

# MINISTRY MATTERS FROM OUR DIOCESE



Welcome to Ministry Matters from the Diocese of Truro ministry team

Updating you on Ministry news within the diocese, together with information and links to learning opportunities

## MENTAL HEALTH WELLBEING

### Resources for churches

In the wake of the COVID pandemic, the nation is facing a mental health crisis, with the young, the poor, and those with pre-existing mental health problems most affected. The impact of this is already being felt in parishes across the country, some clergy have voiced uncertainty about how to respond, and NHS resources are being stretched as never before.

In a recent letter from the Bishop of Bedford and the Bishop of Carlisle, they encourage clergy to take up help from either or both of two organisations that have resources to offer in support of a Christian response to the challenges that this crisis presents.

**The Sanctuary Course** is an eight week small group resource to support churches develop mental health awareness. Ready to use and of high quality, the course creates safe spaces to open up conversations. Each session is accompanied by a film that features the story of a Christian with lived experience of a mental health challenge, along with the insights of church leaders, theologians, and mental health professionals. Free to download from **Sanctuary Mental Health Ministries**

If you would like to explore the options further for your church, please contact **Naomi Luff** or **Corin Pilling**

**Renew Wellbeing** helps churches to provide café style spaces of welcome



and inclusion, in collaboration with local mental health teams, to support mental wellbeing.

The approach is one of affirming that "It's OK not to be OK" and emphasises, prayer, presence, and partnership. Renew Wellbeing is ecumenical and 65 parishes within the Church of England already have an established centre or are in the process of planning to set one up. Further information, including a brief introductory video, and information on how to take things further, is available [here](#).

If you would like to book an online introductory session, or book training, or explore options further for your church, please contact **Mandy Halloway** or Ruth Rice on 07811 297462.

Between them, these two Christian organisations provide an accessible route for parishes to become better informed and practically responsive to the mental health challenges that we all face.

Mental health needs are closely related to spiritual needs, and it is often impossible to separate the two. Sanctuary and Renew Wellbeing offer a collaborative approach, supportive of mutual understanding and collaboration between mental health professionals and churches.

### BISHOPS' STUDY DAY

We do hope you found the recent Bishops' Study day 'Exploring Mental Health' helpful and that you enjoyed the chance to meet with fellow clergy and Readers.

Below are a few more resources that you may find useful.

**Cornwall Mind** has recently created a new service - **Hope Walks** - a free walking group for people who have been affected by the loss of someone close to them who may have died by suicide. For more details contact **Rob** at Cornwall Mind.

**Transformation Cornwall** is part of a Faith & Mental Health Network. The ecumenical network meets bi-monthly and welcomes pastoral visitors, clergy, chaplains, mental health practitioners and community volunteers. Contact them [here](#) for more information.

We also have a number of mental health resources available on our diocesan website [here](#).

# RESOURCES FOR LENT

It's never too early to be prepared! Lent begins on Wednesday 22 February 2023. Below are just a few of the resources available.

The York Course for Lent 2023 has been written by the Rt Revd David Wilbourne and is due to be published by SPCK in December 2022. Entitled **'You can be serious – checking out John during Lent'**, the sessions are based on the RCL Gospel readings for the first five Sundays in Lent, four of which are from St John's Gospel. You can view the information on our website [here](#)

The **Church Army Lent Resource** has been designed to give you, your small group or your church, space and time each day throughout Lent to listen to God, reflect on the Bible, and see how and where you can listen to His leading in your actions and attitudes.

You can pre-order the resource now for January. Each pack contains 40 cards divided into Action Cards, Character Cards, and Reflection Cards and Marks of Mission Cards.

**Disciplekit** has a number of Lent resources available to download on their website [here](#).

**LICC's Fruitfulness on the Frontline** course is brimming with real-life stories, biblical insight, and practical steps, these resources will spark your imagination and enrich your sense of wonder at the greatness and grace of the God who invites us to join His glorious work.

**Eden** has large selection of Lent guides for small groups and for personal reading. Browse their list of books [here](#).

**Church House Publishing** has a number of Lent resources available [here](#).

## Abiding at the Well

**A reflective space for renewal and refreshment.  
A gathering place to share in prayer for the life of the diocese**

With the team from Thursday Morning Prayers On The Way.

Join us for 30 mins of scripture meditation and small group prayer

Thursday mornings, 8.30am, on Zoom

[Click here for the Zoom link](#)

## EXTERNAL OPPORTUNITIES

**Church of England Webinars**  
**Spiritual openness and opportunity with Dr Elizabeth Oldfield**

22 November, 2.00pm

[Book here](#)

### CPAS

**Five Ways to Nurture a Faith-sharing Culture**

7 December 9.15am

[Book here](#)

**The Farady Institute for Science & Religion**

**Faith and Science in the Local Church – A Workshop for Christian Leaders**

13-14 January, online

[Book here](#)

### Church Army

**Discovery Evening**

27 February, 7.00pm

[Book here](#)

[More external courses here](#)

## DISABILITY INCLUSION AND PARTICIPATION FOR ALL

**'Through the roof'** is a national charity that aims to equip churches and ministries to meet the varying access needs of disabled people, so that everyone can have the opportunity to belong and contribute to the life of the Church. The charity's name comes from the Bible account where some men break through the roof to help their disabled friend meet Jesus (Luke 5). They are celebrating their 25 year anniversary at the moment and further information can be found on their website [here](#).

Among the resources available is a very usable audit tool 'Removing Barriers' that can help churches to review their current facilities and processes and highlight where, often very simple things, can be done to make church much more accessible.

Removing Barriers costs £5 but is among many resources available that are free to any church who nominate a person to be a point of contact for enquiries from people with access needs. They call these people 'Roof-breakers' – there is no requirement to be knowledgeable about access needs – simply a willingness to talk to people and seek solutions which 'Through the roof' can invariably offer advice and guidance with.

There is a network of 'Roofbreakers' in Devon and Cornwall. If anyone would like more information about becoming a 'Roofbreaker', or information about the audit tool 'Removing Barriers', then please contact the Devon and Cornwall Roofbreaker network co-ordinator **Pat Eyres**.

## CMD PROGRAMME

**Understanding Christianity Resource for Schools**

30 November, 1.00pm-3.00pm  
Online

This session is designed for anyone who wants to gain an understanding of how RE is taught in schools.

[Book here](#)

### COMING SOON

Our CMD programme for 2023

**Email the ministry team here for information about your CMD grant**

# CLERGY HOUSING

Tell us what it's like!

We are looking for at least six volunteers to join a pilot Clergy Housing Advisory Group. This is a consultative body made up of clergy and their families to engage with and feed into the work of Episcopal College, the Property Management Committee, the Church House team and the wider governance of the diocese in regards to clergy housing. It would meet three times a year.

We would love to have a mix of clergy and other members of their families to get a broader voice. So please do share this information with your families.

## Why do we need a group?

1. To help the diocese better understand what it is like to live in our houses so that we can make more informed decisions.
2. To work together in our planning to achieve the goal of being net zero for carbon emissions by 2030.
3. To embed a representative voice from those who live in our clergy housing into the governance of our diocese.
4. To enhance our ongoing work to provide the best quality housing

experience possible to our clergy and their families.

## What will it do?

1. Develop ways of consulting with clergy and their partners/spouses to gather the experiences and ideas of those living in our clergy housing.
2. Develop ways of engaging and consulting with children and young people living in clergy housing.
3. Consider proposals from other groups and committees for policy, investment and management of housing and feedback to the Episcopal College, the Church House team, diocesan governance and the Property Management Agents (Savills).
4. Collate and present feedback on clergy housing and plans for achieving net zero to the relevant boards and committees.
5. Give feedback on its work via the Ministry Matters newsletter.

For more information or to join the group contact **Kate Cortez** on 01872 360023 by Wednesday 30 November.

## CLERGY SUPPORT TRUST GRANTS

Don't forget, if you are having financial problems, you may be eligible for a grant or services from the Clergy Support Trust, see [here](#).

Please note that applications for grants in 2022 close at noon on Monday 12 December.

## FREE FLU VACCINE FOR CLERGY

Church House is now offering all clergy a free winter flu vaccination. This is for those clergy who don't otherwise receive one from the NHS (info [here](#)).

If you would like a vaccination please email **Church House** for a pre-paid voucher to be used at your local Boots store.

## CLERGY PARTNER SUPPORT

A big part of clergy wellbeing is the provision of support for their partners and families. Becoming increasingly aware of how isolated and alone some spouses were feeling, Bishop Philip's wife Ruth and a number of other clergy partners have set up an informal network for mutual support and companionship.

Members of the network are part of a WhatsApp group which is used to arrange informal and sometimes impromptu coffees and walks in various locations. There are also a few dates set to meet up for talks, discussion and craft activities.

There are two dates planned for this side of Christmas:

### 29 November, 6pm - 8pm, Lis Escop

Come and meet a representative from Savills who manage the clergy housing portfolio to find out how it works and who to contact. Also presenting will be Louise Court, Director of HR, who will talk about the support available for clergy partners and families and to answer any questions you may have. No need to book, just come along.

### 17 December, 2pm - 5pm, Lis Escop

Come along for mince pies, chat and company!

There will also be an opportunity to create a Christmas wreath for your front door. All supplies for wreath making will be provided for a contribution of £5. Drinks, mince pies, Christmas music and chat are free. There are a few places left, so do let Ruth know quickly if you would like to join them.

In 2023 there are plans to meet every three months or so – dates to be confirmed.

Please contact **Ruth** if you would like to join the WhatsApp group, and to book your place for wreath making.

## CONTACT US

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