

Nurturing our Growth as Ministers

Monday, 27th – Friday, 31st January 2025

This programme will provide you with a unique time and space, in the company of fellow clergy, to take stock and refresh your purpose, resilience and energy as a minister. It will equip you with a set of insights and personal practices with which to nourish continually your own growth, both as a priest and a person, and the growth of others around you. People who have attended similar programmes in the past have described the effect as transformational – both for themselves and their wider ministry.

One of the toughest challenges in an exposed role such as ours is carving out time and space for our own development. This programme will help you become more alert to and proactive at using your own daily experience, of whatever nature, as rich material for your own development and spiritual formation.

Taking our inspiration from the first commandment, and drawing on contemporary methods in personal and leadership development, the programme works with three different levels of 'knowing' – Head, Heart and Gut. Many of us are well versed in 'head' knowledge from our education, but are less consciously aware of how to discern and deploy the intelligence available in heart and body.

Much of the challenge, stimulation and complexity of ministerial life is experiential rather than cognitive – i.e. to do with personal, relational and spiritual dynamics playing out 'in the now'. Often times we find ourselves caught into responses that are suboptimal – 'leaning on our own understanding' rather than accessing the deeper wisdom that is available to us through 'trusting in the Lord with all our heart' (Proverbs 3). This is the constant challenge we face – how to stay present and alert and not to get stuck in habitual or mechanistic responses.

Designed for people with at least five years' experience in Ministry, the programme will be particularly relevant to you if:

- You have a sense of more to offer within you than you are currently expressing in your life and ministry
- You want to renew your clarity and focus, perhaps in a situation of full-on busyness
- You are interested in developing and stretching yourself in new ways
- You are finding your personal/leadership energy somewhat depleted and want a refresh
- You are at a time of transition – starting a new role perhaps or embarking on a new challenge, or you simply have a stirring sense within you that 'something needs to change'



Programme Content

At its core, the programme runs as a 'retreat' in that it invites you to bring your own life and experience to the process and to reflect prayerfully on where you are in your own walk. You will also receive interesting theory and input around stage models of human development, handling transitions, managing key elements of your own leadership such as energy, judgement and attention and being fully present in relationship with others.

Much of the programme will be practical. You will work in small groups, pairs and trios in a series of activities designed to connect you more powerfully to your own natural and spiritual resources, and supporting each other in the process. In this way, you will progress with your own development journey and learn to support others in theirs.

By the end of the programme, you will have framed a clear direction of travel and learned how to create a bespoke personal development programme with specific practices to enable you to reach your destination. The learning you take away will enable you to renew your personal programme continually as you achieve your goals and move on to new ones.

If you would like to join us from 27th – 31st January 2025, please email St George's House – patricia.birdseye@stgeorghouse.org – or telephone 01753 848886 for an application form.

The cost of this consultation is £225 (full board).

Places will be allocated on a first-come first-served basis.

www.stgeorghouse.org