

Lifekeys T1 Newsletter: **PREPARE | EQUIP | SERVE**



NEW CONFERENCE WEBSITE!

Contains information on speakers, conference program, accommodation, transport, local area information...the works, we know you'll love it!
Check it out at www.lifekeysconference.org

NEW EMAIL ADDRESSES FOR THE LIFEKEYS STAFF, EFFECTIVE IMMEDIATELY!

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Term 1 has started ~ welcome back from holidays! We trust that you had a wonderful break with your family and friends over Christmas, and are excited and ready for what God has in store for you for 2010!

One of the things that we are aiming to do this year is provide you with - **MORE INFORMATION** - about specific Lifekeys programs, about setting up Lifekeys and running it successfully in your church, about our policies and procedures and about where Allan and Helen are speaking next. We will deliver this information to you in our new quarterly email newsletter - **PREPARE | EQUIP | SERVE**, of which this is the first edition! We hope you find it informative and an enjoyable read!

This edition includes ~

When and where Allan & Helen Meyer will be speaking

Parents with Courage - an intensive study

The role & importance of an Advisory Board for any church running Lifekeys

The role of Facilitators & Co-ordinators

A typical Lifekeys evening



Where will Allan & Helen be speaking?

5 - 7 Feb - [Door of Hope Church](#)
Launceston, TAS

Ministry leadership training (pastors & leaders welcome), ministry to Door of Hope Church facilitators, preparing for marriage & the search for intimacy

16 Feb - [Life Ministry Centre](#)
Chirnside Park, VIC

An introduction to Lifekeys. Explanation of how the ministry works, the role of facilitators and an introduction to the nature of Facilitator Training

17 Feb - [Churches of Christ Ministers](#)
Blackburn, VIC

The challenge of discipleship, and using Lifekeys in church life (serving you, the Minister, in 2010).

18 Feb - [C3 Bayside Pastors](#)
Capalaba, QLD

Lifekeys and its role in discipleship, evangelism and church health. Sexual discipleship and an introduction to Valiant Man.

19 Feb - [Paradise Community Church](#)
Paradise, SA

7pm Friday night evangelistic service

20 Feb - [Golden Grove Baptist](#)
Wynn Vale, SA

Men's dinner with Allan - challenge to undertake the Valiant Man program. Why men need sexual discipleship.

26 Feb - [Golden Grove Baptist](#)
Wynn Vale, SA

Women's ministry coffee & dessert night with Helen

27 Feb - [Christ Church Dingley](#)
Dingley Village, VIC

Men's Breakfast with Allan - an introduction to Valiant Man

28 Feb - [Inspire Church](#)
Hoxton Park, NSW

9am, 10.45am & 6pm Sunday Services

3 Mar - [NewHope Baptist Church](#)

Blackburn, VIC

An introduction to Lifekeys. Discipleship, church health and evangelism. Explanation of the content of Lifekeys programs.

8 - 11 Mar - Malaysia

Further information coming soon...

Facilitator Training conducted by Allan & Helen with a local church.

12 - 25 Mar - Russia

Further information coming soon...

Ministry to Pastors - the theology and practice of small groups healing ministry, the nature and importance of Facilitator Training and, human broken and the implications for discipleship.

26 - 31 Mar - United States of America

Further information coming soon...

Isaiah 61 - Jesus' job description and the implications for the local church. The calling to be healing communities - a vision for the local church.

TO READ MORE ABOUT ALLAN & HELEN, THE CO-FOUNDERS OF LIFEKEYS [CLICK HERE](#)

Parents with Courage ~ Intensive

A program that aims to provide parents with greater self-understanding as well as enhanced skills for parenting.

DON'T FORGET OUR SPECIAL OFFER FOR TERM 1, expiring 31st March:

1 x Parents with Courage Program **\$295 plus GST (saving of \$100!)** [Click Here](#) to purchase!

6 x Parents with Courage Participants Manuals **\$99 plus GST (saving of \$33!)** [Click Here](#) to purchase!





who is the program for?

Married couples and single parents with older primary and high school aged children.

benefits for participants?

Greater self-understanding & enhanced skills for parenting, more enjoyable parenting and a positive experience of community

Sessions:

Session 1 - The Dynamics of Family

The aim of this session is to encourage and motivate parents and to introduce them to the notion that understanding their own early life experiences will enhance their parenting. The teaching paints a broad canvas of the principles that make for a healthy family dynamic in which the individuals are nurtured and developed and relationships are fulfilling. The elements that produce dysfunction and increased challenges in a family are also described.

Session 2 - The Family Circle

This session provides an opportunity for participants to do a brief overview of their family of origin using the Family Adaptability and Family Cohesion Questionnaires. This is useful for assessing the level and type of attachment in their family of origin, which is important as this has a direct influence on intimacy in relationships. It is also helpful for a couple to see how their own experiences of family dynamics may be similar to and different from each other. Identifying some of the differences can lead to greater unity in their approach to parenting.

Session 3 - Knowing Your Child

Family birth order is explored in this session, giving important insight and greater understanding of how to adjust parenting accordingly. Characteristics of a child according to their birth order, and tips for nurturing each child according to their birth order are looked at in detail. The teaching of love languages is covered as a useful tool for parents who will greatly benefit in knowing which "love languages" best communicates with their child.

Session 4 - Family Communication

The aim of this session is to introduce the usefulness and practicality of family meetings as a communication tool for defusing conflict, resolving issues and setting goals and plans. This session aims to model, teach and give instructions for conducting a family meeting. Parents will learn how to take principles and apply them to their individual circumstance giving consideration for the age and developmental stages of their children and the level of conflict in the home.

Session 5 - Establishing Boundaries

This session aims to give parents practical ways of identifying and establishing boundaries with their children. It examines the issue of overcoming resistance and non co-operation, dealing with non-compliance and the common reasons for non-cooperation of a teenager.

Session 6 - Sexuality and the Search for Intimacy

This session addresses some of the core aspects related to the challenge of parenting our children in

an environment that often competes with our values in relation to sexual relationships. Parents need guidance to help their kids negotiate pre-puberty, puberty and their emerging sexuality in a healthy and life affirming way. This session provides an introduction.

Session 7 - Your Family: Living Room or Court Room?

This session looks at the origin of the human struggle for love, acceptance and belonging. Parents need insight into the nature of this struggle as it will help them identify their own needs and give them greater understanding of the needs of their children. The teaching deals particularly with the tendency we all have for using performance and people pleasing as ways of feeling accepted, loved and valued. When we parent out of our brokenness it can damage our children and our family. We need to understand the dynamic of this and examine whether we are using our family to meet this need. Awareness of this can assist parents to let go of unrealistic expectations and parent in a more relaxed and healthy style.



Participants of this course have said...

"This course has given me strategies to deal with family situations in a positive, confident and loving manner. Thank you!"

"The best thing about doing Parents with Courage was feeling less alone in my parenting and having the support and sharing of other people in similar situations."

"Thank you for the light at the end of the tunnel. I feel a big weight lifted."

"Parents with Courage has been a life changing course for me and I can see the benefits it has passed on to my children."

"So much better equipped."

"Many realisations leave me with no doubt that I will be a better parent and husband."

"Parents with Courage for me, is about learning you have the courage to change those things from your own upbringing which have a negative impact on your parenting style with your own children today."

"The wisdom and insights have given us a new and fresh more loving dimension to our parenting. Thank you."

"Even my kids have commented things have changed which is great!"



The Importance of the Advisory Board

When starting Lifekeys in your church, it is vital that senior leaders, elders and pastors see Lifekeys as not "just another program", but as an integral part of the church's goals for transformation, discipleship and community outreach.

Senior leadership should appoint an Advisory Board and Co-ordinator to oversee the establishment and ongoing implementation of the Lifekeys programs.

The Board should comprise the Co-ordinator plus 3 or 4 members who are active Christian church members and have appropriate professional qualifications, such as nurse, teacher, social worker, psychologist, minister or counsellor.

All Board members are required to have participated in one of the Lifekeys programs and completed Facilitator Training.

They are bound by all duty of care requirements and should meet regularly (once per quarter).

The function of the Board should include:

- Assistance in the establishment of the ministry, including assessment of trainee facilitators and

facilitation of groups

- Vision casting
 - Support for the Co-ordinator
 - Oversight of policy making and application
 - Budgetary matters
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The Role of the Co-ordinator ...

- Should be appointed by, and remain accountable to the Advisory Board.
- Must be an active Christian church member and qualified in at least one of the following professional fields - teaching, nursing, welfare, counselling, psychology, theology, social work or pastoral care.
- Is required to have participated in one of the Lifekeys programs and completed Facilitator Training.
- Is responsible for the training, supervision and pastoral care of facilitators and co-facilitators, including debriefing at the conclusion of each Lifekeys session.
- Is responsible for the day-to-day implementation, facilitation and administration oversight of Lifekeys programs.
- Should have a network of professionals in place for the referral of participants who require specialised or ongoing assistance.



A few of the resources that the Co-ordinator, Facilitator and Co-Facilitator will use when running a Lifekeys program eg. Valiant Man

Facilitators & Co-Facilitators

Facilitators & Co-Facilitators are the leaders of the Lifekeys small groups. Their primary role is to keep the group safe and to keep the group working.

Training requirements

STEP 1: PARTICIPATE IN A LIFEKEYS PROGRAM

Trainee facilitators must complete one of the Lifekeys programs as a participant, usually Search for Life. This ensures that prospective facilitators have done some processing of their own life issues.

STEP 2: COMPLETE FACILITATOR TRAINING

- It is mandatory for all prospective facilitators to complete Facilitator Training.
- Trainees are placed in groups of 6 to 8 plus a trained facilitator and co-facilitator, and remain in these groups for the entire program. When a church is starting the Lifekeys ministry, trained facilitators and co-facilitators are chosen from the Advisory Board members as well as applicants who have group experience.
- A Facilitator Training Certificate is issued to all trainee facilitators who complete the required hours of training.

STEP 3: COMPLETE ASSESSMENT PROCEDURE

- Assessment is an essential part of the training requirement, allowing call, giftedness and

participation in both training and a Lifekeys program to be reviewed by trainee, facilitator and Co-ordinator.

- Trainee completes Self Rating for Trainee Facilitators
- Trainee completes Trainee Evaluation Sheet and discusses with Co-ordinator. Remember, trainees who have been unwilling to share openly in the group or have displayed a "superspiritual" or "fix it" attitude will make poor facilitators.
- Co-ordinator meets with trainee and directs them to the next step - facilitate in a program, co-facilitate as a further training process, experience another Lifekeys program as a participant or be directed to another ministry if trainee found to have gifts better suited elsewhere.

Responsibilities

1. Keeping the small group working and each participant safe.
 2. Accountability to the Co-ordinator for all matters pertaining to Lifekeys.
 3. Responsibility for own spiritual, physical, psychological and emotional wellbeing.
 4. Commitment to being available for all sessions in a Lifekeys program, unless of emergency.
 5. Non-judgemental in their approach and response.
 6. Understanding the process of growth and healing and the goals of support groups in Lifekeys.
 7. Providing opportunity for group members to contact them directly on issues of crisis.
 8. Understanding and maintaining confidentiality at all times, unless under moral and/or legal obligation to divulge information, to then be only discussed with the Co-ordinator.
 9. Commitment to facilitate at least once per year.
 10. Participation in ongoing facilitator training as and when it is offered.
 11. The Co-ordinator has the discretion to withhold facilitation roles where facilitators are considered to require more training or have not facilitated for more than a year.
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A Typical Lifekeys Evening

All groups meet on the same evening. This provides for both encouragement and supervision. Typically there would be one session per week for the duration of the program.

7:30 pm Arrival and Reflection (10 mins)

The evening commences with a 10 minute reflection for participants from all programs. This comprises a brief reflection or testimony from a facilitator or previous participant based on a recovery theme, followed by an appropriate musical item.

7:45 pm Large Group Teaching (40 - 55 mins)

Participants move to the room allocated for the teaching of their particular program. Each program has its own DVD teaching.

8:35 pm Tea and Coffee Break (optional)

This break depends on the length of the teaching session. Be careful not to lose vital small group time.

8:45 pm Small Groups (60 - 75 mins)

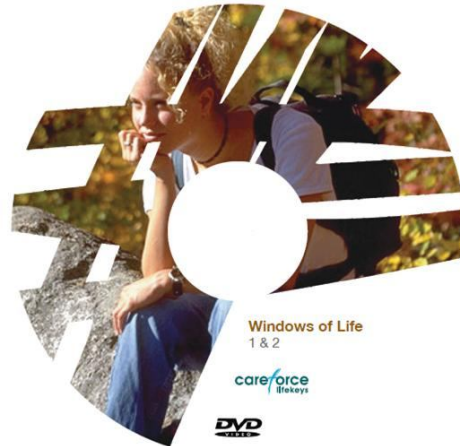
Small groups comprise 6 to 8 participants plus two trained facilitators whose role is to keep the group working and each participant safe. This is the time for participants to process the teaching and gain support for any issues that have arisen through the week. Each small group usually commences with a group opener or "icebreaker" to help participants begin to share.

10:00 pm Small Groups Conclude

Facilitators should start preparing the group for closure 10-15 minutes beforehand.

10:10pm Debriefing for Facilitators (20 mins)

This is an essential part of a Lifekeys evening, providing opportunity for support, problem solving, ongoing training, prayer and supervision.



Devotional DVD Windows of Life has been designed for the reflection time and is included in the Facilitator Training program.

We'd love to hear from you, our contact details are:

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