



# Self-Care in a World Needing Care

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# A Story

“ All true theology begins in pain.”

(Dorothy Soelle)

# First (OLD) Covenant



*Hesed* is a love that is so enduring that it persists beyond any sin or betrayal to mend brokenness and graciously extend forgiveness:

“No one is cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love (*hesed*).”  
(Lamentations 3:31-32)

# Second (New) Covenant

This idea that God loves people whether or not they give a damn isn't new. .. What *is* new about the New Covenant, therefore, is not the idea that God loves the world enough to bleed for it, but the claim that here he is actually putting his money where his mouth is.

*Frederick Buechner (Wishful Thinking)*

# Self-care & Estates Ministry



- ▶ The rawness of life: “it’s the hope that kills you.”
- ▶ The danger of heroism: “I’m the only one who can help.”
- ▶ The opportunities of partnership: looking beyond the church

# Questions for reflection

- ▶ How helpful do you see the idea of Covenant as a way of understanding the nature of your call and your duties, especially as it relates to your wellbeing?
- ▶ What are the specifics about ministering on estates that bring particular challenges and joys to living healthily for a Christian minister and your households?
- ▶ What counsel can you give to one another from your own experience of neglecting or attending to your own wellbeing?

