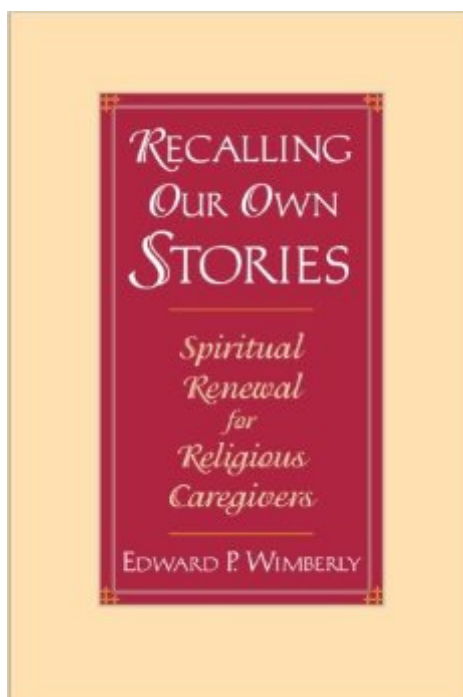


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# Recalling Our Own Stories: Spiritual Renewal For Religious Caregivers



## 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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Average Customer Review: 4.6 out of 5 stars — See all reviews — (14 customer reviews)

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## Customer Reviews

One of the issues that clergy and other ministers have to face is the prospect of burn-out. Whether they are (by some definitions) sole ministers in charge of a church or chaplaincy, or whether they are part of a team, the prospect of burn-out is a very real one - this can happen in terms of physical

well-being (some will work themselves too many hours a week without rest for too long, and suffer the effects), and sometimes it can occur spiritually, in terms of disillusionment, lack of direction, lack of focus, or a lack of the same kind of satisfaction of fulfilling a vocation which drew the person to ministry in the first place. In many ways, this book by Edward Wimberly is a retreat in a book. Wimberly has experience at leading retreats and workshops for ministers and religious caregivers to 'explore our deep convictions and beliefs about ourselves, our marriages, our families, and our lives in ministry.' Over time, Wimberly noticed certain patterns, and applied the idea of narrative interpretation (setting up one's own story and mythology) to understanding these kinds of patterns and influences in our lives. This text looks at many different issues. One issue is the idea of expectations - can ministers and religious caregivers live up to expectations? Are the self-expectations of ministers the same as those expected by members of the community or congregation? Another issue is that of cultural influences and our own interpretations of our lives - to what extent do we let the outside world define us? After an introductory chapter that opens the field in terms of biblical and church tradition, Wimberly looks at the issues of personal, marital, family and ministerial interpretations and meaning-making successively.

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