



Transform Your Team – 26th February 2018 Questions, Questions, Questions

#The Essential News Story

The car needs an MOT? You take it to a garage. You are not feeling well? You go to a doctor. You have to take an exam, you plan and take time to revise for the exam. Are you going on holiday? You plan and take all precautions. In some respects, the above questions are more comfortable to answer, but what about these questions about your wellbeing.

Your soul is downcast – where do you go? : Your soul needs refreshment – where do you go? You are feeling emotionally drained – where do you go?

“I don't deserve a soul, yet I still have one. I know because it hurts.”

— Douglas Coupland, *The Gum Thief*

Give some time to reflect on these questions today and see if you can finish the sentences

1. The world needs
2. I believe in
3. Love is
4. I would like to thank
5. I am ready to forgive
6. I want my legacy to be

“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires; we do it not only for ourselves but for the many others whose lives we touch.”

— Parker J. Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*

View from @PhilJBish – my answers to the questions

I have given the above sentences some thought and, this is what I have concluded

1. **The world needs** to be told that everything is going to be all right
2. **I believe in** the grace that never offends and that I am a continual help and blessing to everyone.
3. **Love is** the essence we breathe and, the soul of our heartbeat.
4. **I would like to thank** all the people that only want the best for me and want me to be happy on the journey.
5. **I am ready to forgive** myself for not making the most of the gifts and talents I have been given and been a good steward of these riches and to be the best I can “my true worth.”
6. **I want my legacy to be** that the only hurt I because people are when I die and that I have made a difference in my journey

Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CCC, 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 provided to all connected with Glamorgan CCC. Including players, coaches, staff, volunteers, and families.

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