emotionally
HEALTHY SPIRITUALITY

the emotionally healthy leader training conference

What you do matters.
Who you are matters more.

may 3-4
2017

welcome

wednesday may 3rd

9:00 – 9:45	WELCOME AND WORSHIP
9:45 – 10:50	SESSION 1: JOHN THE BAPTIST: THE UNLIKELY EMOTIONALLY HEALTHY LEADER
10:50 – 11:10	BREAK
11:10 – 12:55	SESSION 2: GENOGRAM YOUR FAMILY: GOING BACK TO GO FORWARD
12:55 – 1:00	ANNOUNCEMENTS
1:00 – 2:00	LUNCH (MEAL PROVIDED)
2:00 – 2:10	MIDDAY PRAYER
2:10 – 3:15	SESSION 3: LEADERSHIP THAT EQUIPS PEOPLE TO LIVE IN THE NEW FAMILY OF JESUS
3:15 – 3:25	ANNOUNCEMENTS
3:25 – 3:40	BREAK
3:40 – 5:30	SESSION 4: CLIMBING THE LADDER OF INTEGRITY – FOR YOURSELF, YOUR TEAM, AND YOUR CHURCH

thursday may 4th

9:00 – 9:15	WORSHIP
9:15 – 9:20	MORNING PRAYER
9:20 – 10:25	SESSION 5: SLOWING DOWN FOR SABBATH DELIGHT
10:25 – 10:45	BREAK
10:45 – 12:30	SESSION 6: THE POWER OF A RULE OF LIFE TO TRANSFORM YOUR CHURCH
12:30 – 2:00	LUNCH (ON YOUR OWN)
2:00 – 3:30	SESSION 7: WORKSHOPS

- The Emotionally Healthy Relationships Course: 8 Life-Changing Skills for Your Church
- The Nuts and Bolts of Implementing The Emotionally Healthy (EH) Discipleship Courses in Your Church
- Applying Grief and Loss from The Emotionally Healthy (EH) Discipleship Courses to Move Your Church to Maturity
- Emotionally Healthy Preaching: Building a Culture that Thinks Theologically and Formationally

3:30 – 3:50	BREAK
3:50 – 4:00	MIDDAY PRAYER
4:00 – 5:00	SESSION 8: WANTED: SHEPHERD LEADERS FOR THE 21ST CENTURY WITH PETE SCAZZERO

workshops

1. **THE EMOTIONALLY HEALTHY RELATIONSHIPS COURSE: 8 LIFE-CHANGING SKILLS FOR YOUR CHURCH**
   GERI SCAZZERO

2. **THE NUTS AND BOLTS OF IMPLEMENTING THE EMOTIONALLY HEALTHY (EH) DISCIPLESHIP COURSES IN YOUR CHURCH**
   PETER ROHDIN

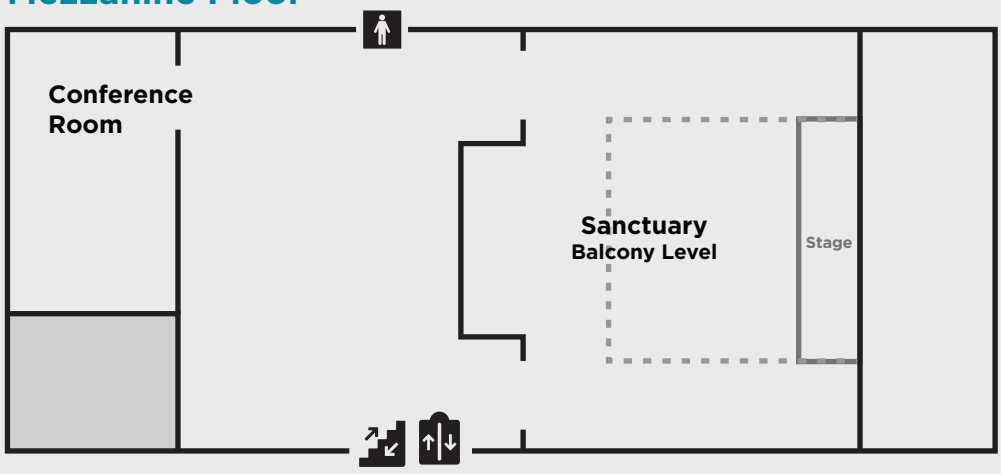
3. **APPLYING GRIEF AND LOSS FROM THE EMOTIONALLY HEALTHY (EH) DISCIPLESHIP COURSES TO MOVE YOUR CHURCH TO MATURITY**
   RICK AND JIJI HARNER

4. **EMOTIONALLY HEALTHY PREACHING: BUILDING A CULTURE THAT THINKS THEOLOGICALLY AND FORMATIONALLY**
   RICH VILLODAS

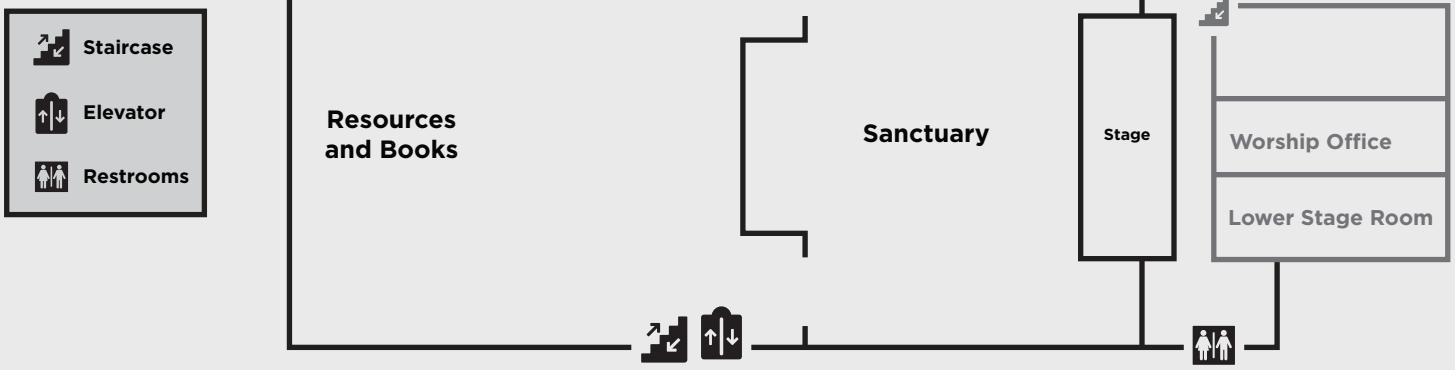
emotionally healthy leadership

conference site map

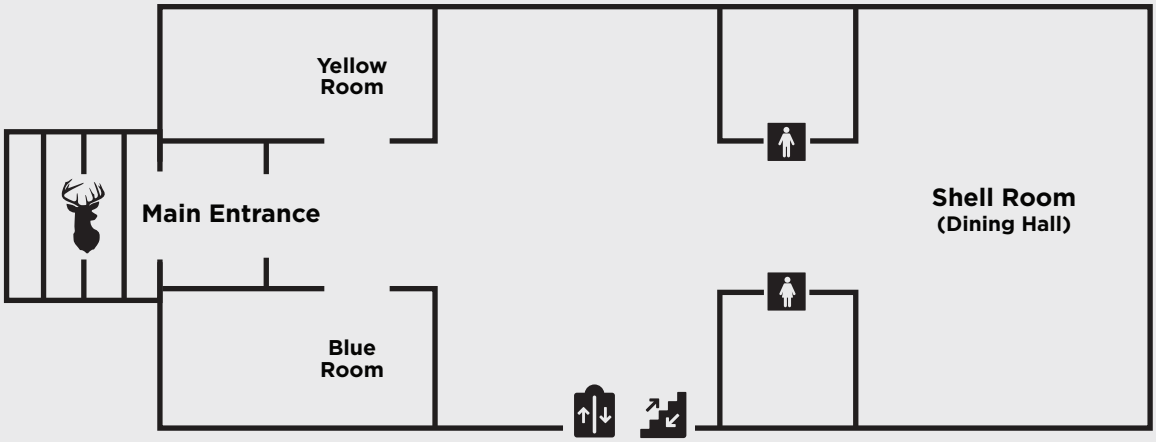
Mezzanine Floor



2nd Floor



1st Floor



speakers



Pete Scazzero

Co-founder, Emotionally Healthy Spirituality

@petescazzero petescazzero
@petescazzero

Pete Scazzero is the Founder of New Life Fellowship Church in Queens, NYC, a large, multiracial church with more than seventy-three countries represented. After serving as Senior Pastor for twenty-six years, Pete now serves as a Teaching Pastor/Pastor at Large. He is the author of two best-selling books -*The Emotionally Healthy Church* and *Emotionally Healthy Spirituality*. He is also the author of The EHS Course and Emotionally Healthy Spirituality Day by Day. Pete and Geri are founders of Emotionally Healthy Spirituality, a groundbreaking ministry that equips churches in deep, beneath-the-surface spiritual formation paradigm that integrates emotional health and contemplative spirituality. They have four lovely daughters. For more information, visit www.emotionallyhealthy.org



Geri Scazzero

Co-founder, Emotionally Healthy Spirituality

GeriScazzero

Geri Scazzero is a popular conference speaker for church leaders, married couples, and women's groups, both in North America and internationally. She also serves as a chief innovator and visionary at New Life Fellowship Church in New York City on the intersection of marriage, sexuality, and spiritual formation. Geri is the author of *The Emotionally Healthy Woman* and The EH Woman Workbook/DVD. She is also the co-author of the best-selling Emotionally Healthy Spirituality Course and The Emotionally Healthy Skills 2.0 curriculum. She has served on staff at New Life for the last twenty-seven years.



Rich Villodas

Lead Pastor at New Life Fellowship Church

@richvillodas rvillodas
@richvillodas

Rich Villodas is the Lead Pastor at New Life Fellowship Church. On October 6th, 2013, Rich succeeded Pete Scazzero as Lead Pastor. Rich was born and raised in the East New York section of Brooklyn, just 20 minutes from New Life. He graduated from Nyack College and then went on to complete a Masters of Divinity degree at Alliance Theological Seminary. When Rich is not reading, he is cheering on his beloved Mets, Knicks and Jets teams. Rich is married to Rosie and they have a little girl and boy, named Karis and Nathan.

Emotionally Healthy Spirituality

One Answer to the Discipleship Crisis

Only 1% of Church Leaders say...

"churches are doing very well in discipling new and young believers."

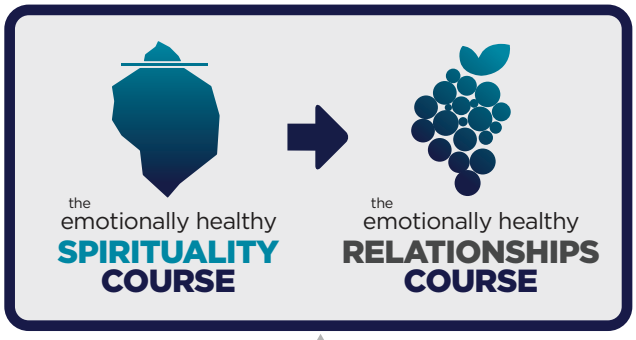
- The State of Discipleship
A Barna Report 2015

Emotionally Healthy Spirituality

A Strategy for Discipleship that Deeply Transforms Lives

CATCH THE VISION

IMPLEMENTATION





The Emotionally Healthy Leader

The Emotionally Healthy Church

The Emotionally Healthy Woman

session 1

John the Baptist: The Unlikely Emotionally Healthy Leader

I. The Crisis of Discipleship in the Church

II. John the Baptist – The Messenger

III. John the Baptist – The Message

IV. Implications

V. The Emotionally Healthy Leader (Zondervan, 2015)

Inner Life

a. Face Your Shadow

b. Lead Out of Your Marriage/Singleness

c. Slow Down for Loving Union

d. Practice Sabbath Delight

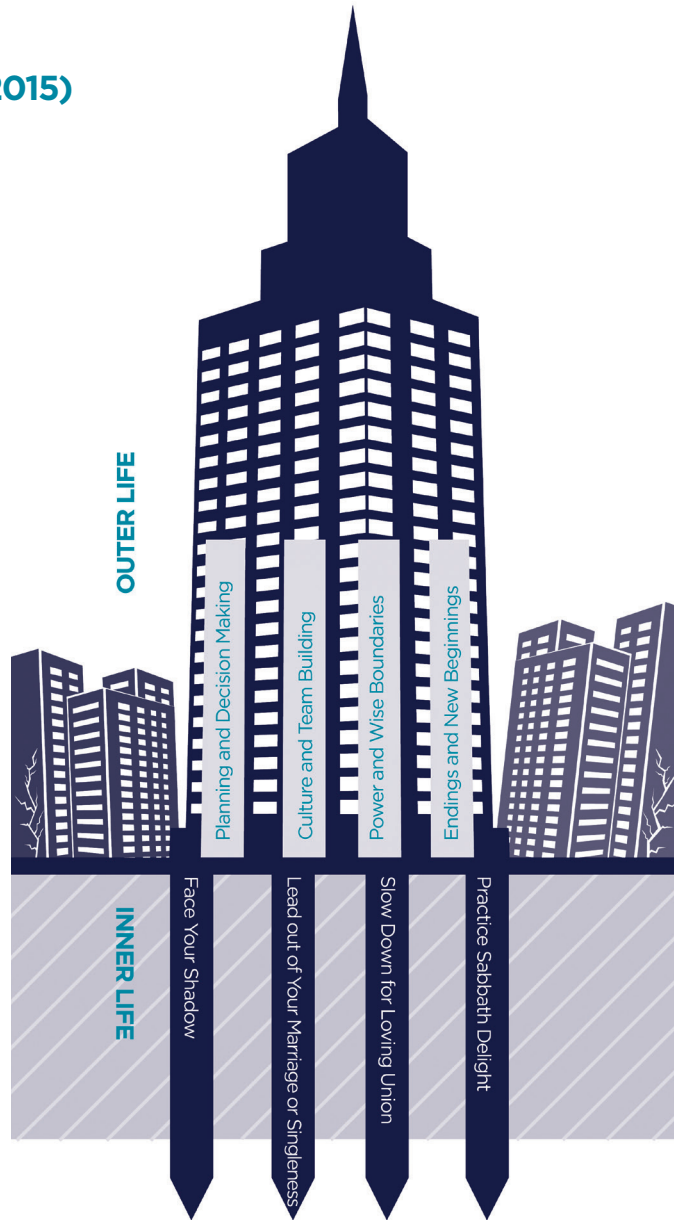
Outer Life

a. Planning and Decision Making

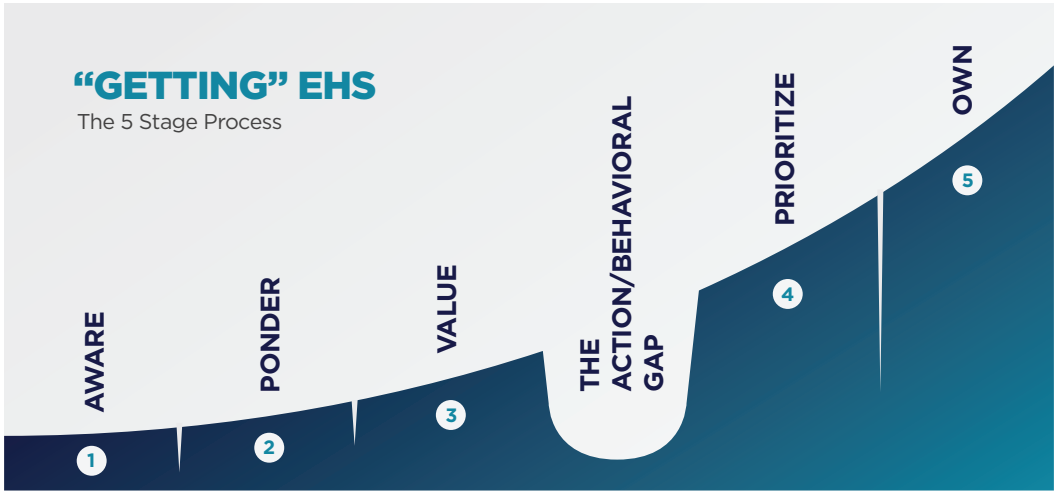
b. Culture and Team Building

c. Power and Wise Boundaries

d. Endings and New Beginnings



VI. The Slow Process of "Getting" EHS



The Emotionally Healthy Discipleship Courses

Deeply Changing People

The EH Spirituality Course

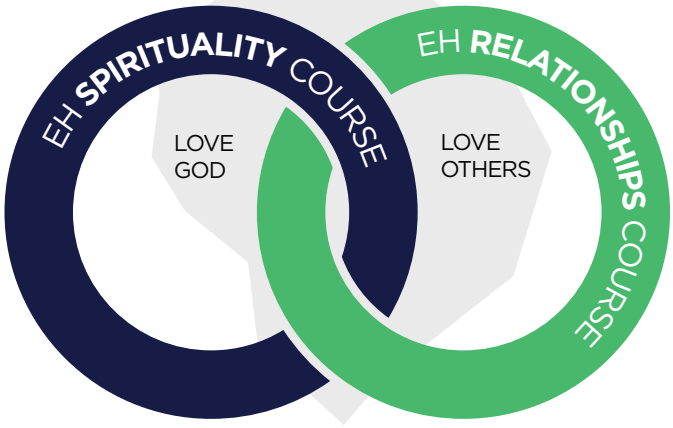
Learn to LOVE GOD

1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself that You May Know God
3. Going Back to Go Forward
4. Journey through the Wall
5. Enlarge Your Soul through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow into an Emotionally Mature Adult
8. Go the Next Step to Develop a Rule of Life

The EH Relationships Course

Learn to LOVE OTHERS

1. Take Your Community Temperature Reading
2. Stop Mind Reading & Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally
6. Climb the Ladder of Integrity
7. Fight Cleanly
8. Develop a Rule of Life to Implement Your New Skills



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VIII. Explore the Iceberg: Know Yourself That You Might Know God

A. Introduction

> *What lies behind us and what lies before us are tiny matters compared to what lies within us.*
>
> **Ralph Waldo Emerson**



1. Unprocessed Emotions Don't Die

2. Awareness is Necessary for Transformation

3. Healthy Community Requires People Know Themselves

4. Feelings Help Us Discern God's Voice

B. Exercise

C. Final Applications – for You and Your Church

session 2

Genogram Your Family: Going Back to Go Forward

I. Genogram Your Family

A. A Theological Framework

1. The Blessings and Sins of Our Families Have Impact Lasting for at Least Three to Four Generations.

2. Becoming a Christian Is to Be Birthed into a New Family.

3. Discipleship/Spiritual Formation Is the Process of Putting Off the Sinful Patterns of Our Family of Origin and Culture.

4. God Offers Grace and Power to Break the Power of the Past.

B. Jesus May Be _____, but Grandpa _____.

Genogram Worksheet

(Pete and Geri Scazzero © January 2016)

We look at our families, not to find fault, but to get a realistic picture of what unhealthy patterns might be blocking our growth and maturing in Christ. We are not focusing on our positive legacies in this exercise due to the limits of time.

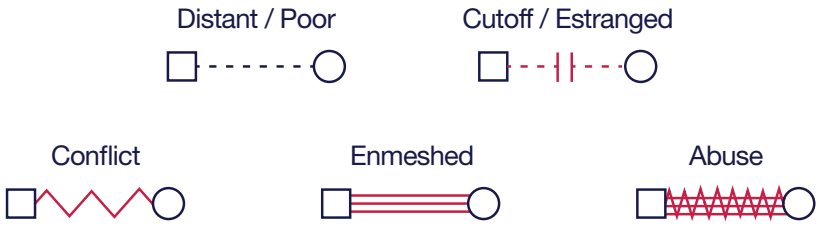
Fill in 1–3 through the eyes of your childhood (8 to 12 years old).

1. Next to each family member (parents, grandparents, siblings, and children) write down 2–3 adjectives describing them.

2. On the lines between your parents describe their marriage(s). Describe your grandparents' marriages, and then your own marriage (in 2–3 words).

3. Use the symbols from the chart below to describe the relationships between your family members.

Emotional Relationships Legend



Cutoff/Estranged: Family members avoid communication or contact.

Conflict: Issues don't get resolved.

Enmeshed: Pressure is created for family members to think, feel, and act alike. For example, you are expected to attend a family event and you do so in order not to deal with someone else's disapproval.

Abuse: Severe crossing of personal boundaries, injuring the dignity and humanity of another—whether it be sexual, emotional, or physical.

Distant/Poor: Low or minimal emotional connection between family members.

4. On the right side of your paper, note generational themes. (*For example, addictions, affairs, losses, abuse, divorces, depression, mental illness, abortions, children born out of wedlock, etc.*)

5. Beneath that note "earthquake events" in your family history, i.e. events that significantly impacted the family. (*For example, premature deaths, abuse, suicide, war, cancer, business collapse, affairs, immigration from another country, etc.)*

Take a step back and consider your genogram:

6. What might be one or two insights you are becoming aware of in terms of how your family (or any earthquake events) impacted who you are today?

7. What are one or two specific ways this may be impacting your leadership in the church?

session 3

Leadership That Equips People to Live in the New Family of Jesus

I. Applications for Leadership

A. Take Responsibility

1. The Past May Not Be Your Fault, but It Is Your Responsibility to Get a Really Good Future Out of It.

2. The Example of Joseph

> *Joseph said to them, "Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them.*
>
> **Genesis 50:19-21**

B. Reframe Equipping as Learning to Live in the New Family of Jesus

C. Intentionally internalize the New Scripts informed By The Gospel

Examples of Unbiblical Family Commandments



1. **MONEY**
   - Money is the best source of security.
   - The more money you have, the more important you are.
   - Make lots of money to prove you "made" it.
2. **CONFLICT**
   - Avoid conflict at all costs.
   - Don't get people mad at you.
   - Loud, angry, constant fighting is normal.
3. **SEX**
   - Sex is not to be spoken about openly.
   - Men can be promiscuous; women must be chaste.
4. **GRIEF AND LOSS**
   - Sadness is a sign of weakness.
   - You are not allowed to be depressed.
   - Get over losses quickly and move on.
5. **EXPRESSING ANGER**
   - Anger is dangerous and bad.
   - Explode in anger to make a point.
   - Sarcasm is an acceptable way to release anger.
6. **FAMILY**
   - You owe your parents for all they've done for you.
   - Don't speak of your family's "dirty laundry" in public.
   - Duty to family and culture comes before everything.
7. **RELATIONSHIPS**
   - Don't trust people. They will let you down.
   - Don't ever let anyone hurt you.
   - Don't show vulnerability.
8. **ATTITUDES TOWARD OTHER CULTURES**
   - Only be close friends with people who are like you.
   - Do not marry a person of another race or culture.
   - Certain cultures/races are not as good as ours.
9. **SUCCESS**
   - Is getting into the "best schools."
   - Is making lots of money.
   - Is getting married and having children.
10. **FEELINGS AND EMOTIONS**
    - You are not allowed to have certain feelings.
    - Your feelings are not important.
    - Reacting with your feelings without thinking is okay.

D. Grow in Your Differentiation

1. Working Definition: Remaining connected to people, yet not allowing my reactions or behaviors to be determined by them.

Solid Self and Pretend Self



2. The Differentiation Scale

0 → **25** → **50** → **75** → **100**

25–50

- Most of self is a "false self" and reflected from others
- When anxiety is low, they function relatively well
- Quick to imitate others and change themselves to gain acceptance from others
- Often advocate one set of principles/beliefs, yet live another
- Self-esteem soars with compliments and is crushed by criticism
- Often make poor decisions due to their inability to think clearly under stress

50–75

- Can follow life goals that are determined from within
- Can state beliefs calmly without putting others down
- Can allow children to progress through developmental phases into adult autonomy
- Able to cope with crises without falling apart
- Stay in relational connection with others without insisting they see the world the same

II. Case Studies and Applications of "Going Back to Go Forward"

session 4

Climbing the Ladder of Integrity – for Yourself, Your Team, and Your Church

I. Introduction

A. Purpose: To clarify your values by processing your thoughts and feelings, and to assert yourself respectfully.

B. The Ladder is Not a Conflict Resolution Tool

C. Get Clear Within Yourself and Take Responsibility for Your Values

D. The Goal: To Live with Integrity

II. Three Phases of the Ladder

A. What is going on inside me (1-4)

B. What I value (5-8)

C. What I hope (9-10)

III. Model

Climb the Ladder of Integrity

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Be sure to stick to one issue.

IV. Steps to Using the Ladder of Integrity

A. **Identify a non-volatile issue that is bothering you** (e.g., a staff member not preparing well for a sermon or message, a poorly led meeting, someone using hurtful language during a difficult conversation, a volunteer not being truthful, someone showing up late for a meeting, behavior at a weekend service that is not visitor-friendly, a co-worker not answering your e-mails).

Write down the issue by completing the following sentence stem:

Right now the issue on my mind is…

- Disrespectful start-up: "Right now the issue on my mind is that you don't care about beginning meetings late."
- Respectful start-up: "Right now the issue on my mind is that our meetings start later than the agreed upon time."

B. **Partner Activity**

1. Find a neutral partner, a person with whom you do NOT have the issue, to practice going up the Ladder of Integrity. Decide who will go first. Let your partner know who they are "standing in" for.

As the Speaker be sure to:

- Ask permission.
- Go up the Ladder (in order).
- Skip a sentence stem if it does not help you to explore your issue.
- Thank the Listener when you are done.

As the Listener be sure to:

- Give the Speaker your full attention.
- Not interrupt.
- Thank the Speaker for sharing when he/she is done.

2. Switch

V. Applications of the Ladder to Create Healthy Teams and Culture

Adapted from The Emotionally Healthy Leader

A. Connect Work Performance and Personal Spiritual Formation

B. Confront the Elephants in the Room

C. Invest the Time and Energy in the Team's Spiritual Development

D. Ask about People's Marriages and Singleness

LEADING OUT OF MARRIAGE/SINGLENESS

In Standard Practice, Leaders . . .	In Emotionally Healthy, Leaders . . .
I make ministry/leadership my highest priority and first ambition as a Christ-follower.	I make marriage/singleness my highest priority and first ambition as a Christ-follower.
I see my marriage/singleness as a stable foundation for my ministry and leadership.	I intentionally cultivate a marriage/singleness that serves as a sign and wonder of God's love for the church and the world.
I have not reflected on how issues from my family of origin impact my ability to bond and connect with others.	I have reflected deeply on how issues from my family of origin impact my ability to bond and connect with others.
My sexuality is disconnected from my spirituality and leadership.	My sexuality is inseparable from my spirituality and leadership.

session 5

Slowing Down for Sabbath Delight

I. The Danger of Leading without Jesus

> *"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?' Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!"*
>
> **Matthew 7:21-23**

> *Some Jews who went around driving out evil spirits tried to invoke the name of the Lord Jesus over those who were demon-possessed. …Seven sons of Sceva, a Jewish chief priest, were doing this. One day the evil spirit answered them, "Jesus I know, and Paul I know about, but who are you?" Then the man who had the evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding.*
>
> **Acts 19:13-16**

II. What is Loving Union?

To allow Jesus and his will to have full access to your life in a posture of attentiveness, openness, and surrender.

III. Obstacles to Loving Union

A. Compartmentalization

B. Chaotic Rhythm

IV. The Sabbath - a 24 hour time frame without anxiety or "have-to's" which results in rest and renewal

A. "The Sabbath was made for people, not people for the Sabbath" (Mk 2:27)

I am the Lord your God who brought you out of Egypt, out of the land of slavery.

- You shall have no other gods before me.
- You shall not make for yourself an idol.
- You shall not misuse the name of the Lord your God.
- Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.
- Honor your father and your mother.
- You shall not murder.
- You shall not commit adultery.
- You shall not steal.
- You shall not give false witness.
- You shall not covet. (Deuteronomy 5:6-21)

B. Four Core Elements to a Biblical Sabbath

1. Stop

2. Rest

3. Delight

4. Contemplate

V. Small Group Questions

- What questions do you have regarding Sabbath-keeping?

- What 24-hour period might serve you at this phase of your journey (For example, all day on Mondays or Fridays, 6 p.m. Friday night to 6 p.m. Saturday night every week)?

- What do you need to stop that relates to your work—paid and unpaid?

- What activities create rest and delight for you?

- If you already keep the Sabbath, what adjustments could you make in order to deepen or broaden your experience?

VI. Final Sabbath Applications for You and Your Church

A. Reframing Vacations and Getaways

B. Sabbaticals: The Long View

C. Introducing Sabbath to the Whole Church

D. For FAQ's and Other Resources:

- For free sermons on Sabbath by Pete, go to: http://www.emotionallyhealthy.org/news-media/sermons/
- Wayne Mueller, *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* (Bantam, 2000)
- Lynn Baab, *Sabbath Keeping*: *Finding Freedom in the Rhythms of Rest* (IVP, 2005)

session 6

The Power of a Rule of Life to Transform Your Church

I. The "Rule of Life" as a Structure to Facilitate Loving Union

A Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually. It is an intentional, conscious plan to keep God at the center of everything we do.

A. History of the "Rule of Life"

B. Integration of All Life Under the Lordship of Christ

II. Sample Rules of Life

III. Crafting a Personal Rule of Life

Step 1

Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities).

We ask that you think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or any number of other possibilities. List them all!

Step 2

Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ.

This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.

Step 3

What are the challenging "have to's" in the next 3-6 months of your life that will impact your rhythms?

(e.g. caring for aging parents, a special needs child, a demanding season at work, moving, switching jobs, beginning graduate school, an adult child getting married)

Step 4

Fill in the Rule of Life worksheet as you consider your next 3-6 months. Ask God what He is inviting you to focus on during this season?

Step 5

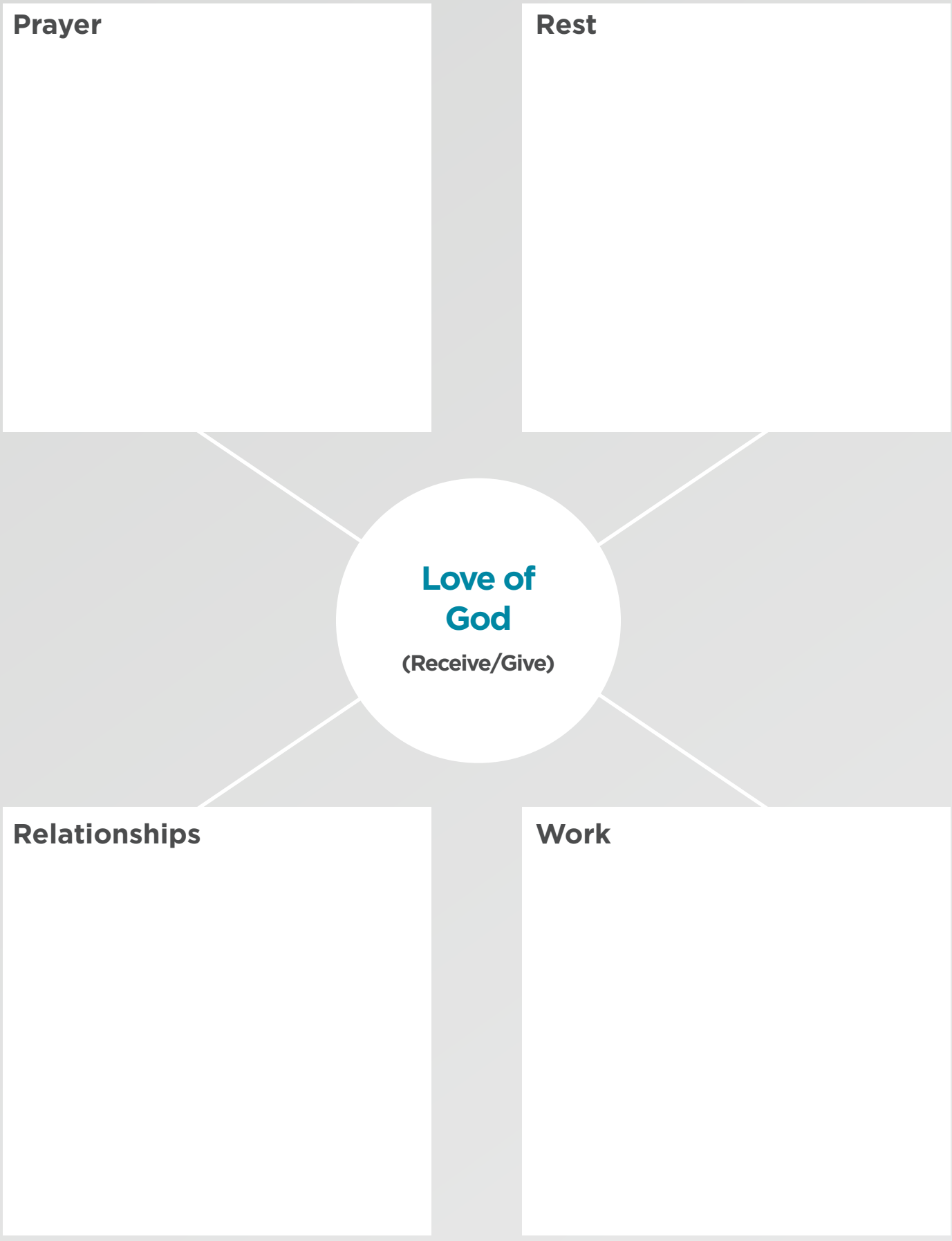
Take a step back and prayerfully examine your Personal Rule of Life.

- What is God's invitation to you today?
- What is the one thing you must do now?
- What are the implications of this on your calendar?
- Is there someone I can invite to encourage me in keeping the Rule?

Remember:

1. Listen to your heart's desires when discerning your Rule. God speaks to us through them.
2. Make sure your Rule includes some joy, play, and fun.
3. Take baby steps. Don't make your rule impossible to follow.
4. You're going to have trouble keeping a Rule sometimes. Recognize that you're human and try again. Unexpected things come into our lives that we can't help. We take on projects that are bigger than we expected. It takes experimentation to discern what form your Rule should take.
5. Figure out how much structure you need – a lot or a little.

   Debra Farrington in her book, *Living Faith Day by Day* writes: "Over the years I've also struggled with the amount of structure to build into a rule. People I respect deeply have detailed rules with set times for prayer, established types of prayer, and so on. They tell me that if they don't get up at 6:30 each morning and take a half hour of prayer time that they will never get to it during the day. But that doesn't work for me. It makes my spiritual life into something to add to my to-do list, and it becomes a chore and not a blessing. Over the years I have found that my rule for prayer needs to be more open-ended. I am committed to praying daily, but how and when I do that varies from day-to-day."


Prayer
Rest
Love of God
(Receive/Give)
Relationships
Work

IV. Final Applications

A. The Importance and Power of Coaching People

B. Sustaining the Rule of Life in the Culture as a Discipleship Tool

C. Q and A

Key Resources

Ken Shigematsu, *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God* (Zondervan, 2013)

For free sermons on the many aspects of a Rule of Life, go to: http://www.emotionallyhealthy.org/news-media/sermons/

session 7

Workshops

The Emotionally Healthy Relationships Course: 8 Life-Changing Skills for Your Church – Geri Scazzero

The Nuts and Bolts of Implementing The Emotionally Healthy (EH) Discipleship Courses in Your Church – Peter Rohdin

Applying Grief and Loss from The Emotionally Healthy (EH) Discipleship Courses to Move Your Church to Maturity – Rick and Jiji Harner

Emotionally Healthy Preaching: Building a Culture that Thinks Theologically and Formationally – Rich Villodas

session 8

Wanted: Shepherd Leaders for the 21st Century

I. Jesus' Commissioning of Shepherd Leaders

15 When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"

"Yes, Lord," he said, "you know that I love you."

Jesus said, "Feed my lambs."

16 Again Jesus said, "Simon son of John, do you love me?"

He answered, "Yes, Lord, you know that I love you."

Jesus said, "Take care of my sheep."

17 The third time he said to him, "Simon son of John, do you love me?"

Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."

Jesus said, "Feed my sheep. 18 Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." 19 Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"

John 21:15-19

II. Qualities of Shepherd Leaders

1. **They are Ordinary and Problematic**

2. **They Love Him More than Anything**

3. **They Provide Direction and Discipline**

4. **They Suffer**

The EH Discipleship Course Strategy



IV. Application

In light of how God has been coming to you throughout this conference, complete the following sentences:

I am beginning to realize (personally) . . .

My next step as a leader (organizationally) is . . .

V. The Emotionally Healthy Leader (Zondervan, 2015)

Download free discussion guide, videos, and podcasts for your team-
http://www.emotionallyhealthy.org/courses/eh-leader-course

Inner Life

1. Face Your Shadow
2. Lead Out of Your Marriage/Singleness
3. Slow Down for Loving Union
4. Practice Sabbath Delight

Outer Life

1. Planning and Decision Making
2. Culture and Team Building
3. Power and Wise Boundaries
4. Endings and New Beginnings

VI. Stay Connected


www.emotionallyhealthy.org
Podcasts/Weekly Updates from Pete


@petescazzero
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notes

Elmhurst Neighborhood Map

Dining

1 **McDonald's (Fast Food)**
8003 Queens Blvd
Elmhurst

2 **Nevada Diner (American)**
80-26 Queens Blvd
Elmhurst, NY 11373

3 **Boca Juniors Steakhouse (Argentinean)**
81-08 Queens Blvd

4 **Ping's Restaurant (Chinese)**
★Dim sum HK-style on Sat and Sun
83-02 Queens Blvd

5 **Sunrise Bakery & Cafe (Chinese) $**
Tea, coffee, pastries
84-02 Queens Blvd

6 **DJ's Grocery Deli**
Small convenience store, sandwiches, snacks
84-06 Queens Blvd

7 **Los Paisitas (Colombian)**
★Latin lunch & dinner
87-11 Grand Ave

8 **Tangra Masala (Chinese-Indian Fusion) $**
★Must try the Lollipop Chicken
87-09 Grand Avenue

9 **Tommy Thai**
85-32 Grand Ave

10 **Yeung Chinese Restaurant (Chinese) $**
★Chinese take out
85-43 Grand Ave

11 **Patacon Pisao (Venezuelan)**
★Special plantain sandwiches
85-22 Grand Ave

12 **The Grandstand Pub & Restaurant (Irish-Am)**
85-35 Grand Ave

13 **John's Pizzeria $**
Subs, pizza
85-02 Grand Ave

14 **Que Sabor Bakery & Cafe (Colombia/ Ecuador) $**
Offers Latin Food for Lunch
84-60 Grand Ave

15 **Starbucks**
86-51 Broadway

16 **Gino's Pizza (NY style pizza) $**
86-35 Broadway

17 **Georgia Diner**
86-55 Queens Blvd

18 **Outback Steakhouse**

Red Lobster

Coldstone Creamery (Ice Cream)
88-01 Queens Blvd

19 **Tomo Sushi (Japanese)**
89-14 Queens Blvd

20 **Chicken & Rice Halal Food Cart $**
Really good chicken & rice
In front of Queens Center Mall

21 **Chao Thai Too Restaurant (Thai)**
83-47 Dongan Ave

22 **Joju (Vietnamese)**
★Great Vietnamese Sandwiches & Special Fries
85-32 Grand Ave

23 **Elmhurst Famous Pizza**
★Unique personal-size pizzas 83-07 Broadway

24 **Lao Bei Fang Dumpling House (Chinese)**
★Great Pork Dumplings & Fresh Noodles
83-05 Broadway

25 **Pho Bang Restaurant (Vietnamese)**
★Great Pho (Soup), Rice Dishes & Spring Rolls
82-90 Broadway

26 **Taste Good (Malaysian)**
82-18 45th Ave

Shopping

27 **Stop & Shop Supermarket**
★74-17 Grand Ave

28 **99-cent Store**
85 Grand Ave.

29 **Target**
Best-Buy (Mini-Mall)
88-01 Queens Blvd

30 **Queens Center Mall**
90-15 Queens Blvd, Also Subway/Train Station -(Woodhaven Blvd) -M, R

Transporation

31 **Grand Ave - Newtown Subway Station**
M & R trains available (Multiple entrances -look near the corners of Grand Ave/Broadway & Queens Blvd)

32 **Woodhaven Blvd. Subway Station**
M & R trains available

33 **Elmhurst Ave. Subway Station**
M & R trains available

Lodging

34 **COMFORT INN & SUITES**
60-30 Maurice Ave
Maspeth, NY
718-457-5555

35 **WYNDHAM GARDEN REGO PARK**
92-77 Queens Blvd
Rego Park, NY
718-261-9400

36 **PAPER FACTORY HOTEL**
37-06 36th Street
Long Island City, NY
718-392-7200

Medical

37 **Elmhurst Hospital Center**
79-01 Broadway

38 **Walgreens Pharmacy**
84-20 Broadway

Other

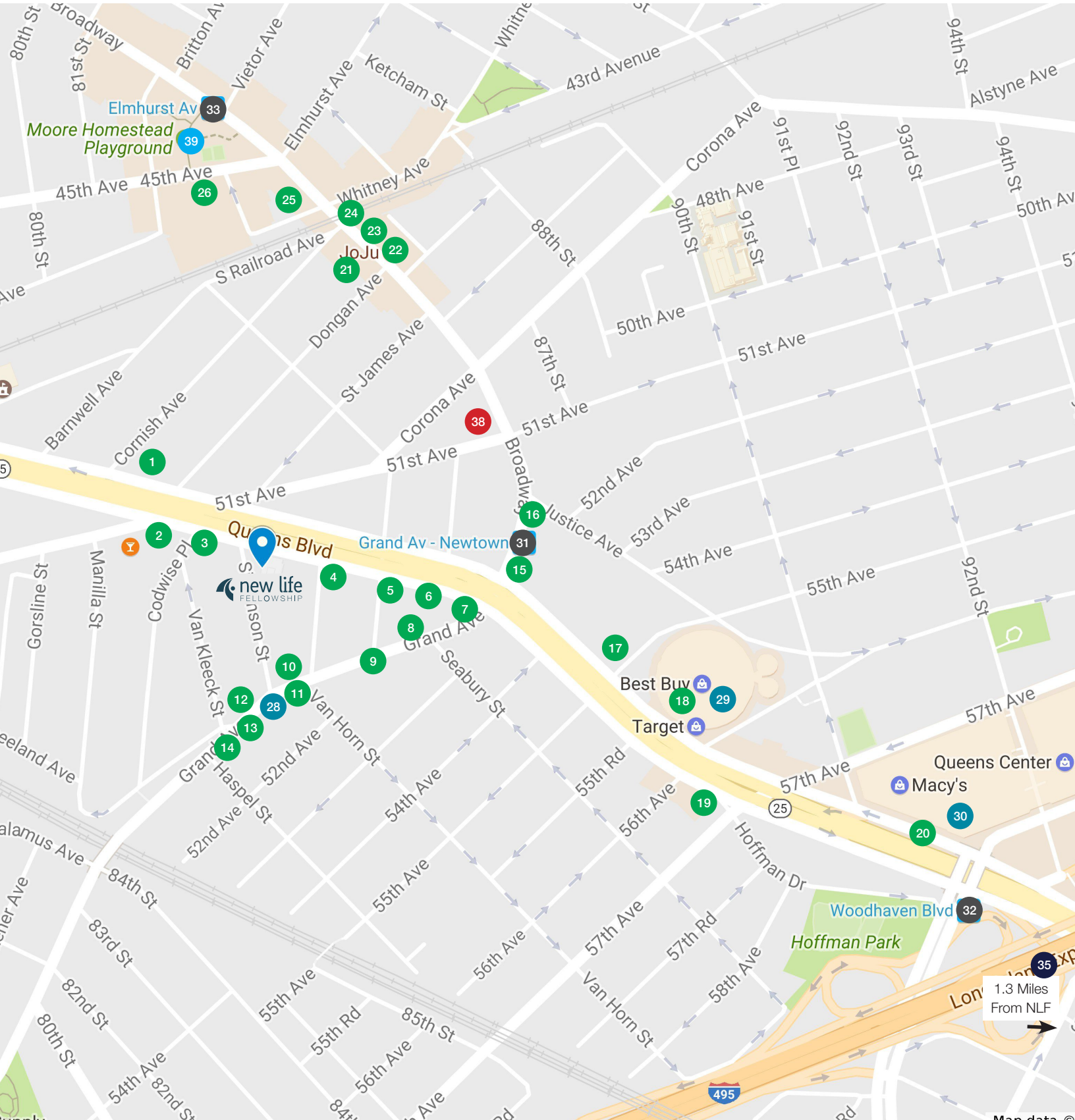
39 **Moore Park**
Broadway & 45 Ave, and 82nd 5t, Elmhurst Also Subway/Train Station -(Elmhurst Ave) M, R

$ Cash Only
★ Recomended



Elmhurst is home to New Life Fellowship Church. This neighborhood is considered the most diverse zip code in the nation with more than 57 languages spoken by its residents. Immigrants mainly hail from Asia and Latin America, but you can still see remnants of its Irish, Italian and Jewish roots in some of the businesses and historic buildings that remain. Elmhurst's current main attraction is its bounty of authentic ethnic cuisine. Make sure you don't miss an opportunity to try some of the best food in New York City!

IMPORTANT NOTE: Please use caution when crossing Queens Blvd. It is a very busy street and the drivers are moving fast.



NYC Quick Guide

NOTABLE NYC NEIGHBORHOODS & ATTRACTIONS

Queens

Silvercup Studios, Museum of Moving Image, MOMA PS1, Astoria Park, Flushing Meadows Corona Park, Citi Field (NY Mets), Hall of Science, Arthur Ashe Stadium, Queens Museum of Art, Downtown Flushing, Jackson Heights

Brooklyn

Brooklyn Heights, Brooklyn Promenade, Brooklyn Botanical Gardens, Prospect Park, Downtown Brooklyn, Barclay Center, Park Slope, Williamsburg, Coney Island

Bronx

Bronx Zoo, Yankee Stadium, New York Botanical Gardens, City Island

Manhattan

Empire State Building, Times Square, Ellis Island, Museum of Modern Art (MOMA), Museum of Natural History, Metropolitan Museum, Lincoln Center, Central Park, South Street Seaport, Chinatown, Little Italy, Greenwich Village, Freedom Tower/Ground Zero Off the beaten path ... The Cloisters, Frick Museum, Cooper Hewitt Museum, Koreatown, Highline, Governor's Island

OTHER QUEENS NEIGHBORHOOD ATTRACTIONS

Jackson Heights

Explore one of the most diverse neighborhoods in the world! Here you will find Indian, Pakistani, Bangladeshi, Chinese, Korean, Columbian, Peruvian, Argentinean, Ecuadorian, Polish and many other cultures and ethnicities living in the same area. Stop by one of the Indian shops and buy a sari or step into a Latin eatery and get an empanada! This neighborhood is best reached by subway. Subway Stop: 74th Street/Roosevelt Avenue -E, F, R, M, 7 trains

Highlights

82nd Street Shopping District -82St./Roosevelt Ave./30th Ave.
Historic District -74th-90th Sts./Roosevelt Ave-Northern Blvd.
Little India -74th St./35Ave.

Restaurants

1. **Cannelle Patisserie (French Bakery) ***
   75-59 31st Ave -(718) 565-6200
2. **Jackson Diner (Indian) ***
   37-47 74th St. -(718) 672-1232
3. **Unidentified Flying Chickens aka UFC (fried chicken Korean style) ***
   71-22 Roosevelt Ave. -(718) 205-6662
4. **La Nueva Bakery (Uruguayan-Colombian) -cash only**
   86-10 37th Ave. -(718) 507-4785
5. **Pio Pio (Peruvian Rotisserie Chicken) ***
   84-02 Northern Blvd. -(718) 426-4900
6. **Mama's Empanadas (Latin American) -cash only**
   85-05 Northern Blvd. -(718) 505-9937
7. **Jahn's Ice Cream Parlor (American)**
   81-04 37Ave. -(718) 651-0700
8. **Seba Seba (Colombian)**
   79-28 3ih Ave. -(718) 478-4691

Forest Hills

Modeled after the garden communities of England, Forest Hills is something you would more likely see in Europe with its cobble stone street and neighboring Tudor style homes. Again, though this neighborhood is within walking distance from New life (about 30 minutes), you're probably better off taking the subway or bus and saving your energy for walking around the beautiful garden neighborhood.

Forest Hills Highlights

Station Square; Austin Street shopping area. Barnes & Noble, The Body Shop, Ann Taylor, Sephora, Eddie Bauer, The Gap, Banana Republic, Benetton + small shops; 70th Road -Forest Hill's own "Restaurant Row."

Forest Hills Restaurants

1. **Nick's Pizza (NY style pizza)**
   108-26 Ascan Avenue - (718) 263-1126
2. **Martha's Country Bakery (coffee, pastries) ***
   70-30 Austin Street (718) 544-0088
3. **Starbucks (coffee, pastries)**
   107-12 Continental Ave.
4. **La Boulangerie (French Bakery) ***
   109-01 72nd Rd -(347) 644-5606
5. **Bareburger (Burgers, Organic) ***
   71-49 Austin St -(718) 275-2273
6. **Aged Steakhouse (American)**
   107-04 70th Road -(718) 544-2433
7. **Cabana (Latin)**
   107-10 70th Road -(718) 263-3600
8. **Jade Eatery & Lounge (Indo-Asian)**
   1 Station Square (718) 793-2203
9. **5 Burro Cafe (Mexican)**
   72-05 Austin Street -(718) 544-2984
10. **Portofino Ristorante (Italian)**
    109-32 Ascan Avenue -(718) 261-1239
11. **Wafa's (Mediterranean/Middle Eastern) ***
    100-05 Metropolitan Ave -(718) 880-2055
    Subway Stop: 71st/Continental Avenue -E, F, R, M trains; Bus: Q60

New York City Subway Map

With bus and railroad connections



emotionally
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How to Lead The Emotionally Healthy Relationships Course

A Live Stream Training Event with Pete Scazzero

June 29, 2017
1:00 - 4:00 PM EST



A Practical Training Day for Pastors and Discipleship Leaders

Highlights of this Live Stream event:

Learn the seven best practices to run the The EH Relationships Course

Learn the step-by-step details of what it takes to lead The EH Relationships Course in your church

Experience the flow of a complete Course Session as a participant and Small Group Table Leader

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per church

Includes All Materials

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- Stop Mind Reading and Clarify Expectations
- Genogram Your Family
- Explore the Iceberg
- Listen Incarnationally
- Climb the Ladder of Integrity
- Fight Cleanly
- Develop a "Rule of Life" to Implement Your New Learnings

ON SALE AUGUST 2017

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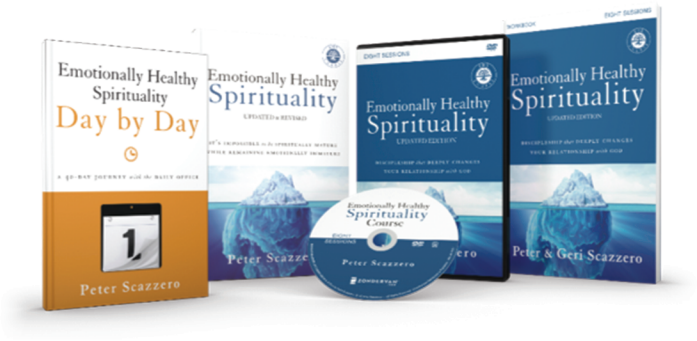
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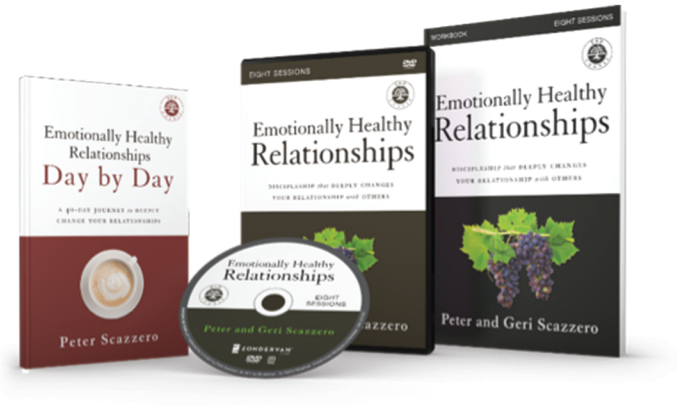
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The Emotionally Healthy Spirituality Course

The first step to launch people into a transformative spirituality with God

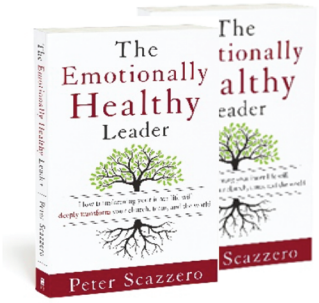


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Practical skills to launch people into a transformative spirituality with others

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OTHER RESOURCES



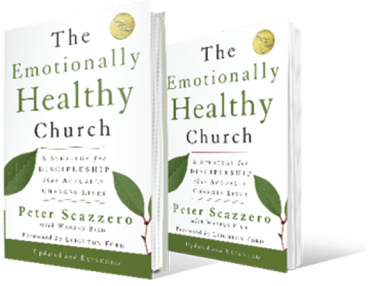
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