



PRESBYTERY OF CHICAGO

Finding & Being Hope:

Restorative Practices for Building Resilience

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Associate Executive Presbyter

Adult Education Session – Sunday, January 28, 2024

Community Presbyterian Church, Clarendon Hills, IL



*Resilience is the ability to **thrive, adapt and cope** despite tough and stressful times. Let's learn **concepts and practices** that can **restore and recenter us, increasing** our resilience for living, mission and ministry and community building.*

Finding & Being Hope

What do these words (Finding Hope, Being Hope) mean to you as a part of this faith community?

What scripture passages or promises of God help to restore and recenter you?

We have this hope, a sure and steadfast anchor of the soul. . . .

Hebrews 6:19a NRSV

Resilience. Trust the power and wisdom of our scriptures and spiritual practices to cultivate resilience and well-being across all ages.



Adversity & Resilience – Layers of Adversity

Adverse **childhood** experiences

(Leaves and branches)

Abuse - emotional, sexual, physical

Substance abuse

Domestic violence

Neglect - physical, emotional

Parental separation

Mental illness

Incarceration

Adverse **community** environments

(Roots)

Poverty

Racism, discrimination

Poor / unaffordable housing

Community violence
Lack of educational, economic opportunity

Slavery

Genocide

Mass incarceration

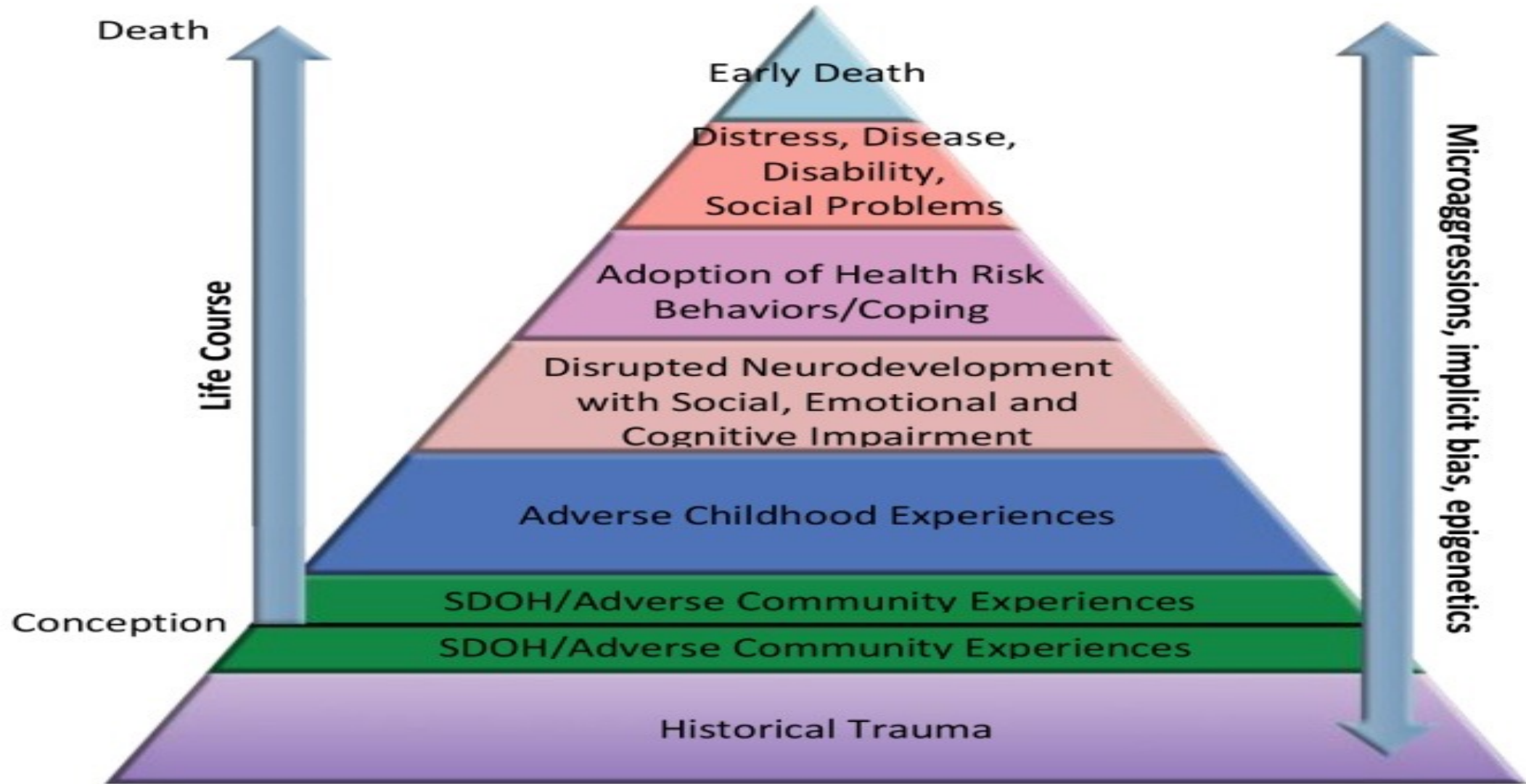
Holocaust

Forced displacement

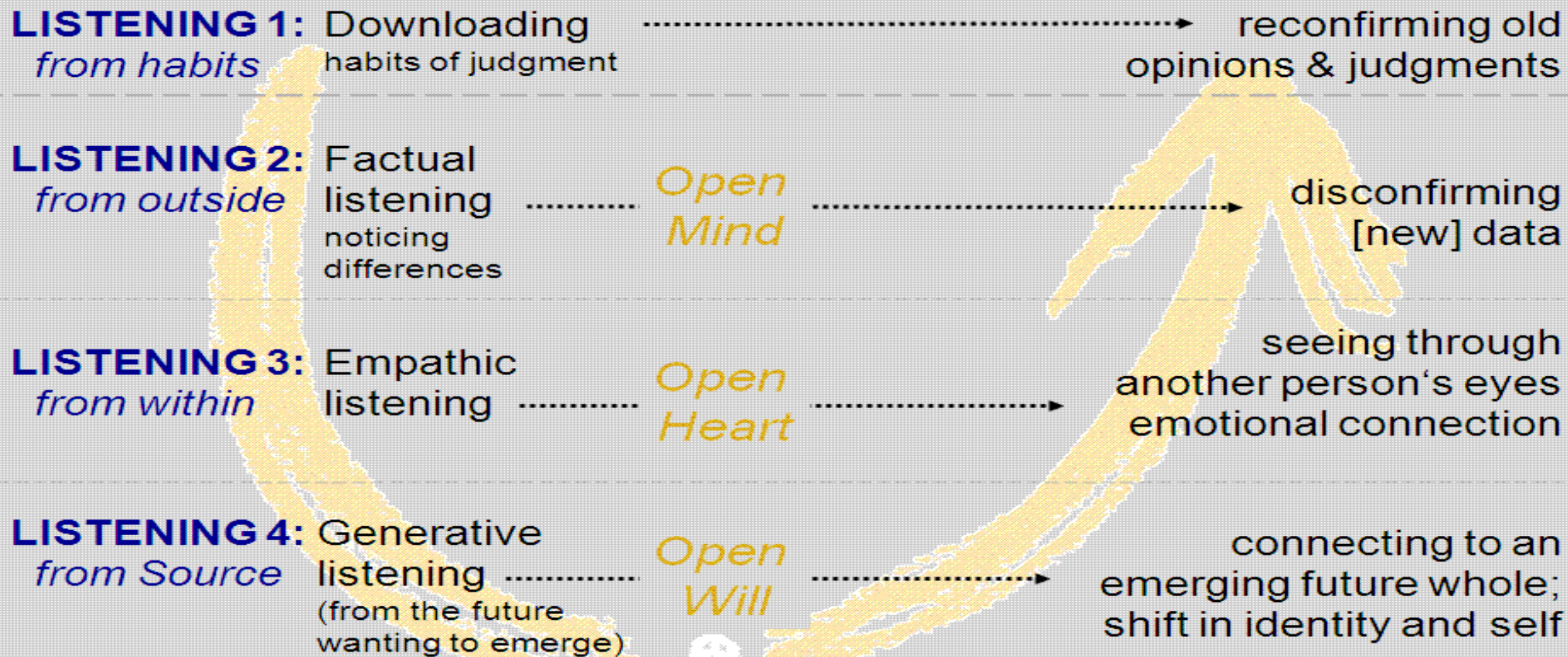
Adverse **collective historical** experiences (Soil)

Adapted from Ellis W., Dietz W., BCR Framework. Academic Peds (2017).

Adversity & Resilience - Lifetime



Levels of Listening



Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

Attachment & Belonging

RELATIONSHIPS

with caring and competent

people are

—VITAL—

contributors to
resilience & recovery





Community, Faith & Cultural Processes



**f o s t e r
t h r i v i n g
c o m m u n i t i e s**

Finding Hope, Being Hope TOGETHER

lifting all beings



RESOURCES

- ***PDA Resilience Handout*** – spiritual practices
- ***Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*** – Book by Ruth Haley Barton
- ***The Body Keeps Score: Brain, Mind, and Body In the Healing of Trauma*** – Book by Bessel A. van der Kolk, M.D.
- ***The Integrity of the Body of Christ: Boundary Keeping As Shared Responsibility*** – Arden F. Mahlberg, Craig L. Nesson