

**BOSTON-HARTFORD DISTRICT COVENANT OF CARE**  
**EXAMPLES OF COVENANT CARE PRACTICES**

**I. SELF-CARE - Examples of good self-care include:**

- a. Getting 8 hours of sleep per night.
- b. Exercising at least 3 times per week.
- c. Eating 3-5 servings of fruits and vegetables each day.
- d. Seeing a therapist.
- e. Daily prayer and meditation

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_

**II. SABBATH REST - Examples of a work/rest rhythm include:**

- a. 1 day of rest per week, 1 week of rest per month, and 1 month of rest per year
- b. 2 days of rest per week, 1 week of rest per quarter, 1 month of rest per year
- c. Keep weekly Sabbath
- d. 3-day monthly retreats
- e. 3-month sabbatical every 5 years.

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_

**III. SOCIAL RELATIONSHIPS - Examples of social relationship priorities include:**

- a. Designating one day per week as “Family Day”
- b. Designating one night per week as “Social Night: Girls night/Guys night/Date Night”
- c. Spending no more than 2 nights per week away from family
- d. Reserving Weekdays 4pm-6pm for family time.

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_

**IV. WORKLOAD - Examples of sustainable workload include:**

- a. Pastors preach no more than three (3) Sundays per month.
- b. Congregants serve as Ministry Chairpersons/Presidents over one ministry
- c. Pastor attends all required Presiding Elder, Annual Conference and Episcopal District meetings and one additional connectional meeting per year.
- d. Congregants coordinate to send representation to one connectional meeting per organization that is out of the church’s local area per year.

- e. Pastor and leaders identify current tasks, obligations, programs and ministries that they will either delegate to others or discontinue in the next year

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_

**V. MEETINGS AND EVENTS - Examples of rest-honoring meeting schedules include:**

- a. Monday-Thursday Meetings/Events do not begin after 7pm
- b. Monday-Thursday Meetings/Events do not end after 8pm
- c. Friday-Saturday Meetings/Events do not end after 9pm
- d. Meetings last no longer than 1.5 hours
- e. Meetings that use phone, video, and other technology that reduce travel

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_

**VI. CORRESPONDENCE - Examples of healthy correspondence boundaries include:**

- a. Non-emergency phone calls between 9am and 6pm only, unless for a previously scheduled meeting.
- b. No ministry related phone calls among congregants after 8pm.
- c. Only call/text during Sabbath or Family Days/Time in case of emergency
- d. E-mails sent during non-working hours will be answered only during working hours.
- e. Phone apps, notifications, and all devices will be turned off at 10pm.

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_

**VII. COVENANT CARE PARTNER(S) - Examples of covenant care partners include:**

- a. Therapist, Counselor or other Mental Health Professional
- b. Spiritual Director
- c. Support Group
- d. Trusted family member or friend

Personal Practice(s): \_\_\_\_\_

Church/Ministry Practice(s): \_\_\_\_\_