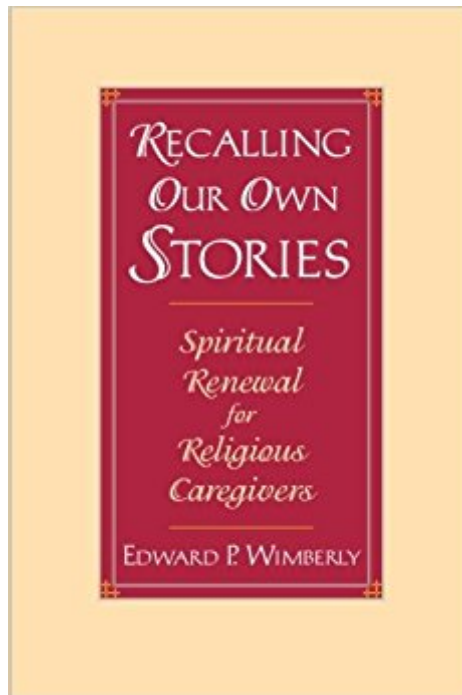




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Recalling Our Own Stories: Spiritual Renewal For Religious Caregivers



Synopsis

Reconnect with your original call to ministry and passion for caregiving with this spiritual renewal retreat in book form. Clergy and other professional religious caregivers routinely find that parishioners and clients expect from them a superhuman level of empathy and love—a level that embodies God's love. Many of these caregivers expect no less of themselves. This myth of perfection often leads to burnout in caregivers, who then run the risk of damaging themselves and others. Minister and counselor Edward P. Wimberly crafts a powerful and innovative path to renewal based on his popular workshops and retreats. He guides religious professionals—trained to attend to the stories of others—to reexamine the personal and professional stories that shape their own lives as individuals, family members, and ministers. *Recalling Our Own Stories*, a spiritual renewal retreat in book form, guides religious professionals in reconnecting with their original calling. Most important, it offers readers ways to reauthor their personal mythologies, giving them renewed vigor in ministry and caregiving. Wimberly shares the varied life stories of caregivers of diverse cultural backgrounds while walking readers through the process of revisiting their lives, recognizing unrealistic expectations, and transforming wounded beliefs into sources of compassion, strength, and renewal.

Book Information

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Customer Reviews

"A creative and practical work." "This book teaches us how to care; not only for ourselves, but for those who care among us. Based on sound and mature spiritual and psychological principles, *Recalling Our Own Stories* will serve as an antidote for burnout as no other work can." (Brian H.

Childs, PhD, Professor of Pastoral Theology and Counseling, Columbia Theological Seminary)

"Wimberly moves beyond the individualistic focus of many books on self-care of religious caregivers, and attends to how cultural myths about gender and ethnicity interact with personal and familial myths to shape our religious vocations as caregivers. This is a refreshing and thoughtful resource to those of us who want to remember and reclaim our vocations." (Carrie Doehring, Assistant Professor of Pastoral Psychology, School of Theology, Boston University) "Religious caregivers will find the process of reauthoring myths, described through Wimberly's own vulnerability and a wide range of case studies, a powerful personal resource." (Bishop S. Clifton Ives, The United Methodist Church, West Virginia Area) "This book provides a warm invitation to vital spiritual growth by exploring the pivotal stories and images that give us roots for our life journey. A wonderful resource." (Richard A. Hunt, PhD, Graduate School of Psychology, Fuller Theological Seminary)

This spiritual renewal retreat in book form helps "burnt-out" religious professionals reconnect with their original call to ministry by recalling and "reauthoring" their personal stories. Embodying God's unconditional love and empathy is the unrealistic expectation many parishioners and clients have of their clergy and religious caregivers. This myth of perfection often leads caregivers to burn-out, running the risk of damaging themselves and others. Based on his popular workshops and spiritual retreats, minister and counselor Edward P. Wimberly crafted a powerful and innovative path to renewal: he guides religious professionals

- trained to attend to the stories of others
- to reexamine the personal and professional stories that shape their own lives as individuals, family members, and ministers.

Wimberly shares the varied life stories of caregivers of diverse cultural backgrounds while walking readers through the process of revisiting their lives, recognizing unrealistic expectations, and transforming wounded beliefs into sources of compassion, strength, and renewal.

This book was assignment for a CPE class I completed. While mostly directed at ministers/priests/clergy and seminarians, it can be a resource for others to open how we view our own lives---the "myths" about ourselves and our families that persist and drive us---and ultimately to make the changes that can be the/a difference going forward.

This book was recommended to me by my sister a minister who read it while in seminary. She stated it made her reexamine her own life and she gained a better perspective of how to live life to

the fullest. She knew I've been struggling with a painful pass and have lost my direction for the future. She said this book would help. She also stated it will be a painful lesson but a lesson that will be of greater value for my future. Anything that will help me find myself, give me peace and take away some of my pain I'm grateful for.

This is a book that challenges the "story" that you have learned, perhaps unintentionally. We are imprinted by our families. Sometimes those lessons don't get resolved and it comes back to affect us. When we are in ministry, this can affect our ministry performance. This book is intended to raise questions and help us face our concerns. If we find we need further help, then that must be done. This book challenges us; it does not try to solve all the issues.

The way it was written both with its use of stories as examples along with the facts made this a very easy enjoyable read. The way the many myths play into the minister as an individual, as a parent in the ministers family and the minister as a part of the church family system was very well explained.

Delivered quickly and in perfect condition! It is also an incredibly insightful read. I work as a hospital Chaplain so it speaks directly to what it is that I do, but I would suggest this book to just about anybody in need of spiritual renewal or retreat, particularly if you're serving in a field of ministry. I only wish that it came in digital form.

All is well

Eye-opening reading of the impact of one's family of origin on life. Especially like the discussion questions at the end of the chapters. A good resource for all entering a ministry-type job.

Excellent book! Very compelling read.

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