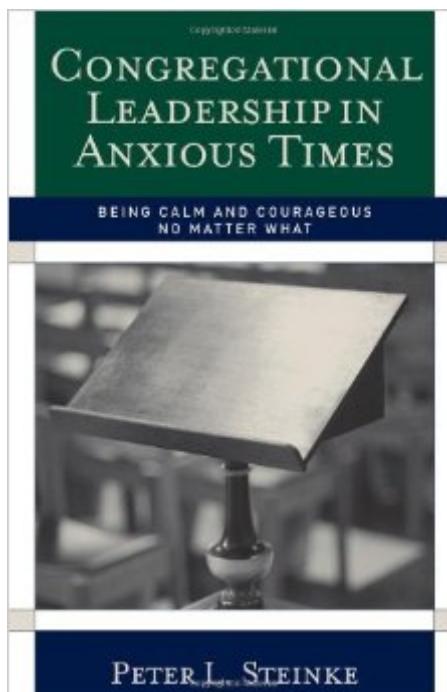


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# Congregational Leadership In Anxious Times: Being Calm And Courageous No Matter What



## **Synopsis**

Anxious times call for steady leadership. When tensions emerge in a congregation, its leaders cannot be as anxious as the people they serve. To remain effective, congregational leaders must control their own uneasiness. This takes self-awareness and confidence to manage relationships and influence behaviors. Knowing how to deal with anxiety and how to work through complex challenges can lead a congregation to new insights, growth, and vitality. Anxious times hold not only the potential for loss but also for creation, important learnings, and changes that will strengthen the congregation. With this new book, internationally respected consultant Peter Steinke goes deeper into the requirements of effective congregational leadership. Born from the wisdom of Steinke's distinguished career, this new volume will both enlighten and embolden leaders. Steinke inspires courage in leaders to maintain the course, unearth secrets, resist sabotage, withstand fury, and overcome timidity or doubts. His insights, illustrations, and provocations will carry leaders through rough times, provide clarity during confusing times, and uplift them in joyous times.

## **Book Information**

Paperback: 183 pages

Publisher: Rowman & Littlefield Publishers (November 20, 2006)

Language: English

ISBN-10: 1566993288

ISBN-13: 978-1566993289

Product Dimensions: 5.6 x 0.5 x 8.4 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (60 customer reviews)

Best Sellers Rank: #53,663 in Books (See Top 100 in Books) #22 in Books > Christian Books & Bibles > Ministry & Evangelism > Sermons #69 in Books > Christian Books & Bibles > Churches & Church Leadership > Church Leadership #879 in Books > Religion & Spirituality > Worship & Devotion

## **Customer Reviews**

Generation to Generation: Family Process in Church and Synagogue! am an evangelically-minded United Methodist pastor working on my Doctor of Ministry at Asbury Theological Seminary. It was through this program that I encountered this book. As I read it, I had an "Aha!" moment on every page. Repeatedly, I found myself saying, "Now I understand why this happened...why s/he said

this...why I felt that..."Steinke has specialized in making the Family Systems theory of Murray Bowen, as taught by his personal mentor Edwin Friedman, accessible to and practical for Christian leaders and congregations. He accomplishes this task exceedingly well, not only in this book, but in "Healthy Congregations" and "How Your Church Family Works." I heartily recommend any of these three books to any congregational leader (lay or clergy) who wants to understand the emotional dynamics that drive the anxiety, tension, and conflict in so many congregations. Steinke's (and Bowen's and Friedman's) advice to leaders could be summarized in three simple statements: 1- Regulate your anxiety; 2- Define or differentiate yourself in terms of values and beliefs; 3- Stay in touch with the people in the midst of their issues. These are simple to say, but not so simple to DO. You will have to read the book(s) to gain a full understanding of what these statements mean. And you will spend the rest of your life learning how to do them. They are not "quick fixes." If you're looking for "quick fixes," don't read this book.

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