

✦ From Weary to Wholehearted ✦

An Invitation to a Clergy Cohort
with Rev. Callie Swanlund & Rev. Gary Step

Pastors today are carrying heavy burdens—loneliness, shifting realities, illness, loss, and declining attendance have left many weary, wondering if they can continue.

This 7-session cohort is designed exclusively for clergy who long to rekindle their passion for ministry and cultivate a sustainable rhythm of life and leadership.

Our Guide

Each session draws from *From Weary to Wholehearted* (Swanlund) with:

- Scripture & reflection prompts
- Research-based insights
- Honest conversation & original prayers

Cost: Purchase a copy of the book prior to the first session.

The Journey (The specific meeting dates and days are below)

- Oct – Introduction & Part 1: Making an Impact
- Nov – Part 2: Feeling Seen & Finding Belonging
- Dec – Part 3: Being Vulnerable & Setting Boundaries
- Jan – Part 4: Traveling Alone / With Others + Part 5: Recognizing Burnout
- Feb – Part 6: Prioritizing Rest
- Mar – Part 7: Reigniting Your Spark
- Apr – Part 8: Integrating Creativity & Sustainability + Closing: Living Wholeheartedly

What You'll Gain

- ✓ Practical tools for rest, renewal, and resilience
- ✓ Honest conversations with fellow clergy

- ✓ Spiritual practices rooted in scripture & the liturgical rhythm
- ✓ A safe space to name challenges and rediscover joy in your calling

✦ Cohort Details

Duration: 7 sessions

Length: 90 minutes each

Format: Virtual

Begins: October 2025 (see below for meeting dates)

Facilitators: Rev. Callie Swanlund & Rev. Gary Step



Rev. Callie Swanlund is an Episcopal priest | Certified Daring Way Facilitator | Author of *From Weary to Wholehearted*

Callie guides others in knowing their belovedness and reclaiming their Spark. Drawing from the work of Brené Brown, she blends deep wisdom and compassion with practical tools for clergy renewal.

Session Dates:

1. Mid-month Thursdays, 12 noon – 1:30pm → *10/15, 11/13, 12/11, 1/15, 2/12, 3/12, 4/23

*Note: the first meeting will be on a Wednesday

🔗 Register Now

Space is limited to 6 per cohort.

Register by October 10th.



[From Weary to Wholehearted sign-up link](#)

"This cohort is not a quick fix, but a companion on the journey—reminding you that you are not alone and equipping you to lead with your whole heart."



**United Methodist
Foundation** of Michigan