



# Congregational Fitness: Healthy Practices for Layfolk

*Denise W. Goodman*

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## **Congregational Fitness: Healthy Practices for Layfolk** Denise W. Goodman

When serious conflict surfaces in a congregation, lay people are usually stunned. They feel frightened, angry, and helpless. Congregational Fitness explores why congregations are prone to conflict and describes healthy behaviors lay people can practice to manage conflict constructively. Goodman argues that since it is members of the congregation who carry on from one pastor to another, it is important for them to know and practice positive behaviors continually, rather than reacting out of emotion and anxiety to an unexpected situation. Designed for use by individuals, study groups, and retreat participants.

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