

## Transform Your Team – 6th March 2017 – Locked in and in the dark – a cry for help?



### #The Essential News Story

A man in Japan took to Twitter as a “**cry for help**” when he woke up in a department store that had shut for the night. The Japanese man had been trying out the massage chair in the electronics section of the shop and clearly found it relaxing as he dozed off. The next thing he knew, he was lying alone in store with lights off, doors locked and alarm on! The shop wasn’t the only thing that was alarmed after the man awoke! He was forced to tweet his plight when he discovered he was stuck in the dark all alone. He Tweeted: “Oh man, I’m locked in!” And accompanied the message with various photos of a dark and empty store interior and closed shutters of the shop. After the alarm was raised they came to his rescue and they could come and re-open the shop. The man was able to convince the police, who arrived at the scene, that he was not a shoplifter. The manager apologised to the man for the staff’s failure to notice he was still in the chair when locking up.

### #Monday Cricket Fact

When a “**grubber**” was a “**cry for help**” It was 1<sup>st</sup> February 1981, when Trevor Chappell bowled under -arm. “I was exhausted. I was fed up,” said Chappell. “The under-arm bowling had very little to do with winning that game of cricket because, in fact, we’d won the game. “They weren’t going to get six off the last ball of the game. It was my statement. “**My cry for help**” was: ‘You’re not listening, this might help you sit up and take notice.”



### View from #Bish...

Well it looks like both the man in Japan and Trevor Chappell had something in common, they both were exhausted in the dark and **crying for help**. The interesting observation is how this worked out in each of the men, how when faced to be alone and in the dark, how they “cried for help”. The state of exhaustion is more than just being or feeling tired. For some of us, the pressure does not end with work and the constant pressure of the 24/7 culture. It can make it difficult to rest at any hour of the day or night. We need time set aside to recharge our minds and bodies before our “batteries” run dangerously low. Make the time today to recharge our minds and bodies – make it a priority.



### Contact

As your Sports Chaplain @ Glamorgan CC my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral and spiritual support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers and families. Please feel free to contact me whenever you need any support.

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