



## Clergy Wellbeing

### Understanding & Responding to Our Mental Health & Spiritual Needs

#### Diocese of Shrewsbury Park Royal Hotel 16<sup>th</sup> March 2023

In preparation for the gathering in March Fr Gerard has provided the following questions for you to consider so that our discussions can be informed by your experience. Please bring a copy of this preparation sheet with you.

#### *The New Life in Christ*

*I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.*

Romans 12:1-2  
New Revised Standard Version (NRSV)

As you reflect on this passage of scripture how does it relate to your priestly life and ministry? How has your 'Yes' to the Lord's invitation to serve him as a priest grown and developed over the years?

#### **OUR EXPERIENCE OF COVID & LOCK DOWN**

Spend some time reflecting on your experience of the COVID pandemic period and influence of the lock down protocols communally, personally and ministerially.

What did you find challenging personally and ministerially through the pandemic?

What were the positive outcomes for you and your ministry?

What has the pandemic experience taught you about you, your ministry and your mental and spiritual health?

### **HEALTHY PRIESTLY LIFE AND MINISTRY**

In your experience what are the positive building blocks of your priestly life?

What support structures make a difference to you as a man and as a minister?

What do you find most challenging in your life? Why?

What is most rewarding at this time of your ministry?

Looking to the future what do you think will help you/support you and your ministry?