

# I ♥ MCR

## #PrayForManchester

### Transform Your Team – 29<sup>th</sup> May 2017- Our Emotions -Joy, Sadness, Anger, Fear & Disgust

#### #Prayformanchester – Manchester – A City United

By now you will all be aware of the sad events which have taken place in Manchester this week. On Monday May 22nd, at least 22 people were killed and 120 injured after a terrorist attack at the Manchester Arena. Thousands of gig-goers were packed into the venue to see American singer Ariana Grande when the explosion shook the arena. Since the events of Monday night, the city has been in shock, especially as many of the victims were children and young people. Some are still missing and many of those being treated have serious injuries.

#### View from @PhilJBish John 11:35 – when we weep he weeps with us.

In 2015 Pixar films produced “Inside Out”, a big-hearted adventure story with one remarkable difference: most of the action took place inside an 11-year-old girl's head named Riley, **with five emotions - Joy, Sadness, Anger, Fear, and Disgust** – these 5 emotions were embodied by characters in the film who help Riley navigate her world.



With great sensitivity, *Inside Out* shows how tough emotions like sadness, fear, and anger, can be extremely uncomfortable for people/individuals to experience and cope with the grief of incidents like on Monday - which is why many of us go to great lengths to avoid these emotions. In the film, as in real life, all of these emotions serve an important purpose by providing insight into our inner and outer environments in ways that can help us connect with others, avoid danger, or recover from loss.

Toward the end of the movie, Joy engages and works with her emotions, instead of avoiding or denying the characters in her mind Sadness. Joy accepts Sadness for who she is, realizing that she is an important part of the child's “Riley's” emotional life. So, you need to ask the big question, **how do you get to the other side of a tunnel?** By going through it. True hope comes after you open yourself up to the journey, hope comes when you're prepared to trust it's there, even when there's a time that you can't see it straight in front of you.

With so much conflict surrounding us today you have to pose such questions as why? . Why do we live in a world of brokenness? And how does God feel about it all? Not just on the larger scale of wars between nations, but daily battles we all face in one shape or form. This is why I have quoted a Bible verse for you to consider this week **John 11:35 “Jesus wept”**. When we weep, He weeps with us. It is sometimes good to show our emotions and not keep them all bottled up, we do that in sport which unites people and communities (and indeed in this situation people have come together) so be real and show your emotions be vulnerable in the situations you and I face.



**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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