



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

## *Consider the Lilies . . .*



### **References related to Stress**

#### **Books:**

Gray, David Edman (2012) *Practicing Balance: How Congregations Can Support Harmony in Work and Life*. Herndon, VA: Alban Institute. This would make a wonderful book study for a series in Adult Education or for a small group such as the Deacons. Questions and/or exercises are found at the end of each chapter as well as appendices with exercises to complete.

Gray, David Edman (2002) *The Spiritual Call for a Service Centered Psyche*. Baltimore, MD: PublishAmerica. Chapter IX, called *Stability: Chill on the Hill*, addresses the problem of “stress to impress” where being stressed becomes a badge of honor and individuals become addicted to being busy. A common term for this is “workaholism.” The Rev. Gray also cites several biblical stories regarding ways of coping with stress and restoring balance.

Jones, Kirk Byron (2001) *Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers*. Valley Forge, PA: Judson Press. The Rev. Jones addresses the problem of “overdosing on over-commitment.” He uses the story of Jesus going to the back of the boat to rest, being awakened by the disciples and then calming the storm as an analogy for obtaining God’s help in maintaining inner peace.

Weems, Ann (1995) *Psalms of Lament*. Louisville, KY: Westminster John Knox Press.

Weems, Ann (1991) *Searching for Shalom: Resources for Creative Worship*. Louisville, KY: Westminster John Knox Press.



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These **Care Notes pamphlets from Abbey Press** are particularly good references for distribution in the congregation in a pamphlet rack or in pastoral counseling situations. See:

[http://www.onecaringplace.com/search.asp\\_Q\\_ipp\\_E\\_5000\\_A\\_t\\_E\\_c\\_A\\_c\\_E\\_40008](http://www.onecaringplace.com/search.asp_Q_ipp_E_5000_A_t_E_c_A_c_E_40008)

<http://www.onecaringplace.com/Category.asp?c=40001>

*Finding Hope When Times are Tough* by Jim Auer.

*Pulling Together as a Family after a Job Loss* by Sue Fox McGovern.

*Reducing Caregiver Stress* by Julie Interrante.

*Coping with Post-Traumatic Stress Disorder* by Staff of the National Military Family Association.

*When Emotions Control Your Life* by Judith E. Courtney.

*Easing the Burden of Stress* by Dr. Wayne Oates.

*Overcoming Everyday Anxiety* by Joan Webster Anderson and Eugenie G. Wheeler.

*Slowing Down and Finding God in Your Busy Life* by Sharon Robinson.

*Letting Faith Help You Handle Stress* by Judy Ball.

*What Everyone Should Know About Stress* by Tom McGrath.

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**PHN is a network of the Presbyterian Health, Education & Welfare Association (PHEWA)  
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**100 Witherspoon Street, Room 3228, Louisville, KY 40202-1396**

**Toll-free phone (888) 728-7228 ext. 5800 or (602) 796-7477**

**Websites: [www.phewacommunity.org/](http://www.phewacommunity.org/) and [www.pcusa.org/phewa/phn](http://www.pcusa.org/phewa/phn)**