes in families and communities. For questions, comments or more information, go to [www.tlhouston.com](http://www.tlhouston.com) .*