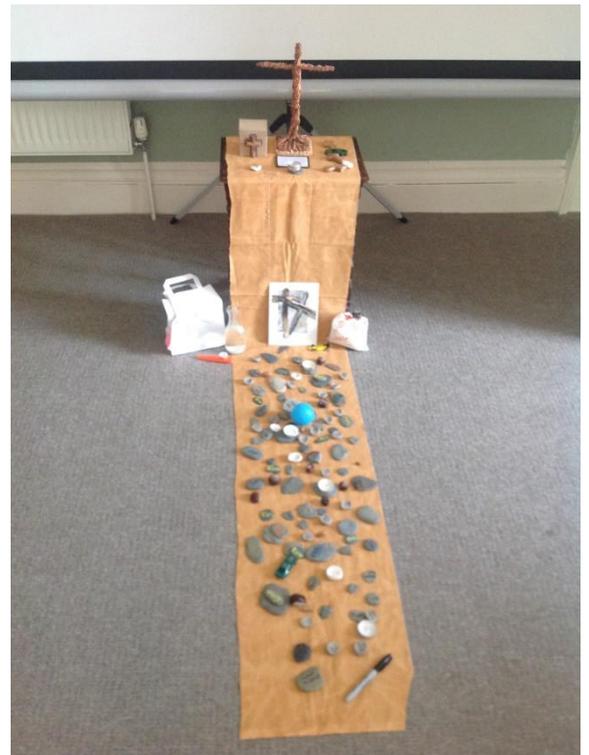


In this Epistle to the Readers (Licensed Lay Ministers!):

- A Pilgrimage to Lindisfarne & a reflection on places of worship
- Arlo Update
- Spiritual Direction, Retreats and Quiet Days
- Safeguarding Latest
- Kim's Creed
- Coffee and Conversation!



In the picture – the prayer pebbles and a prayer bag (details next blog) used for the Readers in Training Residential Weekend.



What I did (and thought about) on my pilgrimage:

We managed to get away from other duties and head toward the North-East of the land for the first ten days of September. We drove up in sections staying at bed and breakfast places – Lindisfarne being the furthest North before we turned back.

On the route home we stayed in York for a couple of nights and spent some time doing the touristy things like walking around the city walls and the Jorvik Viking centre and of course York Minster.

So having paid our entry price I did wonder how spiritual I was going to feel there and at first I really did not with tourists milling everywhere, clicking cameras and consulting smart phones, not to mention the clanking of scaffolding pipes. The first thing that changed that was in one of the side chapels where there was a pile of children's toys and other resources showing signs of a church that cares about parents and children much as we find in many children's corners in Cornwall. The second thing was the pilgrimage exhibition in the undercroft with a poster that asked whether I was there as a visitor, a tourist or a pilgrim. The latter word rang a bell of instant rapport. It certainly did feel like part of the pilgrimage and reminded me that in many ways it is what a pilgrim brings to a place rather than what they find there. So the third stop was another side chapel that had been set aside for prayer with a sign on the door to discourage the merely inquisitive snapshot collector. So that is where I sat with my mobile phone and my Anglican Evening Prayer app for a time of perfect silence among the hubbub.



Chaplain's Blog August/ September 2018



I don't know quite what I expected from Lindisfarne, so many friends had said things about it but my first thoughts as I drove along the causeway were foggy, wet, misty, damp and soggy rather than mystical, holy, spiritual or historic!

We stayed overnight in a B&B which meant we were about early the next day for a blustery damp walk but having found a prayer labyrinth and piles of stones left by other pilgrims as well as a rough fallen driftwood cross that I put back in place I began to feel the draw of the island especially as the day trippers were still held back by the tide.

Prayers were said.



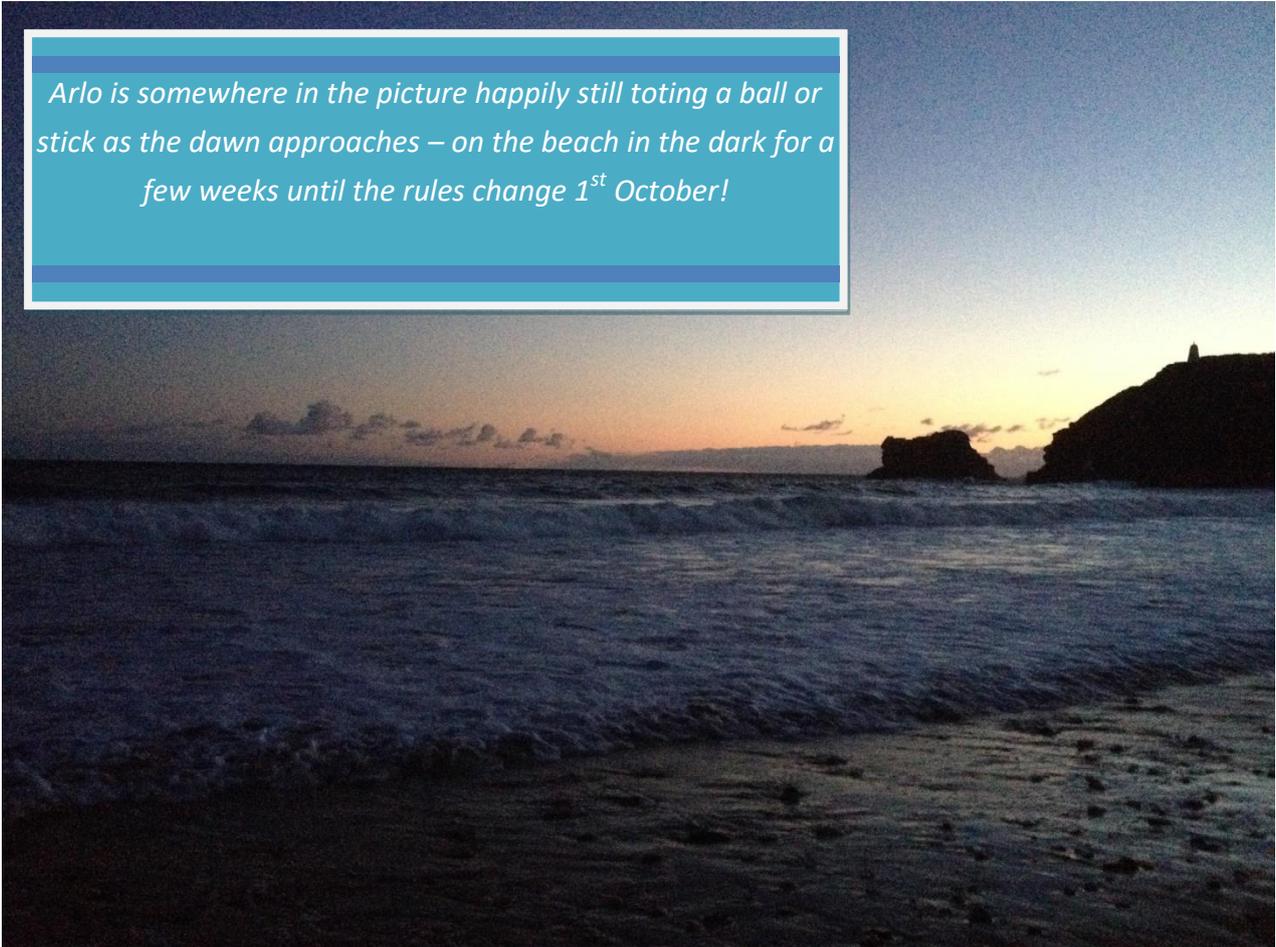
In stark contrast was our experience in Evesham- our last stop before home. Evesham is historically a great centre of Christian worship with the ruins of an extensive Abbey and two Anglican churches on the same site, albeit one redundant but open for viewing.

It was great to be able to walk into both churches and look and especially nice to find a chatty volunteer guide in the redundant one. The conversation strayed from the historic points of interest to church life and he declared proudly that they had just gone to the consistory court at a cost of £30,000 to block any attempt to remove pews from the other church. Now I know that pews are a tricky issue but when they become a £30k talking point I do wonder if we have our priorities right.



Arlo the Lurcher - update

Arlo is somewhere in the picture happily still toting a ball or stick as the dawn approaches – on the beach in the dark for a few weeks until the rules change 1st October!



Spiritual Direction, Retreats and Quiet Days

I finally completed my Spiritual Directors course and got my piece of paper at the end making it official – and I have yet to meet with my first official directee!

In the last twelve months I have journeyed with several readers through tricky times in their ministry and supped copious coffees being a listening ear to others. It is a huge privilege to sit and listen so whether you have a tricky problem (bullying issue, drying up opportunities for ministry etc) or you just need an independent and confidential ear to let loose about the failings of your new incumbent or something positive like whether to accept an offer to be Lay Bishop of Lundy or something, please do send me an email or phone.

Having a Spiritual Director and taking time out to be quiet and reflective is an important part of ministry and there are many opportunities and resources to help. Here are some links worth browsing!

<http://stjustandstmawes.org.uk/prayer/quietdays/>
<http://epiphanyhouse.co.uk/programme.html>



<http://www.degibnaprayerchapel.org.uk/>

<https://www.foweyretreat.co.uk/courses/about/>

<http://www.trelowarrenretreat.org.uk/>

<https://www.chemin-neuf.org.uk/en/home/chemin-neuf-community/community-life>

Richard Rohr is a well known author whose website sends out daily meditations on a whole variety of subjects to those who subscribe. They are well worth reading and sticking with if the first offerings you come across do not appeal to you – the subjects change frequently.

How to access the Rohr readings and other materials:

[Sign up to receive CAC's free daily, weekly, or monthly emails for yourself by clicking here!](#)

Our Annual Advent Quiet Day

Our annual quiet day is on November 24th at Epiphany House, led by Rev Jane Horton the Diocesan co-ordinator for prayer and mission - please email me to book your place. A suggested £10 contribution would be helpful towards the cost of booking epiphany house and refreshments. You will need a packed lunch!

Safeguarding

First a grumpy old bloke moment which could easily be a rant if you get me going! I am getting 'teasy' with folk who even after a ministry level Safeguarding course seem to think it is not important if they don't have children in their church. Safeguarding is about living the Gospel and good discipleship – looking out for and caring about those who are vulnerable and that could be ANY of us depending on circumstance! Please encourage as many people as you can to access training at any level! Moan over – for the moment!

I went to assist at the first C5 refresher training course which is less than two hours for anyone at any level who is coming to the end of the three year training cycle. It eliminates the need for repeating the long courses

What I liked about was that the group brought up relevant safeguarding issues / problems which there was time to discuss thoroughly as well as hearing the latest news from the central safeguarding team.

Four readers were there; Gordon (55 years a reader this year!!) Becca first anniversary as a reader this year and Helen and me both somewhere in-between!



Kim's Creed

One of the tasks set for Readers in Training as part of their three years of study is to write their own creed and to justify / explain it. I have published Kim's creed and explanation on the website in the box to the right! What would yours say?

Twitter

For those of you who use Twitter I can highly commend following The Bodmin Hermit. Lots of food for thought and sermon material! He sent me a meditation using stones which is linked next to Kim's creed.

[Bodmin Hermit](#)

[@TheCarceri](#)

Franciscan Hermit. Life centred on silence & solitude surrounded by nature's beauty in Cornwall sustained by 'poems prayers and promises' & Sophie the Greyhound

Coffee and Conversation

Martin Adams and I will be at the Penventon Hotel in Redruth on Monday October 8th from 10 am to noon drinking coffee and talking! It would be lovely to see you if you enjoy putting the world to rights. The Penventon is easy to find, not far off the A30 with plenty of parking, comfortable chairs and excellent coffee.

