



Transform Your Team – 24th July 2017 - Clutter Gone Wild

#The Essential News Story

One of the biggest bestsellers in recent years is the book called “The Life-Changing Magic of Tidying Up,” by Marie Kondo. Over six million copies have been sold—which means an awful lot of us seem to have trouble dealing with our junk. According to the experts, millions of us have made a real mess of our lives—literally.

Americans, it seems, are overwhelmed by their stuff. For instance, their garages are so full of junk there’s no room for a car. Sounds familiar! . Papers pile up on counter tops. Clothing—much of it unworn for years, or not even worn, —explodes out of our closets. And you become absolutely certain that the kids’ toys are somehow secretly breeding—especially when you stab your bare foot on a Lego or trip over a Batman action figure.

Many parents, having spent good money on the recent fad, books, Barbies, and Beanie Babies and we hesitate to throw them out—even when our children are fully grown—because they cost so much money? or we have other excuses our as-yet-unconceived grandchildren might like them! Or something similar as an excuse.

However, this hoarding can even damage our health. The authors of a book titled “Life at Home in the Twenty-First Century” warned that trying to manage all the stuff we collect causes the levels of stress hormones to shoot up.

The real problem is not that we can’t figure out how to store all this stuff, or that our children don’t pick up their stuff; the problem is that we bring home too much of it. Buying more containers or a bigger house to store our stuff in is not really the solution. It’s to stop buying so much in the first place.

#Monday Sport

These last four days have seen the Open Golf Tournament. I have been amazed at the skill level of these golfers. It seems they have habits and rituals, that they have perfected on the training ground. When it becomes a good habit, we want to keep that habit especially when it provides us with sporting success. I think of the quote from a great past golfer Gary Player

“The harder I practice, the luckier I get “

View from @PhilJBish

But did you ever consider that piles of clutter may affect your life? Are you too attached to your stuff? While we don’t have to give everything away, we do need to remember that we have a moral obligation to share our blessings and talents with others.

Action to Change is to change and for that change to become a habit

” Vogt writes that she decided to give away something every day during Lent. It felt so good she kept it up for a whole year. “I became addicted to identifying things I no longer needed”—but which others did, she writes. She now thinks twice about what she really needs to buy. “Living lightly,” she adds, “reminds me that my existence is about more than accumulating possessions and status ... Letting go of stuff also changed my attitude toward my possessions and helped me clarify my true priorities.” *Susan Voat Author Blessed by Less*

Well Being & Pastoral Care

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 support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers and families.

Philip Bishop

Mobile number: 07817 297926

Email: philb1959@gmail.com

Glamorgan Cricket, The SSE SWALEC, Cardiff, CF11 9XR T: 029 2040 9380 E: info@glamorgancricket.co.uk W: www.glamorgancricket.com

