



National  
**Benevolent**  
Association  
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# CALLED<sup>TO</sup>CARE

NBA SPRING/SUMMER NEWSLETTER • 2022

## SPRING 2022 MISSION & MINISTRY GRANTS

For 2022, NBA Mission & Ministry Grants are being offered twice a year. With Spring and Fall application periods, we are doubling the funds available to Disciples ministries who serve older adults and youth ages 5-25!

**\$203k**

Grant Dollars Awarded

**28**

Ministries Awarded

**5**

Grants Support  
Older Adults

**14**

Grants Support  
Ages 5-25

**9**

Intergenerational Grants

Learn more at:  
[NBACares.org/Grants](https://NBACares.org/Grants)



*NBA staff and Peer Learning Wellness Group Members gathered for a retreat, centered on mental wellness, respite, and grace.*

## Wellness, Rhythm & Balance: A Retreat for Peer Groups

The NBA resumed travel and hosting in-person events in March, beginning with a combined group retreat for three of our Peer Learning & Wellness Group cohorts. The gathering took place in Scottsdale, Arizona, offering respite, encouragement of wellbeing, and a deepening of connections between group members. The theme of the event was “Rhythms of Grace” based on Matthew 11:28-30:

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” [The Message Bible]

Three NBA cohorts were invited to the retreat: Executive Leaders of nonprofit organizations & ministries; La Lucha (The Struggle), people of color active in justice work; the Young Adult Leadership Experience (YALE), Hispanic pastors and ministry

*(continued inside)*

### **INSIDE:**

**MENTAL HEALTH & WELLNESS:** Chaplains Retreat in Kentucky  
**SOCIAL ENTERPRISE:** Preparing for SENT Seminar 2022



*Members of the YALE cohort and NBA Group Convenor Rev. Bere Gil Soto laugh together during the retreat.*

leaders. Each cohort had time to meet and enjoy activities together such as horseback riding or visiting a botanical garden. Breakout sessions included options such as healing drum circles and yoga classes, so attendees could explore the different meanings of rhythm and grace.

The groups received interactive justice training from Rev. Dr. Dietra Wise Baker, a certified Disciples anti-racism trainer, community organizer, and teacher. The class began with the Melian

Dialogue, a role-playing activity that highlights power dynamics between disparate groups and brings to the surface innate beliefs participants have about power, equity, and justice.

“That was my favorite part, actually!” said YALE member, Yoli Barragan Garcia of Peniel Ministries in Portland, Oregon. “It was definitely easy to see how we’re so programmed to behave in certain ways that remove power from ourselves for being a certain race. I didn’t notice how little actions here and there play such a big part. My peer group pointed out to me: ‘notice that when you do these little things, it’s taking power away from you,’ or, ‘you’re not doing yourself any favors, you’re not doing your culture any favors.’”

NBA’s Director of Mental Health & Wellness, Joselyn

Spence, provided a seminar on mental health, coping skills, and managing burnout. All attendees were invited to participate in an art therapy project designed to enable the ‘inner child’ to help create an artist’s statement on the presence of balance, rhythm, emphasis, and harmony in their lives.

“Spiritual health and mental health are interconnected. We want to provide education to our communities, and with our churches. For us to educate people, we must first experience it ourselves. This is the power this cohort brings,” said Chaplain Jose Martinez, member of the Executive Leaders cohort and Executive Director of NBA Incubate Partner, StoryWagen.

**To know more about NBA’s Peer Learning & Wellness Groups, visit [NBACares.org](https://NBACares.org).**

## **NBA’s COVID-19-Safe Event Policies**

As the health and social services general ministry of the Christian Church (Disciples of Christ), NBA strives to be intentional and attentive to public health during the Coronavirus pandemic. Our policy for in-person events includes proof of vaccination and boosters for all attendees. Additionally, attendees must receive a negative Covid test in advance of the event. All event participants have the option to mask. NBA’s COVID-safe practices are based on guidelines from the CDC and consultation with medical professionals.





## NBA's Mental Health Work Heads to Kentucky

In March, NBA's Mental Health & Wellness Director, Joselyn Spence, led a two-day retreat for the chaplains of Christian Care Communities at the historic Shaker Village of Pleasant Hill, Kentucky. This retreat was created as a crisis care response to the December tornadoes that caused destruction in the area, and to address the impact of the ongoing global health pandemic.

The theme of the retreat, A Space for Renewal, allowed chaplains to come together in-person for the first time since the pandemic. The chaplains were able to share and process their personal



*Chaplains from Christian Care Communities share a meal with NBA's Mental Health & Wellness Director, Joselyn Spence.*

and professional experiences and offer encouragement with one another. As a Registered Art Therapist, Spence led the group through a creative expression session for additional sharing and

relaxation. In addition, the group had time to discuss chaplaincy methods and were led through a workshop on integrating nourishing self-care and wellness.

## Get Ready for SENT September

NBA's Social Entrepreneurship program continues to imagine new ways to engage with social entrepreneurs and those interested in making a difference in their community. Now in its seventh year, the annual Social Entrepreneurship (SENT) Seminar is a learning and professional development event. This year, we are introducing a new month-long model with both recorded webinars and live sessions to engage with entrepreneurs in

deeper ways!

Each week, a new set of pre-recorded classes will allow attendees to watch at their own pace, take notes, and write down questions. Then, participants will be invited to a live speaker session each week where class material will be discussed, and they will have an opportunity to ask questions and engage with fellow entrepreneurs. Featured keynote speakers include Rev. Dr. William J. Barber II, Rev. Dr. Mary



Turner, Rev. Dr. Otis Moss III, and Dr. Jennifer Madden. Registration is open now!

**Learn more at**  
**[NBAcare.org/SENT](https://NBAcare.org/SENT)**



National  
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Last year, the NBA received \$200,000 in gifts of support from the Disciples Mission Fund! The contributions from Disciples churches and individuals truly make possible NBA's vision to "create communities of compassion and care." Thank you!


## Every Gift

The NBA provides tools, resources, support, and community for leaders of health, social service, and justice organizations across North America. Every gift we receive sustains visionary leaders, expands community, and enables us to work alongside more people and ministries. Every gift powers new ideas and nimble, responsive programs. Every gift enables us to reshape what it means to be church in meaningful ways. Make a gift that can help remake the world - one leader, one organization, one community, and one vision at a time. **Thank you!**



SCAN TO DONATE

### ENGAGE WITH THE NBA!

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-  (314) 993-9000

### MISSION STATEMENT

Following God's call, the National Benevolent Association exists to inspire and connect the people and ministries of the Christian Church (Disciples of Christ), to accompany one another in the creation of communities of compassion and care, and to advocate for the well-being of humanity.



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