

Supporting our Ministry at this time...

In this current crisis we have all taken up new ways of working and had to lay some things down; and we have mostly done this extraordinarily quickly. Fast learning, lockdown and re-shaping our work have of course influenced our thinking and behaving. Brain fog, tiredness, lack of sleep, oversleeping and anxiety are just a few of the common impacts. So, how do we attempt to move forward (especially when so much remains unknown or unclear)? We are offering a few options to support you in your thinking, praying, and prioritising.

Supported Thinking Groups:

To help you think through priorities for the coming months, as we gradually move out of lockdown. These will run in small, confidential groups, providing the opportunity to discuss the following questions together:

- What have we started doing that needs to stop?
- What have we stopped doing that we need to restart?
- What have we started doing that needs to continue?
- What have we stopped doing that we don't need to restart?



The format will enable each group member to explore these questions with the help of others in the group, pray and identify at least one answer to each question.

In such uncertain times, having the space to think through key questions with others can be an inspiring and insightful experience, and so we encourage you to sign up and support your ministry in this way. The groups will begin as one-offs but may continue if the group chooses to.

1:1s:

We also recognise that groups are not for everyone. We are offering 1:1s with an officer (arranged with you, so there is choice) who will support you in your thinking and ask those pertinent questions as you grapple with all this newness. This will be confidential and can be a one-off or a short series of 'meetings' - whatever is most useful.

Zoom Cafés:

These informal 'drop-in' cafes will continue to run weekly, each one with a specific theme. If there are topics you would like covered please be in touch. Previous sessions have included: making the most of Zoom, Grief and loss, running enquirers courses online, and many others. These is no commitment, ask your questions and have a cuppa with colleagues and engage with the theme.

During these last few months our regular training programmes for new curates and Readers have been continuing online. Delivering training in this way has proved to be very successful and will continue as long as we are unable to meet face-to-face.

To sign up for a group, please contact : cchisnall@stalbans.anglican.org

**For the 1:1s or with Café suggestions or for the zoom access code:
kpeacock@stalbans.anglican.org**

Please also remember that the Support in Ministry (SIM scheme) and the Clergy Counselling Service are still running <https://www.stalbans.anglican.org/ministry/ministry-development/>