

MINISTRY MATTERS FROM OUR DIOCESE



SUMMER SPECIAL ON WELLBEING

SUPPORT IN THE DIOCESE

All clergy, spouses/partners and family members, have access to two **confidential support services**. One is the Diocesan counselling service. You can find out more [here](#) or contact Jane Vaughan-Wilson via **email**.

The second is the **employee assistance programme** (or EAP) provided by Health Assured. They not only provide counselling services but also other resources on their website [here](#) and advice on legal, financial, family and other matters. They are available 24 hours on 0800 028 0199. The username is "Truro" and password is "Diocese".

We also offer clergy in active ministry, the opportunity to engage in **Pastoral Supervision**, with an experienced and qualified supervisor. This is a structured process of reflective learning in which a supervisor meets with an individual, or small group of clergy to develop and support learning skills, understanding, and good practice. It takes place within a context of spiritual understanding and prayer, care, trust, and openness. Information is available on our website [here](#). Or you can contact **Jane Vaughan-Wilson** or **Sally Piper** for more details.

To help you navigate what can sometimes be an overwhelming list of wellbeing resources, there is a summary of **resources** available on our website [here](#). This summary is not exhaustive by any means but we hope you will find it useful.

The Diocese of Truro offers each licensed clergyperson an annual CMD grant of £250. You can use this to attend external training, retreats or to purchase books.

For more information contact the **Ministry Team**

SPIRITUAL DIRECTION

Spiritual direction offers a confidential relationship of trust between two people, in which one listens to and may pray with the other, discerning, affirming and offering guidance in the life-long journey of spiritual maturity. The diocese has a directory of Spiritual Directors and can put those who seek accompaniment in touch with those who offer this ministry. More information is available on the **website**. You can also contact Janette Mullett, Bishop's Advisor for Spiritual Direction via **email**.

SWMTC is running a 2 year part-time course in Spiritual Direction for those sensing a call to listening ministry and a desire to deepen their own spiritual journey. The course will begin in September, more information is available on their website [here](#).

Bishop Hugh writes...

'Having a Spiritual Director who is skilled in 'holy listening' and in helping me explore what God is up to in my life has been crucial to my ministry both before and since ordination.

I am clear that every priest, and all those who exercise public ministry, should have a spiritual director or equivalent. I am delighted that SWMTC is offering this new course for Spiritual Directors and hope that many people will take up the opportunity that it offers.'



EXTERNAL SUPPORT

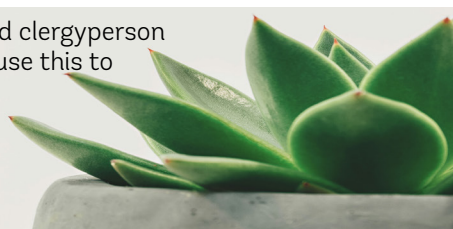
Healthy Cornwall offer a variety of wellbeing focused training sessions, workshops and courses, many of which are completely free. Information is available on their **website**.

Research suggests that being sedentary isn't great for our health. Taking a moment to stretch at your desk can help reduce the likelihood of injury. Why not try some of these **desk based exercises** provided by Bupa.

In addition to a wellbeing grant, the **Clergy Support Trust** can provide wellbeing support to households who meet at least one of the specified criteria, information is available [here](#).

St Luke's for Clergy Wellbeing are a leading charity in clergy wellbeing and mental health. They offer expert psychological wellbeing and mental health support to clergy, their spouses and children up to age 18 in education.

Health and wellbeing resources from the Church of England national team are available on their website [here](#).



TIME MANAGEMENT

Are you feeling overwhelmed by your to do list or your inbox? Here are some helpful tips and resources below.

John Truscott is a church consultant and trainer who champions the ministry of creative organisation. His aim is to resource and encourage Christian leaders, trustees, communicators and administrators.

John's website is full of advice, news and has over 200 free resources on creative church organisation available to print or download. The resources are categorised in church operations themes with useful sections on planning, administration and communication.

www.john-truscott.co.uk

You can also sign up for a bi-monthly email newsletter keeping you up to date with new resources. You'll need to complete the online form [here](#).

ChurchSuite is a computer programme that will help your church feel more organised and efficient. It's effective for any size church and can help you with many different tasks from organising rotas and managing events to communicating effectively. They offer a 30 day free trial, you can sign up on their website [here](#).

Listen to our CMD podcast **AI and the Church**, with Mark James. Available [here](#).

RETREAT & RENEWAL

Sheldon Retreats

All 2023 prices are being held for an extra 8 months through to the end of August 2024.

Private retreats are open to everyone and can be booked here. The **Linhay Lodges** are reserved exclusively for people in ministry.

End-August R5, 25-30 August.

Space for you to read, retreat, rest, relax, recuperate.

Sclerder Abbey

Cana summer week 2024,

28 July-3 August

Drawn from Ignatian spirituality, this is an opportunity for a couple to deepen their love for each other and find a loving God in the everyday experiences of life together.

You will arrive at the abbey and live a simple life; within a safe environment, children are also looked after with structured activities.

Simple Tips

Prioritise important tasks

Tasks can be grouped into 4 categories:

- urgent and important
- not urgent but important
- urgent but not important
- neither urgent nor important

People who manage their time well concentrate on "not urgent but important" activities. That way they lower the chances of activities ever becoming "urgent and important".

The aim is to learn how to become better at reducing the number of urgent and important tasks. Having to deal with too many urgent tasks can be stressful.

Practise the '4 Ds'

One study found that 1 in 3 office workers suffers from email stress. Making a decision the first time you open an email is crucial for good time management.

Try practising the "4 Ds":

- Delete: you can probably delete half the emails you get immediately.
- Do: if the email is urgent or can be completed quickly.
- Delegate: if the email can be better dealt with by someone else.
- Defer: set aside time later to spend on emails that will take longer to deal with.

Shallowford House

Creative Retreat, 29 July-1 August

In-between the craft sessions, there will be times to enjoy fun and fellowship together as well as quiet periods to pray, be in God's presence and relax.

Epiphany House

Resting in God, 4 October

Using art and music, you will explore what it truly means to rest in the Lord, physically, spiritually and emotionally. The group will look at the latest scientific research on rest and the biblical theme of Sabbath rest.

Sarum courses

Creative Expressions of the Spiritual Life, 9-12 September 2024

This course explores the relationship between Christian theology, spirituality and art.

Hope - an online retreat

23 October 2024

Time to pray and reflect on what hope is and its role in our world and lives today.



Brian Tracy's bestselling book **Eat That Frog** provides information on how to manage your time and work more effectively.

Your 'frog' is your biggest, most important task and the key to reaching high levels of productivity is to develop the habit of tackling your 'frog' first thing each morning. Read more about the book [here](#).

BOOKS

From Weary to Wholehearted: A Restorative Resource for Overcoming Clergy Burnout
by Callie E. Swanlund

The Ruthless Elimination of Hurry
by John Mark Comer

Fully Alive: Tending to the soul in turbulent times
by Elizabeth Oldfield

Invitation to Retreat – The Gift and Necessity of Time Away with God
by Ruth Haley Barton

The Rest is Worship
by Sam & Sara Hargreaves

The Quiet Path: Contemplative practices for daily life
by Andrew Rudd

The Royal Foundation of St Katharine Courageous Spaciousness:

A residential retreat with Grace Owen
17-18 October

It takes courage to step away from the familiar busyness and demands of every day life. Come and join this residential retreat where we will reflect creatively on four areas of our lives: soul, body, companions, voice.

Association for Promoting retreats

has a list of forthcoming retreats from around the UK on their website [here](#).

They also offer a bursary scheme to help and encourage more people to go on retreat, regardless of their financial circumstances. Details are available on their [website](#).