

## **Pastors Spiritual Health Cohort**

**9 months | Cohorts start October 2025 & March 2026**

### **Inviting Vineyard Pastors . . .**

This cohort pursues an integrated approach to spiritual formation. We will intentionally unpack the state of your soul, how God made you, what brings joy, and what detracts from your journey as a soul before Jesus. By combining retreat, formation practices, spiritual direction, and sacred community spaces, we'll gather to investigate what Jesus is doing in each of us, and how to tap into the unforced rhythms of His grace. We are passionate to see pastors refreshed, rested, and renewed in community with Jesus and others. We desire for you to thrive in leadership of your local church, increase your impact, and further personal integrity for the long-haul — no matter the ministry challenges! We'll visit tender topics such as knowing yourself and your story, revisiting desire, life-giving practices, utilizing expert resources to guide us through finding rest, being restored, crafting a rule of life, practicing sabbath, how to retreat, and how to allow Jesus to care for our souls.

### **You'll Receive**

- Assessments aimed at increasing awareness around transformational practices that best fit this season of your life and ministry
- In-person retreat to practice rest and recovery
- Pastoral coaching and mentoring
- Expert resources in Spiritual Formation practices
- Individual spiritual direction
- Weekly communal spiritual practices
- Monthly large-group (online) gatherings and reflection times

### **Cost**

We're asking participants to cover costs at \$300 towards the training, retreat cost, coaching, mentoring, and spiritual direction resources, as well as travel costs to the retreat.

### **Interested?**

Applications are open; to have a conversation if this is right for you, contact Kristi Caulley, [kristi.caulley@vineyardusa.org](mailto:kristi.caulley@vineyardusa.org), or fill out the connect form:

