

Rev. Dr. Cheryl Ann R. Beals
Director of the Sozo Centre for Soul Care
(Formerly Director of Clergy Formation & Wellness)

Education and Employment History

Dr. Cheryl Ann Beals completed a **Bachelor of Science in Psychology** in 1985 and a **Bachelor of Education in Special Education** in 1986, both from Acadia University. Dr. Beals was an Elementary School Teacher (1986-1987) at Humber Park Elementary, Humber Park, NS. She then accepted the call to be a Missionary Teacher (1987-1989) with **Canadian Baptist Ministries** in Carolina, Brazil, where she taught the children of two missionary families, five children in four different grades from grade 3-9.

Dr. Beals returned to Canada in summer 1989 and had several part-time jobs while she studied for her **Master of Education in counselling** at the **University of Western Ontario**, London, ON. Dr. Beals graduated in 1991. In 1991 (-2001) Rev. Dr. Cheryl Ann R. Beals opened **Kardia Counselling & Consulting**, a private practice in Christian counselling, in London, Ontario. Dr. Beals completed her **Master of Divinity** degree at **McMaster Divinity** (1995), and she was ordained in June 1998 by Sunrise Baptist Church, part of the **Baptist Convention of Ontario & Quebec**. During this time, Dr. Beals was also pastoral support to churches in various ways and was active in presenting workshops, preaching, speaking, and consulting with pastors. Dr. Beals was also an interim pastor at **Mount Brydges Baptist Church** in 2000 (6 months) and Petrolia Baptist Church from 1999-2000 (9 months).

In October 2000, Dr. Cheryl Ann Beals became **Canadian Ministries Manager** for **Canadian Baptist Ministries**, working with the three Baptist conventions and the French Union. In 2004, Dr. Beals became Manager of Global Discipleship and moved to the CBM Saint John, NB office to work with the **Convention of Atlantic Baptist Churches**. Dr. Beals completed **Arrow Leadership** training in 2005. In January 2007, she resigned from CBM. Dr. Beals sensed God was calling her to something new but did not know what that was. She sold her house, put things in storage, moved in with friends, and waited on God (2007-2008).

Dr. Beals worked with **Aaron Ministries Network**, a ministry for pastors part-time (2007-2008). In April 2008, she was called to be the pastor of **Victoria Road Baptist Church**, Dartmouth, NS. Dr. Beals was there until April 2013 when she accepted the call to join the CBAC staff in the position of Director of Clergy Formation & Wellness. In 2016, she completed her **Doctor of Ministry degree** from **Acadia University**. Her thesis "**The Art of Belonging: Clergy Formation & Wellness**" explored resilience, burnout, and well-being among CBAC pastors.

On the recommendation of Dr. Peter Reid, Dr. Beals applied for and completed the **Foundations in Christian Leadership certificate** in 2016 from **Duke Divinity**, North Carolina, as part of the course she received a Duke Leadership Innovation grant of \$5000usd. The grant was used to pilot the **Resilience Journey (RJ)** formation process for pastors, which ran from February to November 2017. It was the first Resilience Journey cohort. In September 2022 the 5th RJ cohort was launched with 7 pastors. Twenty-two pastors have completed RJ. In 2018 **Dr. Beals** began training as **Spiritual director** with the **Center Quest School of Spiritual Direction**. She graduated in March 2019.

In 2017 Dr. Cheryl Ann Beals created **LeadFresh**, a new formation community for pastors that included monthly check-ins, spiritual direction, retreats, and learning modules. It is based on yearly memberships, the three types are Fresh Basic, Fresh Choice and Fresh complete. **LeadFresh** has become the Umbrella of all the resources for pastors. Sozo Journey was launched in September 2021 – June 2022 and focused on trauma and compassion. Seventeen leaders graduated in August 2022.

Current Role: Director of the Sozo Centre for Soul Care includes:

- Creating & developing the new **Sozo Centre**
- Raising awareness about our need for soul care and the **Sozo Centre**
- Directing the new **Sozo Centre for Soul Care** activities.
- Identifying the soul care needs of pastors, leaders, congregations
- Creating opportunities for spiritual formation and soul care for pastors, leaders & congregations
- Creating and developing resources (online groups, retreats, training materials, and new programs)
- Facilitating & teaching (approx. 20 sessions @ 3hrs) **Resilience Journey & Sozo Journey** communities & FreshStart (check-ins monthly for 1.5 hrs.)
- Partnering with others, e.g., Acadia Divinity, CMDA, etc.
- Teaching, facilitating, preaching, presenting,
- Spiritual direction, coaching, consulting (usually 10-15hr month)
- Crisis support to leaders and churches
- Support to colleagues,
- Coordinate the new **CBAC Spiritual Director Community**
- Raising money for the department

Other Training

- **Curt Thompson Connections Conference** Oct 2022
- **Mental Health First Aid Training** 2022 Training in how to respond to mental health emergencies.
- Spiritual Director training with CenterQuest, California, USA 2018-2019
- Willow Creek Yearly Leadership Summits

- **Focused Ministry Leadership Development course** (2010-11). A two-year training program for pastors from Church Resource Ministries.
- Spiritual Formation courses (2007-2008), Carey Theological, Vancouver, BC
- Audited Courses on Leadership & Spiritual Formation (summer 2007), Regent College, Vancouver, BC
- **Arrow Leadership Program** (2005), Vancouver, BC. It was a two-year training program in Christian leadership.
- **Year of Transition - Cell Church Ministry Training** (1996). Training with Ralph Neighbour Ministries in Cell Church Ministry

Organizations & Memberships

Following are organizations I have belonged to and memberships I have held:

- AUBA Executive 2008 - Present
- Board of Governors, Crandall University, Moncton, NB 2011- 2013
- Black Cultural Centre of Nova Scotia
- Senate of McMaster Divinity College, Alumni rep 1999-2004
- Member of Emergency Response Team BCOQ 1997-2004
- Member of Emergency Response Team Christian Reform Church 1995-2000
- President of London, ON & Area Ministerial 1998-2000
- Founding member of BCOQ Christian Counsellors Committee 1998-2000
- Canadian Counselling Association 1991-2002
- Christian Association for Psychological Studies 1991-1999
- Senate of McMaster Divinity College, Student rep 1992-94
- Senate of Acadia University, Student rep 1984-86

Respectfully Submitted by

Rev. Dr. Cheryl Ann Beals
 Dir. Sozo Centre for Soul Care
 Canadian Baptist of Atlantic Canada