

*The Upper Midwest region requires continuing education in order to retain standing. Full-time ordained and commissioned clergy must complete 16 hours, with at least 4 being in Anti-Racism/Pro-Reconciliation. The requirements are pro-rated depending upon hours worked. For example, a half-time minister must complete 8 hours, with at least two of them being in Anti-Racism/Pro-Reconciliation.*

### Suggestions for Completing Continuing Education Hours

- Complete a course through the Upper Midwest School of Ministry.
- Complete a unit of Clinical Pastoral Education (CPE).
- Complete a college or graduate level course.
- Complete a seminary online course.
- Complete a semester's work in a Doctor of Ministry program.
- Attend a seminary-sponsored Ministers' Week.
- Attend educational or worship experiences at a Regional or General Assembly.
- Attend and participate in the Regional All Congregational Gathering.
- Attend and participate in ecumenical resource and worship experiences.
- Participate in an educational offering for clergy by the Regional Office.
- Attend Ministers' Institute.
- Participate in boundary training (this is required by the region in 5 year increments, starting in 2020).
- Attend a lecture series.
- Attend a professional training seminar.
- Participate in spiritual discipline retreats.
- Other events, studies, etc. may be acceptable. It is suggested that the Committee on Ministry or its designee be consulted for verification.

### Suggestions for Completing the Anti-Racism/Pro-Reconciliation Requirement

*The intention behind the region's anti-racism requirement is to encourage clergy to explore facets of racism through an experiential and transformative means. Because this standing requirement focuses on experiences rather than limiting individuals to a training event, it encourages clergy to find relevant opportunities that enhance their awareness and understanding of racism in the world and in their own communities.*

- Participate in a direct experience/immersion such as an educational mission trip that focuses on racism.
- Form an ongoing cohort group that explores, experiences, and engages in conversation on racism, such as:
  - Discovering the historical truths related to the interaction between indigenous and Anglo settlers.

- Form a “Truth and Reconciliation” cohort that explores issues related to people of color in the Upper Midwest.
- Form a current event cohort that intentionally watches for and discusses racism in the news.
- Form a class or cohort with laity in the congregation focused on anti-racism.
- Form a cohort group whose makeup is inclusive of the rich racial/cultural background of the church.
- Complete a book study (preferably with a discussion group, but it would also be appropriate to submit a written response regarding what you gleaned from the book and how it impacted you).
- Watch a movie or documentary (preferably with a discussion group, but it would also be appropriate to submit a written response regarding what you gleaned from the film and how it impacted you).
- The AR/PR team hosts webinars and events throughout the year. They are announced in the regional newsletters.