

# FILL YOUR CUP

how do you **keep going**  
when you're pouring yourself out  
in a **stress-filled** world?



**retreat - build resilience in ministry - saturday 21 september - bundeena**

You're in ministry. You love Jesus. You love serving. You want to keep giving, you want to keep going, you want to stay on top of everything... but how do you *do* that, when life is so busy, the tension and unease and worry and pressure is nearly suffocating, *everyone* expects *everything* of you, and *you're* the one who has to keep it all together??! How can you keep going in healthy ways so that the stress of juggling it all doesn't wipe you out?

Stress and resilience are two sides of the same coin - you can't master one without having the other. So join us and **discover how to master stress and build resilience** as you balance life, work and ministry. Pick up practical tools from an experienced Christian psychologist and coach that you (and your teams) can start using straight away to:

- create space, peace, and calm amidst the craziness every Sunday and Monday morning, no matter the mishap,
- deal with those unpleasant, suffocating experiences (like failure, guilt, perfectionism and procrastination) so they don't derail your sleep, work, or relationships,
- give your body and mind *\*real\** rest (like God intended), and
- create healthy boundaries and figure out how to balance sacrificial giving with emotionally sustainable living.

Come lean on and learn from the wisdom of like-minded brothers and sisters. Centre your resilience on Him. Reclaim your time. Your focus. Your emotional energy. Restore your soul and your relationships and discover how to keep yourself on track and pouring out as you love and serve God and others.

 **paraclete  
initiative**

[krystynakidson.com/paraclete](http://krystynakidson.com/paraclete)

**10am - 5pm** TIME

**saturday 21 september 2019** DATE

**\$64pp with THANKYOU code** ~~**\$79pp**~~ COST

For more information or to book, go to  
[www.krystynakidson.com/fill-your-cup](http://www.krystynakidson.com/fill-your-cup)

[admin@krystynakidson.com](mailto:admin@krystynakidson.com)  
0403 978 244

