

Soul, Role and Context* reflections for post pandemic and uncertain times

We offer an invitation to pause and reflect - before picking everything up - *again*

As you emerge from lockdown, this is an invitation to **take time**, to **reflect** on what you **want to keep** and what you may **not** want to pick up. There may be choices that you have not considered. Does your current context and role fit with you soul, vision and passion? What has been good about the new ways of doing church and life? What will you be pleased to let go of? Maybe the structure of your day has changed so you have time for what nourishes and restores you? Would you like to keep some of that?

It is hard to think clearly when under pressure - hopefully these questions will help you to reflect and think.

Soul
What gives you energy? What have you noticed about energy levels during the course of the pandemic?
What gets you out of bed, maybe notice what happens to your energy just with the thought of something?
Where and how do you sense God? Has the pandemic raised questions about the nature of your vocation for you?
What do you really care about? Feel passionate about?
Is there something you always dreamed of doing?
Are you giving time to what you value? What puts a fire in your belly and gives you meaning and purpose?
What did or do you desire to contribute to? Have you lost that somewhere along the way?
What can change to allow space for you?
What do you have in place to support you physically, mentally, emotionally and spiritually? What have you learnt about what sustains you - either because you have lost it or gained some new insight or practice?
Role
How does your role define, release or bind you? Has that changed recently?
Has anything changed for you in your understanding of your priesthood?
What has your experience during the pandemic revealed about the essence and exercise of your ministry?
What do you dread picking up? What are you looking forward to picking up?
Does your role squash who you are as a person?
How do you want to use/focus your time?
What impact will 'picking things up again' have on your loved one, those you care about?
How does your soul and role come together at work? What do you need to resource yourself?
Does your role get between you and God?
Context
How does the context of your role inhibit or release you? Limit or enable you?
Think about what you would like to change or keep? Are you able to be realistic about the expectations others have of you at this time?
Who do you default to 'being' in this context? Is that the best you?
Do your soul and role come together in harmony in this context? Or are they wedged apart?
What do you have the power to change or shift? Has the pandemic revealed encouraging or disappointing things about the character and expectations of our church/congregation/ministry context?

"You are made in the image of what you desire" (Thomas Merton)

*Created by Sally Bubbers, Hilary Ison and Helen Averill based on material presented by Michael Paterson at APSE conference 2019 and Between a Rock and a hard Place, by Michael Paterson printed by Amazon www.ipsrp.org.uk