



# My Burden Is Light

A PRIMER FOR CLERGY WELLNESS

Sue Magrath

Being a clergyperson can be stressful—mentally, physically, emotionally, spiritually, and relationally. From pressure to grow their congregations to unrealistic expectations from church members to poorly defined guidelines about working hours or tasks, new pastors sometimes flounder. Even experienced pastors can get caught off guard by deep-seated dysfunction in their congregations or other circumstances that trigger psychological issues from their past. This book helps pastors explore the situations that make them vulnerable to burn-out, misconduct, spiritual dryness, health issues, depression, and more. Through real-life stories, pragmatic advice, and psychological and spiritual wisdom, the author will show readers how to practice good self-care while maintaining effectiveness and reignite the energy and passion that first fueled their call to ordained ministry.

“Sue Magrath’s commitment to clergy wellness shines in this heartfelt, insightful, and very practical book. This book is truly a gift.”

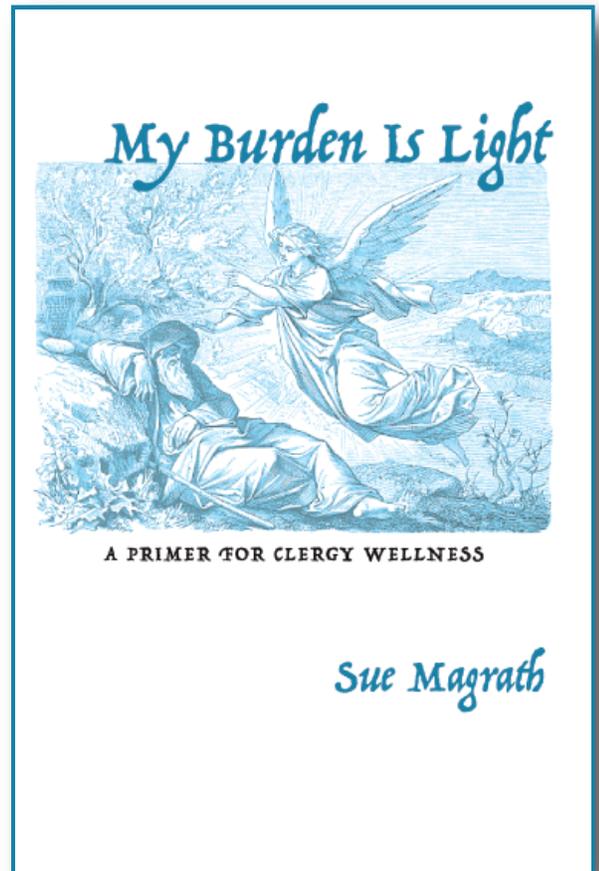
—LARA BOLGER, Chair of the Board of Ordained Ministry for the Pacific Northwest Annual Conference of the United Methodist Church

“This is a book that will earn a permanent place on my bookshelf; I only wish I’d had it as I entered ministry! It would be an excellent choice for clergy groups providing mutual support and accountability.”

—MARY K. (SELLON) HUYCKE, co-author, *Pathway to Renewal*

“Integrating insights from years of practice as a psychotherapist and as a spiritual director, Sue Magrath provides rich content and a healing spirit to *My Burden Is Light*. I believe this is a realistic and helpful book that will help many pastors.”

—JERRY P. HAAS, co-author, *The Cycle of Grace: Living in Sacred Balance*



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Sue Magrath is a retired psychotherapist and spiritual director with many years of experience working with clergy in a variety of capacities, including leading workshops and retreats. She is the author of *Healing the Ravaged Soul*.

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