

## ATN RGR Vision Statement/Program Overview

Through one-on-one committed relationships, *Rooted.Growing.Resilient.* fosters individuals' personal wellbeing and spiritual growth. Individuals are paired with a trained RGR Partner who will help the individual identify personal and spiritual goals and connect with resources to meet those goals. Meeting regularly, this relationship provides the confidential space for individuals to share their needs and to be encouraged and equipped to meet their personal and spiritual hopes. Participating in RGR is a means for accomplishing any of the following desires:

*Rooted* in God and in Christian community

- Develop a personal relationship with God
- Discover one's spiritual gifts, needs and rhythms
- Find belonging

*Growing* as an individual and in Christ

- Increase self-understanding (the good, bad and ugly!)
- Deepen one's partnership with God and His ways in the world
- Find purpose

*Resilient* in life and relationships

- Cultivate personal well-being and healthy relationships
- Deal effectively with life's challenges
- Find wholeness

*Rooted.Growing.Resilient.* will be piloted with a team of twelve trained RGR Partners for a four-month period. Individuals who would like to participate in RGR will complete an initial Interest Questionnaire and meet with an RGR Matchmaker to determine the best match for an RGR Partner.

RGR Partners are spiritually mature; trustworthy empathic listeners; desire to help others grow, and have experience in ministry, coaching, spiritual direction, counseling or other kinds of mentoring relationships. RGR Partners commit to praying regularly for and meeting weekly with their RGR congregants. Through a variety of means -- including empathic listening, asking open-ended questions, coaching, facilitating discernment, providing accountability, and resourcing -- RGR Partners help others grow closer to God and to improve their personal and spiritual wellbeing. RGR Partners are not mentors, consultants, teachers, or otherwise functioning in an "expert" role. Instead, the heart of the RGR relationship is one of spiritual companionship, where the RGR Partner comes alongside to support and encourage what God is doing in the individual's life.

In the First Conversation, RGR Partners will get to know the individual and clarify goals for personal wellbeing and spiritual growth. Progress on goals in the areas of rootedness, growth or resilience will be encouraged through eight meetings of 30-60 minutes each during the four-month span. At the end of this time, individuals have the option to conclude or continue for another cycle.