

MINISTRY BURNOUT: Chapter 12: Finding Energy Again

Burnout is related to symbolism of fire. Fire is a form of energy. It may burn brightly and creatively, it may rage out of control and be destructive or it may die out by consuming itself ...

Here are some possible new sources of energy:

- Change of Outer Activity
- Creative Relationships
- Use the Body Creatively
- Meditation
- Dreams
- Journaling
- Active Imagination

More at iocc.org/ministryburnout



Father Stephen Vernak of Christ the Saviour Church (OCA) of Harrisburg, PA doing physical work of the ministry to rebuild homes destroyed by disaster in New Orleans, Louisiana, as part of the annual IOCC/OCF Real Break Trip in 2015 (IOCC 2015)



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IOCC EVENTS & PRESENTATIONS

- **June 3, 2017 - Potomac, MD**
Pan-Orthodox Vespers & Reception for Syrian Relief
- **June 9, 2017 - Cleveland, OH**
25th Anniversary IOCC Banquet
- **August 19, 2017 - Denver, CO**
Pan-Orthodox Walk/Run for IOCC
- **October 21, 2017 - Baltimore, MD**
TEAM IOCC at the Baltimore Running Festival

FATHERS: PLEASE DISPLAY THE INSIDE POSTER IN YOUR PARISH



School Kits Are Needed!

HELP A CHILD IN NEED.
Find easy to follow kit assembly directions at iocc.org/kits

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Priest to Priest

Summer 2017

THE WORK OF A PRIEST IS NEVER DONE; like their lay brothers and sisters, priests are also susceptible to fatigue. To provide practical tips on how to recognize and overcome fatigue for the sake of their health and ministry, IOCC is sharing Fr. Richard (Rick) Demetrius Andrews' outline of the first and last chapter of *Ministry Burnout*, a title by layman John Sanford. Fr. Rick, of St. George Greek Orthodox Church of St. Paul, Minnesota, is a Marriage and Family Therapy Doctoral candidate who has been an IOCC Frontline chaplain since 2003 and volunteer chaplain of the St. Paul Police Department since 2005, in addition to numerous other leadership roles through the Orthodox Church.

Parish members are reliant upon their leaders to push through bodily and emotional exhaustion to guide them through their own challenges and in practicing their faith (such as almsgiving through IOCC.) In this lens, a priest is always on-call because it is his work that gives light and hope to others. It is important to take time to rest and replenish when the special difficulties of his vocation come to bear:

Nine Special Difficulties the Ministering Person Faces in Work:

1. The job is never finished: He faces a continuous onslaught of services, weddings, funerals, crises, parish conflicts, holy day celebrations, sick persons to see, shut-ins to visit, classes to teach and administrative tasks.
2. He cannot tell if his work is having any results
3. The work is repetitive
4. He is dealing constantly with people's expectations: Different people have different expectations or more than one at the same time: a great teacher, a faithful pastor, a financial wizard, calling on the sick or parishioners, a socially gregarious and adept, concerned with the poor and civil rights, a personal counselor, a famous preacher ...
5. He must work with same people year after year
6. Working with people in need is a tremendous energy drain
7. Many people come to him for 'strokes', not solid spiritual food
8. The minister must function often in his 'persona': This is the front mask we assume in order to meet and relate to other people. It helps us project our personality but it also protects the more vulnerable parts of our self. It is useful and necessary. It enables us to do what we must (a sacrament or visitation) when we may not want to (I'd rather be at the beach or with my family). It takes a lot of energy to function through the persona. The persona may be partly adopted by self and partly imposed by others.
9. The minister may become exhausted by failure

iocc.org/ministryburnout

If you wish to contribute an original text or essay to a future edition of *Priest to Priest*, please contact news@iocc.org with your submission.

A QUARTERLY PUBLICATION FOR ORTHODOX CLERGY

From the clergy of the IOCC Board of Directors:

His Eminence Archbishop Nicolae, Very Rev. Fr. Leonid Kishkovsky, Rev. Fr. Luke Palumbis, Very Reverend Fr. Nicholas Triantafyllou

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IOCC programs over the past 25 years have aimed to replenish the hope of the hungry, homeless, and other vulnerable people so that they may live in dignity.



ETHIOPIA

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IOCC 2015



USA

IOCC Home Builds, like this joint build with OCF, send volunteers to disaster zones to help survivors rebuild their homes, and lives

IOCC 2017



LEBANON

Distributing healthy snacks to Lebanese and Syrian school-children to improve nutrition and school attendance

IOCC 2017



Lumina 2017

ROMANIA

Over 140 refugees in Bucharest, including 50 children, received mattresses, washing machines, and other items through the Bucharest Archdiocese of the Romanian Orthodox Church



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