



Taking Care of Yourself

If you are a woman pastoring or ministering in a Southern Baptist church, or even if you are a woman pastoring or ministering among other Baptists or other denominations, hearing the noise from the Southern Baptist Convention (SBC) diminishing the callings of women can weigh heavily on you.

During this time, BWIM wants you to know that you are not alone. Women from all over the country are reaching out to us to share their stories as a way of seeking solidarity. Also, seeing your story in the stories of other women in ministry can be an anchor and reminder of the sisterhood of ministry of which you are a part.

We are so grateful that this reflection from a woman pastoring at an SBC church was shared with us and the larger Baptist community. In moments when you're feeling alone, I hope you will read it and see yourself reflected back in it:

[It's That Season Again, by Rev. Amy Sims](#)

We also want to encourage you to take care of yourself while the noise is loud. This might include:

- Unplugging from social media for a while
- Reaching out to a friend to go to coffee or lunch
- Scheduling a therapy or spiritual direction session
- Spending more time in prayer or in contemplative practices
- Taking up a new hobby

While these practices may sound trivial, they can truly be lifesaving. When the force of the SBC's rejection of women in ministry gets laid on top of any baggage you already carry from the challenges of being a woman in ministry, the load can be overwhelming.

If you would like a safe place to share any thoughts on how you are feeling, you can share them with us and trust that it will be held with utmost care and respect.

[Form for Support and Storytelling](#)

