

## **Chaplaincy matters:**

Anthony Buckley  
buckleyag@alleyns.org.uk

Becky Ayers-Harris  
rah@sherborne.com

All feedback and ideas very gratefully received

## **Exam preparation time !!!!**

Some thoughts that one chaplain uses:

If a little bit concerned:

- 1) Being organised helps most people feel more relaxed. Try and be tidy and well-planned
- 2) Identify exactly what is concerning you. If need be, ask for help on that particular issue.
- 3) Remember what you are good at, and be thankful for it
- 4) Remember that most pressure is time-limited; it does not last forever
- 5) Sensible, regular, eating and sleeping make a surprisingly big difference...
- 6) Do not say you are a failure because one thing goes wrong. You are not.
- 7) Be honest and gentle with other people. Relationships are worth protecting
- 7) Plan genuine relaxation/fun time (as well as work time!)
- 8) If faith is important to you, make the most of it
- 9) Be thankful for three things at the end of each day
- 10) Do acts of kindness – it is great for other people and great for you
- 11) Keep the big picture in mind. There are other things going on in the world
- 12) A time of pressure is not the time to dwell on past mistakes. If there were any, they can be learned from later. A time of pressure is a time to think powerfully and positively about the present.
- 13) Other people will be concerned about things, too. Be sensitive and gentle, but try not to let their agenda set yours.
- 14) What you do is important. Who you are is more important.

And, above all, remember... You are loved and you are valued, always.

## **How do we help people leave?**

Helping them think through:

What does it mean to say goodbye to an institution?

What does it mean to say goodbye to people?

What can you be thankful for?

What needs to be resolved now?

Or needs to be left now and can be resolved later?

## **How do we talk to year 6s about the move to Yr 7?**

Helping them think through:

How do we make friends?

How do we keep in touch with old friends while making new friends?

What should we avoid doing? (Trying to impress? Hiding away? Putting others down? )

What are good things to do? (Be nice to people, be organised enough to cope, behave well, ask for help if you are stuck)

## **Not sure what to do with a Confirmation group? Some thoughts – please respond with ideas of your own**

Becky writes: Winter term, meet in the Abbey, at late evening (dark) and switch off most lights. After a quiet introduction the students have half an hour to go anywhere they like. Just two rules: no talking whatever, and no going around in groups – everyone has to be on their own. Some find it really hard at first, and whizz round for five mins at great speed. Then they settle down. I had four girls lying on their backs in the sanctuary for 20 mins looking at the ceiling. Two girls fell asleep, one under the altar and one in a lead coffin (we didn't tell her what it was!) They all enjoyed it.

We also did swaps with other denominations – candidates splitting up, going to different churches and reporting back in the next class.

I know that Steve Grey once did a pilgrimage retreat, where boys walked between local churches, and at each one met the vicar who talked them through a different aspect of faith. They ended with a short prayer before going on to the next church. That sounded really good.

Anthony writes: The five commissioning promises of the service are a good basis for exploring discipleship

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

Will you persevere in resisting evil and, whenever you fall into sin, repent and return to the Lord?

Will you proclaim by word and example the good news of God in Christ?

Will you seek and serve Christ in all people, loving your neighbour as yourself?

Will you acknowledge Christ's authority over human society, by prayer for the world and its leaders, by defending the weak, and by seeking peace and justice?

And (dare I say) I do use “At the harbour side”, especially for those who like reading at home. Free trial copies available to any Chaplain who wishes!