



Pension Fund
of the Christian Church
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Name: _____

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WEEK OF MINISTRY PASSPORT



Ministry is meaningful work, but it can also be demanding. This Week of Ministry, we are inviting ministers to make time for their own well-being. Complete these six well-being practices and submit your passport for **a chance to win a free registration to The Gathering: A Retreat for Clergy in 2027.**



PRAY: CONNECT WITH GOD

Take time to pray or engage in another spiritual practice that helps you reconnect with God.



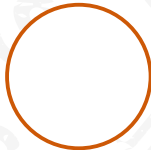
MOVE: GET ACTIVE

Spend time being physically active in a way that feels good and works for you.



CONNECT: REACH OUT TO SOMEONE CLOSE TO YOU

Connect with someone you care about. Make a phone call, send a message, meet for coffee, or simply spend time together.



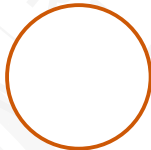
SAVE: TAKE A STEP TOWARD FINANCIAL WELLNESS

Take one action toward your financial well-being. Save a little extra, reach out to a financial guide, or learn a new budgeting strategy.



REFLECT: CHECK IN WITH YOUR MENTAL WELL-BEING

Take time to reflect on how you're doing and identify one step you can take to support your mental well-being.



REST: TAKE TIME TO RECHARGE

Take intentional time to rest and recharge.

At the end of the week, submit your completed passport to mra@pensionfund.org with a message of what this week meant to you.