

# PASTORAL SUPERVISION

## JANET PITMAN



### Role and Clergy Background

I was ordained in 2015 at Manchester Cathedral, served my curacy in Oldham and I have been vicar of Milnrow and Newhey since 2019. I am a Mission Community leader and a governor of two Church of England primary schools. I have trained as a Youth Mental Health First Aider. I have experience of juggling church and family commitments and understand the importance of taking responsibility for personal wellbeing.

### My Supervision

There have been times in my ministry when everything fits together and I am confident that I am where God needs me to be and doing what I need to be doing there. There have been other times when the connection between who I am, what I am doing and where I am doing it has felt very rather unclear. Pastoral Supervision has helped me to look at myself and my ministry from a different angle, giving me new ways of seeing connections and new insights into what is needed to regain my balance. I have found that I often already have the solution I need in a situation but need to see it differently in order to find that solution. In group supervision I have been surprised at how an issue brought by someone else can resonate with me, and the journey we make with that has helped me in areas of my ministry.

## **My Approach**

I am very much a team player so I enjoy group supervision because it gives us chance to interact. I like to bring my warmth and openness to the group and sometimes sessions can be quite fun. Supervision is not an 'advice shop' but the other people in the group can be a great help in spotting a useful approach to a situation, issue or problem. I hope my group will be supportive and grounded in faith but not afraid to explore different ways of seeing things.

## **Other Interests**

I have a passion for music of many genres and regularly go to concerts. I like to sing and enjoy needlecrafts, particularly crochet and knitting, as I find creativity soothing to the soul.