



# Switch Off: The Clergy Guide to Preserving Energy and Passion for Ministry

*Heather Bradley*

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Many members of the clergy are committed to their vocation, yet struggle to remain engaged and energized. The pressures of congregational and family commitments take their toll.

Clergy are part of a profession like no other. However you define it, the label “clergy” represents a collection of roles that come together in various combinations based on religion, congregational size and congregational structure. Frustration can build when clergy think they are delivering what is expected of them and feedback (formal or informal) is received to indicate expectations are not being met. Worse, in the absence of feedback, clergy can be caught off guard if they assume everything is fine only to learn unexpectedly everything is not fine.

This book will help you examine the roles you inhabit and the roles of others around you. You will also be challenged to look at old problems in a new way and offered tools to unwind the complexities of your personal situation and develop new habits to manage expectations.

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