

Guide for Individual Sport Challenge (ISC)

About the Institute

The Institute for Congregational Trauma and Growth (ICTG), a non-profit incorporated in 2012, supports congregation ministers with research, education and networking tools to build and rebuild ministry after trauma.

Publications

ICTG regularly updates its website, [www.ictg.org](http://www.ictg.org), and produces a monthly e-newsletter for subscribers with informative practical material for congregational leaders of ministry in the aftermath of trauma. The website and e-newsletter feature articles in various forms and ICTG’s continuously-expanding banks of books, films, blog posts, and links serve as tools and informative resourcing for both ministry leaders.

Guidance for Challengers

Anyone can fundraise. An ISC is an inspiring way to raise awareness for the impact of congregational trauma and importance of ministry leadership and to raise funds for ICTG programs.

* **Contact Staff or Board Member, & Set up a challenge**. Choose an activity that challenges you emotionally, physically or spiritually. Think of how you can improve yourself and ICTG. Match the challenge with a goal to raise funds for ICTG programs. Once confirmed with ICTG, ICTG will accept gifts in honor of your challenge and highlight it on the website. We update viewers with your training status, number of supporters, and funds raised to-date. (We’ve found 2-3 months generally a good time frame for gaining supporters, even if your physical training is longer than that.)
* **Make a list of supporters**. Consider friends, family, congregation members, and neighbors who would like to support you and ICTG.
* **Train**. Set a schedule, prepare and follow appropriate training guidelines.
* **Invite your supporters to partner with you**. Write an invitation letter that explains your challenge, the activity and fundraising goal (an example follows below). Share your passion for ICTG and its vision to support ministers after trauma. Describe your training schedule and the time-line of your goal. In your letter make sure to include:
	+ Specific prayer requests for you and for ICTG
	+ The ICTG website and a link to the Individual Sport Challenge page, where supporters can easily donate online
	+ Instructions on how supporters can donate by post mail

– **Connect with your supporters at least weekly.** Send them regular updates about your training and remind them of the opportunity to partner with you and ICTG in raising awareness and funds. Help your supporters feel a part of the entire experience by keeping them up to date with your progress. Include ICTG with regular updates, too.

To begin your challenge today, contact Dr. Kate Wiebe at kwiebe@ictg.org.

Individual Sport Challenge Invitation Letter (Example, written by a former ISC participant)

Dear Friends and Family,

\_\_\_\_\_ (name challenge activity, i.e., Running) has challenged/inspired me for years. As you may know, I really like / have struggled with \_\_\_\_\_\_\_\_ (activity) because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (provide brief personal explanation or reflection from your experience about what challenges or inspires you about the activity you are beginning training for). This coming \_\_\_\_\_\_\_\_ (date), I have challenged myself to do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name a race, distance, goal) because I desire to \_\_\_\_\_\_\_\_\_\_\_\_ (name some specifics, i.e., meet a physical goal, gain new friendships, grow spiritually,) and to raise funds for an organization that has become very important to me.

With this \_\_\_\_\_\_\_\_\_ (name activity), I hope to spark a desire in you to see, hear, and learn more about the Institute for Congregational Trauma and Growth (ICTG) and the important work it is doing to impact congregational ministry after trauma for the better. As recent natural, violent and emotional disasters affect so many communities around our country today, I believe this non-profit cannot be more needed at this time. Here is an answer for churches to journey into healing and wholeness with tools they need to build and rebuild ministry after trauma from experts around the country. Many ministers and churches have used and discover this network online, and others are finding that yes, there is this non-profit, just for us, which gives us what we need to get through. Yes! TO GET THROUGH . . . to know we can survive and *thrive*. We can do this because the tools and help are available at ictg.org.

With this purpose, I am training and raising awareness and funding. I would be so blessed to have you join me in this cause! To partner with me, visit [www.ictg.org/individual-sport-challenge.html](http://www.ictg.org/individual-sport-challenge.html). There you will be able to see a short film by the Director introducing ICTG. You can browse the website and learn more about their programs. You can also learn how to contribute support to this \_\_\_\_\_\_ (name activity) for ICTG. Please consider what is financially feasible for you at this time to give to this importance cause. Pray and consider how best you can partner with me and with ICTG. Funding is vital for ICTG to happen, to grow, to give freely to all congregations who need these tools, these seminars, podcasts, coaching, and help. You can keep checking the website for progress on my training, and, of course, to hear about the big day! THANK YOU for your prayerful and generous considerations.

Sincerely,