**Judson Press Title Presents Pastors with A Way-of-Life Process for Spiritual Deepening & Improved Effectiveness**

**VALLEY FORGE, PA (ABNS 5/18/15)**—The statistics of pastoral stress, depression, and burnout have long been a topic of discussion.  According to the *New York Times* (August 2010), “Members of the clergy now suffer from obesity, hypertension and depression at rates higher than most Americans.” How can ministers practice spiritual self-care for sustainable and transformative ministry?  In *Spiritual Practices for Effective Leadership: 7Rs of Sanctuary for Pastors*, author and ordained minister Debora Jackson reveals a self-care process to regain balance, spiritual wholeness, and enhanced leadership effectiveness.

*Spiritual Practices for Effective Leadership* presents the spiritual art of practicing sanctuary—a way-of-life process that nourishes the soul and enriches the entire community. Step-by step, Jackson leads readers through the seven spiritual practices, including:

• Retreat from your ministry  
• Release from challenges so you can disconnect  
• Review your current leadership context  
• Reconnect with God’s call on your life  
• Reflect on the disconnections between your current and call  
• Recalibrate by determining strategies for realignment  
• Return to your ministry grounded and prepared to lead

Molly T. Marshall, President and Professor of Theology and Spiritual Formation, Central Baptist Theological Seminary states, “Combining the best of recent cutting-edge wisdom on leadership, biblical resources, and hard-won practical experience, Debora Jackson offers a map to sustain the work of pastors.  This book has helped me, and I trust it will help other readers, as well.”

Both practical and inspirational, this resource is an essential tool for pastors and clergy.

Debora Jackson, MDiv, DMin, is the Executive Director of the Ministers Council, American Baptist Churches USA. Prior to her appointment, Dr. Jackson served as the Senior Pastor of the First Baptist Church in Needham, MA. Having previously held numerous corporate leadership positions, she also served as a Chief Operating and Chief Information Officer and an independent consultant.

*Founded in 1824, Judson Press is a publishing ministry of the American Baptist Home Mission Societies, American Baptist Churches USA. It is committed to producing Christ-centered leadership resources for the transformation of individuals, congregations, communities, and cultures.*

*American Baptist Home Mission Societies—the domestic mission arm of American Baptist Churches USA (ABCUSA)—ministers as the caring heart and serving hands of Jesus Christ across the United States and Puerto Rico through a multitude of initiatives that focus on discipleship, community, and justice.*

*American Baptist Churches USA is one of the most diverse Christian denominations today, with more than 5,200 local congregations comprised of 1.3 million members, across the United States and Puerto Rico, all engaged in God’s mission around the world.*