

One session from 14h15 to 15h15 and a possible second session from 15h30.

Wellbeing

Speaker: The Revd Steve Gurr

Description: ***How am I today? Who am I today?***

Pause.

Consider.

Reflect.

Discern.



A session to explore a variety of tools that may help our self-care in regular pastoral ministry.

When we give of ourselves in regular pastoral ministry, the need for self-care is essential. How do we discern what we need for this? How do I listen to myself in this work? What might healthy boundaries look like? The session will explore a variety of tools that may help our self-care and self-awareness in regular pastoral ministry.

Steve has worked as part of the Chaplaincy Team at Crowhurst Christian Healing Centre since October 2024. Prior to this he was a Prison Chaplain at HMP Ford, Lead for Chaplaincy and Pastoral Care at St Barnabas Hospice (Worthing) and Chestnut Tree Children's Hospice, and he has served in parishes in East and West Sussex. He has run training for church teams in pastoral and bereavement care and continues to train lay chaplains for the Diocese of Chichester. He very much enjoys offering spiritual direction and accompanying those who are unsure about what any of it means!

Steve is married to Suzanne, and enjoys walking his dog on rainy windy days, travelling to the Western Isles, drawing, entertaining, and listening to an eclectic range of music from Kraftwerk to Radiohead to Alison Moyet to world and folk music.