



FRONTLINE

Spiritual Mothering Cohort

Women of Frontline Yukon,

We are excited to invite you to join us and a small group of Frontline Yukon women leaders for a "Spiritual Mothering Cohort." We have designed this cohort for "spiritual mothers" in our congregation who are currently carrying the weight of leadership, discipleship, and/or pastoral care. The curriculum for this 8-week cohort was curated based on the specific need for equipping the women of our church to continue on in the ministries God has assigned them. In addition, our hope is that the 8-10 women who participate in this cohort would feel equipped and confident to lead a broader development training for more women leaders in our church in the future.

WHAT WILL THE COHORT ENTAIL?

The themes of the cohort will include:

- emotional health
- reflective listening and self-forgetfulness
- listening and healing prayer
- shame, trauma, and grief
- anxiety and depression
- leadership and anxious systems dynamics
- spiritual mothering

*A time commitment of approximately 30-50 pages of reading and a brief written response or reflection will be due weekly.

WHEN AND WHERE?

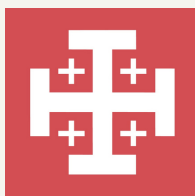
The cohort will be held at the **Frontline Yukon Office (514 Elm Avenue)** on **Monday evenings at 6:30pm-8:30pm** from **October 4th - November 15th**. Elders and leaders from a few of our Frontline congregations will be joining us in Yukon for the time of teaching on our Monday nights together. In addition, there will be an overnight retreat on **September 24th-25th**.

HOW MUCH?

\$25 towards the overnight retreat and books.

You are such a blessing to our church and we want to labor with you in equipping the saints for the work of ministry, for building up the body of Christ. (Eph. 4:12). We understand that this cohort will be a costly commitment for you, but we believe that the Lord is ready to bless, strengthen, and equip you in your sacrifice. **You are invited to join us** in this endeavor and hope that you find it rewarding and life-giving. **Please RSVP to this email no later than August 15th to let us know if you are able to attend.** We so look forward to growing and serving alongside you all.

With Much Affection,
Sarah Hunter and Laura Chapin



MONTH	THEME	WEEK	GATHERINGS AND DEADLINES	INTEGRATION AND TEACHING	READING(S) DUE	EXERCISE(S) DUE
August	Pre-Assessment	–	Complete both online onboarding pre-assessments by Sunday, August 29th, at 10:00p.	–	Read Frontline's one-page "Guide to Sharing Life Stories"	- Take the online "Reality Check Self Assessment." Sarah and Laura will be automatically forwarded a copy. - Take the online "Leadership Self-Assessment." Sarah and Laura will be automatically forwarded a copy.
September	Emotional Health	– Aug 30 – Sep 5	Reading and online self-assessment due by Sunday, September 5th, at 10:00p.	–	Read chapter entitled "Face Your Shadow," in <i>The Emotionally Healthy Leader</i>, by Scazzero	After reading the chapter, complete the brief self-assessment embedded in the chapter, entitled "How Healthy Is Your Approach to Your Shadow?" and submit a brief online reflection on the results of your self-assessment. Sarah and Laura (and only Sarah and Laura) will automatically receive your submission. Let the suggestions at the conclusion of the chapter guide you (entitled "Understanding Your Shadow Assessment").
		– Sep 6 – 12	Reading and online self-assessment due by Sunday, September 12th, at 10:00p.	–	Read chapter entitled "Lead Out of Your Marriage or Singleness," in <i>The Emotionally Healthy Leader</i>, by Peter Scazzero	After reading the chapter, complete the brief self-assessment embedded in the chapter, entitled "How Healthy Is Your Ability to Lead Out of Your Marriage or Singleness?" and submit a brief online reflection on the results of your self-assessment. Sarah and Laura (and only Sarah and Laura) will automatically receive your submission. Let the suggestions at the conclusion of the chapter guide you (entitled "Understanding Your Assessment of Leading Out of Your Marriage or Singleness").
		– Sep 13 – 19	Reading and online self-assessment due by Sunday, September 19th, at 10:00p.	–	Read chapter entitled "Slow Down for Loving Union," in <i>The Emotionally Healthy Leader</i>, by Peter Scazzero	After reading the chapter, complete the brief assessment embedded in the chapter, entitled "How Healthy Is Your Experience of Loving Union with God?" and submit a brief online reflection on the results of your self-assessment. Sarah and Laura (and only Sarah and Laura) will automatically receive your submission. Let the suggestions at the conclusion of the chapter guide you (entitled "Understanding Your Loving Union Assessment").
		1 Sep 20 – 26	- Reviewing Frontline's one-page "Guide to Sharing Life Stories" and preparing your life story is due by Thursday, September 23rd. - Reading "Why Every Local Church Needs Spiritual Mothers" is also due by Thursday, September 23rd. Overnight Retreat - Friday, September 24th to Saturday, September 25th - Scazzero reading and online self-assessment due by Sunday, September 26th, at 10:00p.	- Life Stories - Sharing and Prayer	- Read chapter entitled "Practice Sabbath Delight," in <i>The Emotionally Healthy Leader</i>, by Peter Scazzero - Read "Why Every Local Church Needs Spiritual Mothers," by Jen Foster	- Review Frontline's one-page "Guide to Sharing Life Stories" as you prepare to share your life story at the retreat. (Many people find it helpful to write their story down.) - After reading the chapter, complete the brief assessment embedded in the chapter, entitled "How Healthy is Your Practice of Sabbath Delight?" and submit a brief online reflection on the results of your self-assessment. Sarah and Laura (and only Sarah and Laura) will automatically receive your submission. Let the suggestions at the conclusion of the chapter guide you (entitled "Understanding Your Sabbath Assessment").
		– Sep 27 – Oct 3	Break (no cohort gathering on Monday, September 27th)			

MONTH	THEME	WEEK		GATHERINGS	INTEGRATION AND TEACHING	READING DUE	EXERCISE DUE
October	Reflective Listening and Self-Forgetfulness	2	Oct 4 – 10	Weekly Cohort Gathering - Monday, October 4th - Frontline Yukon Office 6:30p–8:30p	- Small group reflection, sharing, and prayer <i>Reflective Listening and Helping Relationships</i> (J. J. Seid) <i>Integration and the Quadrants</i> (Kori Hall)	- Read "Introduction," "Ch. 1: Life Is Hard," "Ch. 2: Our Hearts Are Busy," "Ch. 3: Hard Circumstances Meet Busy Hearts," and "Ch. 4: Sin Weighs a Lot," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read <i>The Freedom of Self-Forgetfulness</i>, by Tim Keller	After completing weekly reading, submit online weekly reflection. Sarah and Laura (and only Sarah and Laura) will automatically receive your submission. Due Saturday, October 2nd.
	Feminine Essence and Prayer, Pt. 1	3	Oct 11 – 17	Weekly Cohort Gathering - Monday, October 11th - Frontline Yukon Office 6:30p–8:30p	- Small group reflection, sharing, and prayer <i>Personal Prayer</i> (Brian and Myrna Elliott)	- Read "Ch. 5: Say 'Help' to the Lord," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read <i>Enjoy Your Prayer Life</i>, by Michael Reeves - Watch "A Biblical Theology of Female-ness" by Andrew Wilson [44:14] - Read "Beautiful Difference: The Complementarity Of Male And Female," by Andrew Wilson	After completing weekly reading, submit online weekly reflection. Due Saturday, October 9th.
	Shame, Trauma, and Grief	4	Oct 18 – 24	Weekly Cohort Gathering - Monday, October 18th - Frontline Yukon Office 6:30p–8:30p	- Small group reflection, sharing, and prayer <i>Grief</i> (Sarah Hunter)	- Read "Ch. 6: Say 'Help' to Other People," and "Ch. 7: Remember, We Have the Spirit," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read "Shame and Trauma," from <i>Suffering and the Heart of God</i>, by Diane Langberg	After completing weekly reading, submit online weekly reflection. Due Saturday, October 16th.
	Prayer, Pt. 2	5	Oct 25 – 31	Weekly Cohort Gathering - Monday, October 25th - Frontline Yukon Office 6:30p–8:30p	- Small group reflection, sharing, and prayer <i>Prophetic and Healing Prayer</i> (John and Darcy Riner)	- Read "Ch. 8: Move toward and Greet One Another," "Ch. 9: Have Thoughtful Conversations," and "Ch. 10: See the Good, Enjoy One Another," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read "Discerning God's Voice," from <i>The Beginner's Guide to the Gift of Prophecy</i>, Deere (pp. 63–78)	After completing weekly reading, submit online weekly reflection. Due Saturday, October 23rd.
	Anxiety and Depression	6	Nov 1 – 7	Weekly Cohort Gathering - Monday, November 1st - Frontline Yukon Office 6:30p–8:30p	- Small group reflection, sharing, and prayer <i>Anxiety</i> (Ryan Hunter)	- Read "Ch. 11: Walk Together, Tell Stories," and "Ch. 12: Have Compassion during Trouble," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read chapters 1–4 from <i>Depression: Looking Up from the Stubborn Darkness</i>, by Ed Welch - Optional: Read "Fear Is Not Sin," by Ed Welch	After completing weekly reading, submit online weekly reflection. Due Saturday, October 30th.
November	Integrated Leadership and Anxious Systems	7	Nov 8 – 14	Weekly Cohort Gathering - Monday, November 8th - Frontline Yukon Office 6:30p–8:30p	- Small group reflection, sharing, and prayer <i>Integrated Leadership and Anxious Systems</i> (Jeff Nine)	- Read "Ch. 13: Pray during Trouble," and "Ch. 14: Be Alert to Satan's Devices," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read "Sources of Relational Anxiety" and "Applying Family Systems to Leadership," from <i>Managing Leadership Anxiety: Yours and Theirs</i>, by Steve Cuss	After completing weekly reading, submit online weekly reflection. Due Saturday, November 6th.
	Spiritual Mothering	8	Nov 15 – 21	Final Gathering and Celebration Dinner - Monday, November 15th - Frontline Yukon Office 6:00p–8:30p [notice the earlier start time]	- Small group reflection, sharing, and prayer <i>Spiritual Mothering</i> (Laura Chapin)	- Read "Ch. 15: Prepare to Talk about Sin," "Ch. 16: Help Fellow Sinners," and "Ch. 17: Keep the Story in View," from <i>Side By Side: Walking With Others in Wisdom and Love</i>, by Ed Welch - Read "Developing A Culture of Women Discipling Women," by Bev Berrus - Watch "Sexual Intimacy," by Leslie Poe, <i>Frontline Marriage Symposium</i> [32:06], as a concrete example of a spiritual mother serving our body by providing unique leadership around a significant cultural counter-formation issue.	After completing weekly reading, submit online weekly reflection. Due Saturday, November 13th.