



# Baptist Union of Victoria

## Pastoral Health & Growth

### Covenant

A ***BUV Pastoral Health & Growth Covenant*** is a tool for all BUV pastoral/missional leaders who want to invest in ongoing health and growth. As such, it is encouraged for all pastors, but it is not compulsory. (It is required for Pastoral Leaders who seek accreditation with our BUV – see ***BUV Pastoral Leadership Accreditation***.)

A ***BUV Pastoral Health & Growth Covenant*** is seen as a reaffirmation of pastoral call through attention to godly and healthy ministry practice in all its dimensions including maintaining spiritual vitality, leisure and fitness, healthy relationships (family and with others outside the church), support and accountability, ongoing learning, broad ministry horizons and ethical practice. The covenant form invites plans for the following 3 years.

A ***BUV Pastoral Health & Growth Covenant*** is for the benefit of pastoral leaders and does not need to be lodged with our BUV office. Those applying for ***BUV Pastoral Leadership Accreditation*** will need to retain a copy of their ***BUV Pastoral Health & Growth Covenant***.

Ongoing support and accountability is important whenever we work toward achieving long-term plans. A 'Covenant Companion' can serve as a sounding board as you set your goals and can meet with you regularly (at least 4 times a year) to help you keep on track. Under the Pastoral Health and Growth Covenant all pastors are encouraged to have a Covenant Companion. There are two ways you can achieve this:

- Asking someone you trust to work with you in the achievement of the covenant plans you set yourself. This could be your mentor, supervisor, coach or spiritual director or a pastoral colleague you trust to encourage, support and challenge you in the fulfilment of your goals; OR
- Inviting your pastoral cluster or peer group to work with you in the achievement of your covenant plans. This would provide a more collegial process of ongoing input, support and accountability in your desires for healthy and growing ministry.

To enhance the ownership of the church or ministry context in the pastoral leader's health and development, a pastoral leader may choose to ask a church leader to sign off or hold them accountable to the ***BUV Pastoral Health & Growth Covenant***.

To enable pastors to monitor their own performance of the covenant, 1st and 2nd annual review tools will be available online. These will be useful tools for ongoing accountability with the companion/peer group.

# Baptist Union of Victoria Pastoral Health & Growth Covenant

Having heard and responded to a call from God to pastoral/missional leadership within our Baptist Union of Victoria through being:

- o An Ordained Pastoral Leader of our Baptist Union of Victoria
- o A Pastoral / Missional Leader at \_\_\_\_\_ Baptist Church
- o In a missional, ministry, chaplaincy or teaching role within a partner agency of our BUV
- o Other

I re-affirm my commitment to the call through the following covenant of healthy ministry practice:  
(Please list your own specific plans for the next 3 years in the boxes below)

1. Practices and disciplines of sustaining spiritual vitality (e.g. your own specific plans for personal prayer, retreats, spiritual direction, worship, Bible learning, small group):

2. Plans for personal health, leisure and fitness (e.g. your own specific plans for regular holidays, days off, diet, physical exercise and activities away from church):

3. Plans for protecting time with family and/or other key relationships (e.g. your own specific plans for time with family members, time for life-giving relationships, nights off from church work):

4. Regular practices of ongoing support and accountability (Please indicate your own specific plans for:
  - Personal support and accountability AND
  - Peer support and accountability:

5. Commitment to sustain healthy and ethical ministry practice (e.g. your own specific plans for familiarity with the BUV Code of Ethics for pastoral leaders; attendance at Professional Standards Workshops, plans for addressing areas of vulnerability):

6. Plans for ongoing learning and pastoral development (e.g. your own specific plans for ongoing study at degree or post-graduate level, courses, seminars, skills, reading, BUV equip days, conferences, growth in self-awareness and emotional intelligence, growth in missional and pastoral practice):

7. Plans for sharing in wider church and community life (e.g. your own specific plans for engaging with people who have no church involvement and/or expressing the 'better together' engagement of mission and ministry in the BUV):

8. Any other ongoing practices or plans to give expression to your commitment to healthy pastoral practice:

*Having completed your BUV Pastoral Health & Growth Covenant please 'save as' to your computer to retain your own copy of this pdf file. You can print and keep a hard copy if you wish. (there is no need to submit a copy to the BUV) If you are applying for BUV Pastoral Accreditation you will need to keep on file a copy of your current BUV Pastoral Health & Growth Covenant.*