

**From:** MTM Foundation [mtmfoundation@verizon.net]  
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**Subject:** "I don't know who I am anymore."



Ministering to Ministers Foundation, Inc. Newsletter  
July, 2010

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**[MTM Website](#)**

**IDENTITY AND SELF ESTEEM AFTER FORCED TERMINATION**

*"I don't know who I am anymore."*

Who are you? After suffering through forced termination, the wounded minister may very well answer, "I don't know anymore. I used to be pastor of Hillside Church, but now, I just don't know." When one is asked the "Who are you?" question, it is almost immediately answered by naming one's occupation. "I am CEO of this company." "I am a marriage and family counselor at that clinic." Implicit in this form of identification is the declaration: "I am a responsible person," "I earn my way," "I support my family financially." After the cataclysm of a forced termination, none of this seems true anymore. A fired minister begins to redefine him/herself as "loser," "failure," "incompetent," "worthless," and "unloved."

Ministers are not only hired, they are also called. This complicates things. If they were fired from a secular job, they would try to find another, no matter how bruised they might be from their treatment at the hands of their former employer. If they are forced out of a ministry position, they are unable to simply go job hunting - that is if they want to stay in ministry. Some, of course, are so traumatized they want nothing more to do with church or denomination. This is called "throwing the baby out with the bath water," but in this case, it is

## What's MTM all about?

### Our Mission:

The Ministering to Ministers (MTM) Foundation seeks to be advocates for clergy and their families in all faith groups who are experiencing personal or professional crisis due to deteriorating employment or congregation-clergy relationships.

### Upcoming Retreats

**July 26-30, 2010**

Samford University  
Birmingham, Alabama  
Co-sponsored by Samford University, Birmingham, Alabama

**August 30 - September 3**

Chanco on the James  
Spring Grove, Virginia

**November 15-19, 2010**

Geneva Camp & Retreat Center  
Holland, Michigan

### Personal Boundaries as Safeguards

From time to time, we would like to recommend articles that we believe you will find particularly helpful and enlightening. This particular one, "[Personal Boundaries as Safeguards](#)", is by Beverley Buston on our MTM Board. Click the above link to read this insightful article.

This article is found on the Educational Materials page of the [MTM Website](#). I would encourage you to explore

the minister who has been thrown out.

Most ministers have earned an undergraduate degree at a university and a post-graduate seminary degree - six to ten years of heavy investment in higher education. The minister could probably get a job pumping gas at Sunny Standard, but this might not be a career change a minister cares to make - and not one that requires a deep study of Greek and Hebrew.

After a forced termination, so many ministers plunge into clinical depression. They suffer from some of the following symptoms: depressed mood, feeling sad, diminished interest in most activities, insomnia or hypersomnia, fatigue, feelings of worthlessness, inappropriate guilt, diminished ability to concentrate, indecisiveness, recurrent suicidal ideation. This is complicated by the deep belief that one shouldn't be depressed if one truly has faith in God, and taking medication for depression is a sign of weakness.

We cannot stand by and watch good and called ministers be destroyed. How can these servants of the Lord find their lost identity? Ministering to Ministers (MTM) can help - and is about the kingdom task of doing just that.

*Roberta Damon, Ph.D*

### Forward the "MTM Messenger" to a Friend

You have friends and associates that would be interested in the ministry of Ministering to Ministers Foundation. You think they would like to read the "MTM Messenger". You can click [Forward Email](#) at the bottom of this page and forward this issue of "MTM Messenger" to them. If you will send their email address to [Cathy](#), she will be happy to add their names for this e-newsletter. **Help us share the good news of the ministry of MTM.**

**C.A.R.E. became the purpose of MTM:**

**Communicating  
Advocating  
Reclaiming  
Equipping**

**C.A.R.E. for ministers and churches as**

these resources.

together they reach people for Christ.

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## You Can Make a Difference -- Share the Story

The Ministering to Ministers Foundation (MTM) receives its funding mainly through the generosity of individuals and groups with whom MTM is connected.

We would like for you to share the MTM story with members of your family and friends, your Sunday school class, Bible study class, small group and your church.

Encourage them to be a part of this ministry by making a donation. This enables MTM to provide scholarships for ministers and their spouses so they can attend the Healthy Transitions Wellness Retreats, which are the center piece of this ministry.

We believe that healthy ministers produce healthy churches and healthy churches produce healthy communities.

Please encourage others to give generously so we can continue to help sustain healthy ministries.

Click the "Donate Now" button at the top of this e-newsletter to make a contribution now. We thank you for your support.

Cathy Ralcewicz  
Ministry Assistant and  
Director of Development

## On-line Shopping Benefits M T M

More and more people are now shopping on-line. Usually the prices are cheaper because of less overhead expense. We at MTM would like to introduce you to a plan that enables the MTM ministry to benefit from your on-line shopping at many of the same stores where you have been shopping on-line. The Skyhouse Mall can be accessed through the [MTM Website](#). Approximately 100 stores are included in the mall. The names of the stores

will be listed along with the percentage of your total purchase which will go to MTM. Though you will be shopping from the same store, for MTM to benefit you must go through the Skyhouse Mall. We are not trying to change your shopping habits, but if you shop on-line, it makes sense to let the MTM ministry benefit.

"Healthy ministers help produce  
healthy churches  
and healthy churches help produce  
healthy communities."

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