

**SABBATICALS** - The prime purpose of a sabbatical is to provide a three month period away from the pressures of everyday ordained ministry in order to take time for personal study and development. The sabbatical policy and application form can be found on the website.

**SPIRITUAL ACCOMPANIMENT** - A Spiritual Director is an individual who accompanies someone else on a journey to a deeper relationship with God. They provide a confidential listening ear as well as prayer, encouragement and guidance in the life-long journey toward spiritual maturity. They offer a safe space to explore questions and difficulties and offer companionship during a period of discernment or change.

If you are looking for someone to accompany you on your spiritual journey, please get in touch with the Spiritual Direction Referral Service. Email [spiritualdirectionexeter@gmail.com](mailto:spiritualdirectionexeter@gmail.com) or phone **01395 272243**

For further details and links scan the QR code or visit this site [www:exeter.anglican.org/resources/wellbeing/wellbeing-for-clergy-and-staff/](http://www.exeter.anglican.org/resources/wellbeing/wellbeing-for-clergy-and-staff/)



## Pastoral Support provided by the Diocese of Exeter



To seek support is neither selfish nor a sign of weakness. Rather it is a sign of recognising that the work we do is demanding and that we are often carrying burdens and dilemmas. Added to this we often have unrealistic expectations of ourselves as well as carrying the high expectations of our parishioners.

The Diocese of Exeter seeks to provide support to clergy, their spouse and families in a number of ways. They are not mutually exclusive. An MDR may be an appropriate opportunity to identify what additional support you may need and to consider drawing on some of these resources. The provision detailed below is available to you at any time.

**COACHING** is a conversation at the end of which we should feel that we have been listened to and that we know something that we did not know before. It helps us think clearly about the issues we face and how we might move forward. Whilst the approach is simple, it is very powerful; sometimes one session is enough whereas on other occasions three or four sessions may be offered.

*"We all face problems at times in ministry that seem intractable. Sometimes you just need help finding a new lens through which to look at the problem. A good coach can help you do that. Mine did."*

- A priest who recently benefitted from coaching

There is no charge for this service so if you would like to give this a try, please contact Philip Sourbut and he will find someone to work with you. Email [philip.sourbut@exeter.anglican.org](mailto:philip.sourbut@exeter.anglican.org) or telephone **01392 294903**

**COUNSELLING** is available for clergy and their immediate families, and diocesan employees. The service is entirely confidential and can be accessed anonymously through self-referral. The Diocese of Exeter will normally meet the full cost of a course of counselling accessed through the scheme.

The **INDIVIDUAL ASSISTANCE PROGRAMME (IAP)** is a service provided by an external company which gives ministers and their families access to a 24-hour helpline to support them through any of life's problems.

**REFLECTIVE PRACTICE GROUPS** for ordained ministers have been running in the Exeter Diocese since 2007 and feedback by those who use them consistently show that they are a highly valued and effective form of ongoing ministerial development and pastoral support. Typically groups meet 18 times a year.

*"Permission to be kind to myself - I'm still a novice obviously but the group has helped me to learn to value myself and invest in myself. The group is a place where our own wellbeing is paramount and I am learning that my parish and parishioners will flourish more easily if I flourish too."*

- A group member's comment

Most of the groups now meet by Zoom with occasional meetings in person. The diocese will meet the cost of the first 12 sessions. After this we ask that an approach is made to PCCs but we don't want cost to be a barrier. Please contact Philip Sourbut if you would like to express an interest. Email [philip.sourbut@exeter.anglican.org](mailto:philip.sourbut@exeter.anglican.org) or telephone **01392 294903**.

**PASTORAL SUPERVISION** - Some clergy prefer to have a one to one meeting with a pastoral supervisor either on an occasional basis or regularly. Costs are typically £50 a session. If you would like to explore this, contact Philip Sourbut [philip.sourbut@exeter.anglican.org](mailto:philip.sourbut@exeter.anglican.org) who can suggest some names.