

# WELLSPRING SUPPORT MINISTRY



For All the Seasons of Life

Caring about you ...

Caring about others ... In Christ

First United Methodist Church Plano's **Wellspring Support Ministry** provides emotional support and spiritual encouragement during life transitions through Christian fellowship and guidance.

- Bariatric Support Group (2nd Tuesdays)
- *Boundaries, Saying Yes...Saying No* (8-week seminar)
- Building Healthy Relationships (6-week seminar)
- Career Transition Support (Tuesdays)
- *Celebrate Recovery*® addiction recovery connection
- Co-Parenting with a Difficult Ex (4-session seminar)
- Divorce Recovery (6-week seminar)
- Grief Recovery (8-week seminar)
- *Life's Healing Choices* (8-week seminar)

## BOUNDARIES

### Saying Yes...Saying No

Spiritual, mental, emotional and physical health depends on setting and maintaining smart personal boundaries. Join us for this course using the award-winning curriculum by Dr. Henry Cloud and Dr. John Townsend.

#### To register:

[wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org)

#### For more information

*Dr. Carolyn Maurer*

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*Rev. Alice Coder*

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## BOUNDARIES

### Saying yes...

### Saying no



Curriculum by  
Dr. Henry Cloud  
and Dr. John Townsend

**WELLSPRING**  
SUPPORT MINISTRY



For All the Seasons of Life

FIRST UNITED METHODIST CHURCH PLANO

# BOUNDARIES

## Saying Yes...Saying No

Please return this form to FUMC Plano or email the information to [wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org).

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: Home \_\_\_\_\_

Work \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

### Child Care

Names and age(s) of child(ren)

Any special needs? \_\_\_\_\_

**Cost \$25**

Includes all materials.  
Scholarships are available.

- reaching more people
- growing deeper in faith • feeling smaller
- acting more compassionately

# BOUNDARIES

## SAYING YES...SAYING NO

### Table of Contents

1. A Day in a Boundaryless Life
2. What Does a Boundary Look Like?
3. Boundary Problems
4. How Boundaries Are Developed
5. Ten Laws of Boundaries
6. Common Boundary Myths
7. Boundaries and Your Family
8. Boundaries and Your Friends
9. Boundaries and Your Spouse
10. Boundaries and Your Children
11. Boundaries and Work
12. Boundaries and Your Self
13. Boundaries and God
14. Resistance to Boundaries
15. How to Measure Success with Boundaries
16. A Day in a Life with Boundaries

### Do you ever ask ...

- Can I set limits and still be a loving person?
- How do I answer someone who wants my time, love, energy, or money?
- Aren't boundaries selfish?

**Clear boundaries** are essential to a healthy, balanced lifestyle.

- **Physical:** deciding who may touch you and when.
- **Mental:** developing your own thoughts and opinions.
- **Emotional:** dealing with your own emotions and disengaging from others' harmful, manipulative emotions.
- **Spiritual:** distinguishing God's will from yours, transforming your relationship with God.

*Information from cloudandtownsend.com*