



# A Home Retreat: Self-Care in the Age of Social Distancing

**Online Zoom Retreat for Pastors and  
Commissioned Ruling Elders**

**Monday, May 4**

**10-11:30 a.m. (check-in, 9:45-10 a.m.)**

Sponsored by Beaver-Butler Presbytery's  
Collaboration, Fellowship and Youth Unit

Led by Rev. Graham Standish of *Samaritan Counseling*

## Registration

To register, email Barb Paff  
by Monday, April 27 at  
[office@beaverbutler.org](mailto:office@beaverbutler.org)

## Join Zoom Retreat

[https://zoom.us/j/95362570594?  
pwd=VkRPWVM3YjdwNDJjVVZx  
QzVCZVk4dz09](https://zoom.us/j/95362570594?pwd=VkRPWVM3YjdwNDJjVVZxQzVCZVk4dz09)

Meeting ID: 953 6257 0594  
Password: 432993

One tap mobile  
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#,432993# US (New York)

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Pastors and lay pastors are on the COVID-19 pandemic front lines caring for parishioners who are isolated, lonely, and afraid. But how do pastors cope with the stress of navigating this strange new world? Where do pastors turn in dealing with their own anxieties and fears?

During this time of retreat, participants will gain valuable answers, encouragement and respite. Our presenter, Rev. Graham Standish, PhD, MSW, MA, is executive director of *Samaritan Counseling, Guidance, Consulting* where he directs the *Caring for Clergy and Congregations* program.



**Beaver-Butler Presbytery**  
Serving God...Serving You