



# Eastern NC Ministerial Alliance

Monthly Meeting

11.3.21

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1. Kimberly Evans
2. Kyle Johnson
3. Pastor Taybron
4. Roy A Gray
5. JT Worthy
6. Bishop Shelton Daniel
7. J Russell Harris
8. Keisha Spivey
9. Angela King
10. Richard Gerald
11. Tevin Boykin
12. Dennis Jones
13. James Gailliard
14. Nehemiah Smith
15. Demonte Daniels
16. O.D. Sykes
17. Robert Yarbrough
18. Oliver Washington
19. Hazel Blount
20. Heather Scriven
21. Antoine Brown
22. Lorenza Johnson
23. Dennis Jones
24. Stephanie Battle
25. Richard Gerald
26. Tonya Forman
27. Michael D Perry
28. Jacqueline Jenkins
29. Felix Petteway
30. Robin Atwater
31. Beulah Daniel
32. Trishonda Roberson
33. Tonya Parker
34. Milton V Batts
35. Willie Gatling
36. Watts
37. Bishop James Daniel



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## Section Title

- I. December Gathering: First Wednesday in December will be a place to find rest and relaxation with each other through fellowship in person at Word Tabernacle Church
  - A.

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## Redistricting Overview: James Gailliard

- I. New House Maps were approved out of the general assembly yesterday. They will be in the Senate tomorrow.
- II. Senate house and congressional maps will be approved by end of day tomorrow
- III. Those bills are not subject to veto by the governor so they will become law.
- IV. Court cases are already filed against them. We are in a space of having gerrymandered maps.
- V. The districts in our region don't look very different.
- VI. Congressional is a bit different.
- VII. State house and and senate has changed a little
- VIII. Princeton has a watchdog organization that watches maps across the country. NC maps were graded an "F" as amongst the worst maps in the country.
- IX. The fight will be in the courts. People will run on the current maps and changes may be done later. The only way to really deal with bad gerrymandering is to vote well. There isn't much we can do locally.
- X. There has been loss of population in rural areas and increased population in urban areas.

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## Tonya Forman: CARE Citizens Activating for Representation and Equity

- I. "The train has already left the station." Voting about maps has already happened. The only thing we can do now as a collective is prepare for the court battle.
- II. There will be a reduced amount of representation of Black elected officials and our choices.
- III. Letters of opposition and concern should be sent to the public comment section on the senate's page. Send the letters to people who are cochairs on committees.

A. Send them to

1. Redistricting  
Co-chairs in the

Senate: Senator  
Ralph Height,



- Senator Warren 2.  
Daniel, Senator Paul 3.  
Newton..... also,  
Representative:  
Destin Hall
- B. Letters and opinions can be used as evidence in trial during the court process.  
C. It is good to have letters from organizations as a whole, churches as individuals, and  
D. social media posts ideas  
1. People should choose their elected officials. Elected officials shouldnt choose them.  
2. NC is  $\frac{1}{3}$  Republican,  $\frac{1}{3}$  Democrat,  $\frac{1}{3}$  Unaffiliated  
E. Forman can send templates and provide education
- IV. Districts should be drawn as a reflection of
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## Self Care: Dr. John Mendez

- I. Retired pastor after pastoring for 48 years. 1 Church for 6 years, and the other for 42 years in Winston Salem.
- II. Currently runs an organization about Mindset and mindsight
- III. Pastors should take time to reflect on themselves. It takes wisdom to admit that there is a need.  
A. Pastors report all the good about things but then struggle to tell the struggles of life of ministry  
B. The issues are larger than the pandemic
- IV. Healthcare can be hazardous to your physical and mental health.
- V. Pastors are directly and indirectly affected by the ministries in which they serve. This can be about tragedies in the church and in the community.
- VI. Pastors serve the daily emotional, social, spiritual, and physical well being of the church and community. This can be rewarding but the stress in ministry can also be depleting and debilitating, discouraging, and demoralizing.
- VII. At the end of the day, the pastor takes home the impact of "Secondary Stress" which is as much a part of the pastoral experience as the bacterial infections.
- VIII. The status of helping doesn't keep us immune to the suffering of others
- IX. It is important for pastors to evaluate their exposure and response to trauma because how we are impacted by our work in the present directly affects our work in the future. Our relationship with our work will influence our inner life as well as our experiences with others. It can set a cycle of damage in motion if we are not aware of it.
- X. We are often not heard like others but we need to be. Especially from our friends and a healthy community of people.



- XI. Secondary Stress is also known as Burnout compassion fatigue.
- A. Cynicism : Being a pastor is not what it used to be. Nothing is going to change.
  - B. I'm burdened with stupid things and tirival questions
  - C. Workaholics
  - D. Isolation: they are nice but I don't feel connected to them.
  - E. Boredom: I am so tired of doing the same thing. When I'm not killing myself working, I am bored to tears.
  - F. Depletion: it is taking me longer and longer to do less and less. I don't feel passionate about pastoring as I did in the past.
  - G. Conflict: Everything seems to get on my nerves. I fight with everyone.
  - H. Arrogance: I wish I did not have it deals ith such imcompetrnate people and staff
  - I. Helplessness: I do not believe I can do this any more or can change my situation.
  - J. I have no time for family and friends.
- XII. Vicarious Trauma
- A. The stories we hear from our members transfer on to us so that we are traumatized by the images and details
  - B. It isn't always something that people do to us. It is the natural human response to things
- XIII. Symptoms
- A. Physical: Exhaustion, Sleep difficulty
  - B. Somatic problems: head/stomach aches, colds, flue
  - C. Emotion: Anxiety, depression, guilt,
  - D. Behavioral: Aggression, pessimism, defensive, substance abuse
  - E. Work Related: wanting to quit, absenteeism, tardiness, work becomes a burden
  - F. Interpersonal: mechanical communication, can't focus, withdrawn, dehumanizing and intellectualizing members.
- XIV. Warning Signs
- A. Feeling helpless and hopeless
  - B. You cannot do enough
  - C. Hypervigilance
  - D. Diminished creativity
  - E. Inability to embrace complexity
  - F. Minimizing chronic exhaustion
  - G. Inability to listen
  - H. Avoidance
  - I. Numbness
- XV. Read Howard Thurman: A link to books by Howard Thurman:  
[https://www.amazon.com/s?k=howard+thurman&ref=nb\\_sb\\_noss\\_2](https://www.amazon.com/s?k=howard+thurman&ref=nb_sb_noss_2)
- XVI. Ways to avoid burn out
- A. Engage with family: you feel the bankruptcy of your family at the end of your ministry time
  - B. Go out to eat.
  - C. Enjoy yourself. Read books. Poetry. Reflect on things you love and that develop you.
  - D. Connect with friends



- E. Take long walks, listen to music
- F.

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## Next Steps

- I. ENCMA "Christmas Fellowship Meeting"
  - A. Wednesday, December 1, 2021 at 2pm at Word Tabernacle Church
  - B. Ministers and Spouses welcome
  - C. Registration (required) via the ENCMA website