

Group Reflective Practice



Reflect on your ministry in a safe, bounded and intentional way

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come away with me by yourselves to a quiet place and get some rest."
Mark 6:30-32



Launde
Abbey



Diocese of
Leicester



Reflective Practice and Pastoral Supervision Groups:

In these times of enormous challenge and new ways of working for all of us, the diocese is committed to resourcing those engaged in public ministry as much as possible.

One new opportunity for being resourced, which will initially be available for clergy only, is to join a group of 4 or 5 others to reflect on your practice. The group will be facilitated by a trained Pastoral supervisor.

The groups will meet initially for a period of 6 months, meeting once a month for 2 hours. You are invited to express your interest in being a part of a group and once the groups are established they will remain closed and there will be a clear expectation of commitment to all the sessions by each member. The groups may need to meet remotely in the first instance, but ideally will be face to face as soon as possible.

Why might reflective practice/pastoral supervision be useful to you?

Being part of a reflective practice group will provide you with a safe and confidential space in which to reflect on your ministry with others in a way which can release energy, uncover blind spots, celebrate good things and look at difficult things with new perspectives.

This is not a group in which you might feel judged or evaluated or expect to be told what to do! It will be a context in which you can develop your skills of self-awareness; discover new perspectives; reflect theologically and receive encouragement and feedback. Holding your work openly before others can enable you to keep your vision fresh, discharge difficult feelings and find ways of interpreting or handling situations differently.

If you are interested in joining a group and would like to know more, please contact Rev Canon Helen Newman: helen.newman@launde.org.uk, or to book a place please email mmbookings@leccofe.org in M & M