

Mental Health & Well-Being Resources



Clergy Spiritual Renewal Leave

United Methodist 2020/2024 Book of Discipline | ¶1351.3

A clergy member may request a formational and spiritual growth leave of up to six months while continuing to hold an appointment in the local church. Such leaves are available to clergy members who have held full-time appointments for at least six years. Such a leave shall be with the approval of the committee on pastor-parish relations, the church council, and the district superintendent. Annual conferences are encouraged to assist with pulpit supply and other temporary support for such leaves.

TWK Clergy Vacation/Time Off Policy

The TWK Clergy Vacation Policy grants full-time clergy four weeks of vacation (including 4 Sundays) and part-time clergy two weeks, with continuing education and official church events not counting against this time. Clergy should also receive two days off weekly, and the policy references additional provisions for parental and sick leave. Scan the QR code to review the full policy.



<https://twkumc.org/wp-content/uploads/2024/06/TWK-Vacation-Policy-For-Clergy.pdf>

Clergy Care Resources

The TWK is taking steps to nurture healthy clergy, congregations, and conference. Learn more about our mental health and well-being work, along with clergy care resources available.



<https://twkumc.org/mhawb/clergy-care/>

50 Ways to Support Your Pastor's Well-Being

This Wespath resource offers 50 practical suggestions for congregations and SPRCs to support their pastor's well-being across five dimensions: physical, emotional, spiritual, social, and financial. It's designed as a discussion tool to help committees have constructive conversations about pastoral care—covering everything from respecting time off to fair compensation.



www.wespath.org/assets/1/7/4775.pdf

Pastor & Parish | Clergy & Religion Research Collaborative

Duke's "Pastor & Parish" is a free six-session program for United Methodist SPRCs that grounds the committee's work in its spiritual foundations. It includes videos, a participant workbook, a facilitator guide, and related readings—designed to help pastors and SPRC members build stronger relationships and create covenants for working together effectively.



clergyreligionresearch.duke.edu/pastor-parish