



THE CHURCH
OF ENGLAND

SUFFOLK

Clergy Well-being



Working and praying
together

We are delighted that you are here working in the diocese with us. Is it our passion that you and your worshipping communities thrive.

As part of the ordination service we were read these words:

“You cannot bear the weight of this calling in your own strength, but only by the grace and power of God. Pray therefore that your heart may daily be enlarged and your understanding of the Scriptures enlightened. Pray earnestly for the gift of the Holy Spirit.”

This leaflet includes some of the sources of support and encouragement that is on offer for you.

The main source of additional information is the well being page on the diocesan website:

www.cofesuffolk.org/for-ministers/ministers-wellbeing-and-support

Prayer:

Prayer is central to our life together. Each benefice is prayed for in the diocesan cycle of prayer: www.cofesuffolk.org/for-ministers/prayer-diary/prayer-diary.php

If you have something that you would like to ask prayer for please do contact your archdeacon or rural dean.

You will already have a network of places to visit and join in for worship, but you can always join in with morning prayer with the Bishops:

8.30am Monday to Friday:

www.facebook.com/BishopsCofEsuffolk

or the cycle of worship at the Cathedral, and ask your rural dean for deanery prayer times.

Chapter dates and socials for each deanery:

Check you have the dates for your chapter meetings and chapter socials in your diary for the year. Chapter is a great place to learn from one another and support each other in ministry.

Diocesan events:

Alongside deanery events there are a number of annual events where we can all get together such as Bishop's study days, the Clergy conference and Chrism Eucharist. Look out for the latest dates on our website, via eNews or via the Bishops direct mailings.

Group support:

There are different groups and mechanisms to support you here in the diocese.

Some of the groups that are available are:

Diocesan advisor for women's ministry: Ali Miller | teamvicarlvnb@btinternet.com

Singles group: Tracey James | traceyjamescurate@gmail.com

Support for families with additional needs: Paul Clarke | rector@waltonandtrimley.org.uk



Other sources of support:

Study leave:

This extended study leave (12 weeks) or short study leave (four weeks) offers an opportunity to learn, rest, reflect and pray. All the information you need is on our website:

www.cofesuffolk.org/for-ministers/ministers-wellbeing-and-support/study-leave-sabbatical

Finance:

Clergy support trust: www.clergysupport.org.uk

Talk to your archdeacon

Counselling:

Whether it's a crisis or simply something that is an ongoing worry or causing concern, you may find counselling useful.

Look at the diocesan website here:

www.cofesuffolk.org/for-ministers/ministers-wellbeing-and-support

We are delighted that you are here in this diocese as we serve the mission of God in Suffolk together.

For any other information please contact your Rural Dean.



THE CHURCH
OF ENGLAND
**Diocese of St Edmundsbury
and Ipswich**