

**Philip Mitchell, Pastoral Director for Sports Chaplaincy
in Ireland
Former Irish League footballer and Coach**

SPORTS CHAPLAINCY ENCOURAGEMENT TO SPORT APRIL 2020

Coronavirus Covid 19

Questions

Why did this happen ?

When will it be over ?

What should I do ?

How can I help ?

How will this affect my future ?

Emotions

Sadness, Worry and Anxiety...

Uncertainty...

Time to Think about ...

Your Journey. your life...



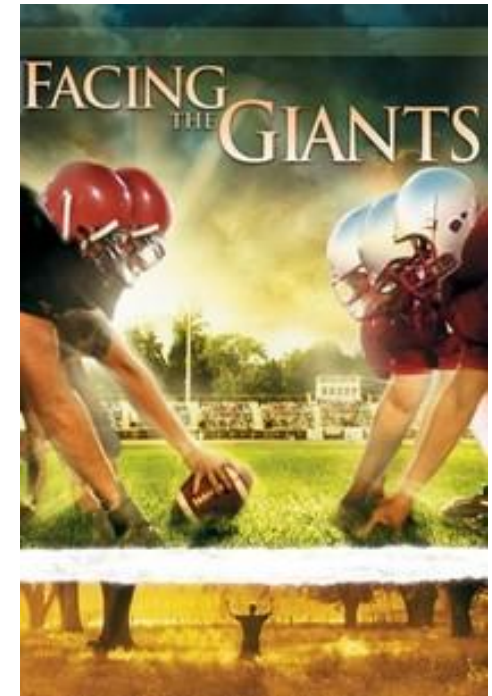
Impossible of course to summarize all of the questions and all of the emotions....

A FEW TIPS TO HELP YOU THROUGH

1. PERSERVERANCE

Perseverance is not only a sporting quality but also a quality for life. We are reminded to keep going, to press on towards the goal, to win the prize and to give not just our best in sport and in life but to give our **very very** best!

Be motivated for the journey ahead!



2. HELP OTHERS

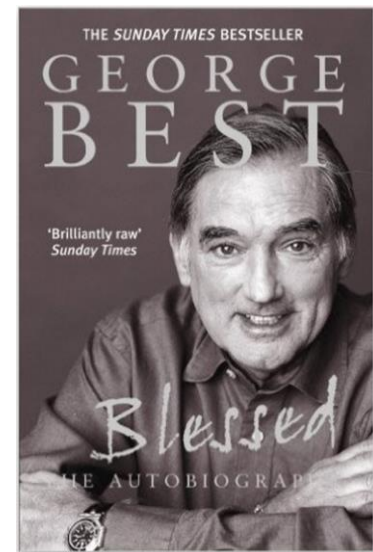
The most selfish thing you can do in your life is to help someone else! You'll feel great! Kindness and encouragement to others, show that the world does not revolve all around you. Reach out to people around you who need a helping hand. It might not always be obvious who!



Love Sport Love People

3. REMEMBER – YOU ARE BLESSED

You matter - You are important - You are valued
You are unique - You are special - You are loved.
You are Blessed - Be thankful - Be grateful.



4. MEDITATE, REFLECT AND PRAY

“I find prayer is super helpful” Philip Mitchell

- FOR ANYONE WHO IS SICK AND THEIR FAMILIES
- FOR DOCTORS AND NURSES
- FOR YOUR FAMILY & FRIENDS
- FOR YOUR TEAMMATES & COACHES
- FOR WORLD LEADERS
- FOR OTHERS
- FOR YOURSELF



“I hope these tips are helpful. I know in my sporting journey it has been good to remind myself that it is a “journey ”and that it is important to keep going when I have doubts or when there are difficulties in life that will undoubtedly come. And to remember ALWAYS to give my very very best. There is reward for resilience and seeking to improve the talents you have been given.

To look out for others in competitive sport is not always easy, but humility is key to greatness and it shows our way of being in the world. Humility helps us to look up, to be grateful and to remind ourselves that we are loved, known and celebrated.

My Journey has seen lots of twists and turns, mountain and valley experiences. I have been fortunate to play and work with great players, coaches and people at great clubs and organizations. I am glad to have had good mentors in my life to help me on my journey and I could have had no greater friend on that journey than my Heavenly Father” . Please know that we will be praying for you and cheering you on in your Journey!



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Benefits of Sports Chaplaincy



- Chaplains provide a **SAFE PLACE** for people to talk confidentially about worries or concerns in life and to ask the chaplain questions. They are with them for the journey.
- Chaplains help **CHANGE MINDSETS** and can help people towards a refreshed and renewed way of thinking to prevent their world from crashing down around them.
- Chaplains will **JOURNEY WITH PEOPLE** through addiction, social issues and the many challenges and difficulties of life providing a consistency of love and companionship and with knowledge to signpost where appropriate.
- Chaplains are with people and their families through illness, sickness, injury or bereavement **PROVIDING CARE, SUPPORT** and visitation throughout when possible.
- Chaplains **CAN PROVIDE A VITAL AND RECOGNISABLE LINK** with the community and provide assistance around formal events and strategic planning.
- Chaplains can **PROVIDE LIFE SKILLS TRAINING AND ADVICE** to individuals or groups within the club.



A growing number of professional and amateur sports clubs are benefiting from the involvement of Sports Chaplaincy UK.

Chaplaincy is primarily aimed at the care and welfare of players and staff.

Chaplains will demonstrate integrity, work professionally, care sensitively and maintain confidentiality.

The chaplain is there to serve people of all faith backgrounds and no faith.



DIFFICULTIES IN LIFE



Difficulties in life are a reality for everyone and sporting clubs and communities are important places where we as chaplains are available to provide support across many topics associated with MENTAL HEALTH. We are not the fourth emergency service but we are well aware that STRESS affects us all in various ways and the chaplain is there to help. As an organization we are keenly aware of what many people in the game have gone through. Not forgetting we are there to celebrate life with people also!



Listening Skills

“Being heard is so close to being loved that for the average person, they are almost indistinguishable.”

David Augsburg



“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” **Maya Angelou**

We are here to help. If you like to contact us or would one of our Pastoral Directors contact you: Please don't hesitate to either email or phone us.

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