

Spiritual Direction:

Spiritual direction is a relationship between a director and a directee which aims to discern how God is at work in the whole of life. For help in finding a spiritual director, contact

Rev Ian Cowley, Co-ordinator of Vocations and Spirituality: ian.cowley@salisbury.anglican.org



Eagle's wings

This charity is committed to supporting and encouraging clergy and school leaders.

Eagle's Wings Ministries UK Ltd

PO Box 6813

Weymouth

DT4 4DS UK

www.eagleswingsministries.org.uk



ACT – Association of Christian Teachers and School Pastors

<http://www.christian-teachers.org.uk/>

The Association of Christian Teachers

(ACT) is a non-denominational Christian membership organisation that provides professional and spiritual support to Christians engaged in pre-school, primary, middle, secondary, special, college and university education in England

Daily prayer and reflection downloads can be found at:

www.pray-as-you-go.org/ -

School pastors – linked to street pastors example given at:

www.southamptonstreetpastors.org/school-pastors

Food for thought

'Spirituality has nothing to do with escapism. It has everything to do with facing the real world.'

Charles Ringma

'Cultivate freedom of spirit, spaciousness of mind: live in peace, boldly and with tranquillity.'

Abbe de Tourville, Letters of Direction

"Relaxation training can help people deal with distress. Helping people to be able to create for themselves a 'relaxation response' the opposite to a stress arousal response is incredibly beneficial to one's health long term."

Daniel Goleman, Emotional Intelligence

'For I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will listen to you.'

Jeremiah 29: 11– 12

'God is a friend of silence. We cannot find him in noise or agitation. Nature—trees, flowers, grass—grows in silence.'

Mother Teresa

'...but those who hope in the Lord will renew their strength. They will soar on wings like eagles...'

Isaiah 40:31

*Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the Son of peace to you.
Celtic blessing—source unknown*

If you would like further information please contact

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THE SALISBURY DIOCESAN
BOARD OF EDUCATION

'Working for children, young people, schools and parishes'

Spiritual Care—supporting members of the school



This guide intends to offer ideas and resources for the times when headteachers, teachers and Governors, need relaxation, spiritual guidance and refreshment.

O Lord,

Grant me your strength, so I will have courage in every situation;

Grant me your love, so I will never give up on anybody;

Grant me your wisdom, so I will show others the path to success;

Grant me your mercy, so I will forgive those who have hurt me;

Grant me your peace, so I will find the best in everybody;

Grant me your hope, so I will never give up;

Grant me your joy, so I will be thankful for all my blessings;

And Grant me your grace, so you will always be at my side. Amen

David Bennett

Salisbury Diocesan Board of Education

As a Board of Education we are committed to supporting Headteachers and all staff in both their professional and spiritual lives.

We hope that this leaflet helps you to begin to explore something of the variety and range of support available to you in your leadership of a church school.

As a Board of Education we believe that taking time for inner renewal is really important and time given to it is never wasted.

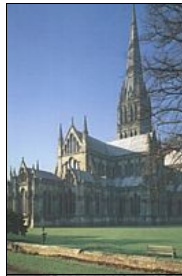
'Unless there is a still centre in the middle of the storm, unless a man in the midst of all his activities preserves a secret room in his heart, where he stands alone before God, then he will lose all sense of spiritual direction.'

Kallistos Ware, Silence in Prayer

As a staff, if you do not already do it, why not consider including a time of reflection and quiet as part of your staff meeting? This may provide a catalyst for helping individuals on their personal journeys.

Salisbury Cathedral Education Department

Spiritual development: CPD or retreat days at Salisbury Cathedral



An ideal way to start the year off or perhaps to help staff take stock at the end of a busy term, the Cathedral offers a range of CPD packages. From retreat-style activities to more focussed study on children's spiritual development, days are tailored to suit your school's needs. Pick and choose from a range of options from exploring what spirituality means, to creating a spiritual framework, or looking at and trying out resources for spiritual development. Or maybe take part in a series of spiritual activities and guided reflections in the magnificent medieval Cathedral itself.

Contact the Education Centre on 01722 555180 or email education@salcath.co.uk to discuss your programme. All sessions are led by experienced Cathedral Education staff. For an average day 9.30 – 3.30pm, prices start at £10 per person depending on numbers. Additional options include a two course lunch in the Cathedral's splendid refectory café, morning coffee and afternoon tea.

'I came away feeling so revived after a difficult week at school.' Primary Headteacher

Stapleford centre

'Another Day – Biblical Reflections for Busy Teachers'

www.stapleford-centre.org

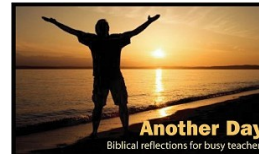
In our crowded lives it is easy to be constantly on the go, never stopping, always doing everything on the run.

Teaching can have that effect on you. From early in the morning until late at night you plan, prepare, deliver, interact, solve problems, assess, mark, plan some more. Personal time and personal space can become squeezed, as energy levels drop we cut back what we do pacing ourselves to the end of term.

Another Day is a series of short, accessible Biblical reflections to support Christians working in education. Designed to be printed off or read on screen, *Another Day* can be read at any time and provides an opportunity for a short period of reflection during a busy day.

Another Day reflections have been created to sustain, encourage, nurture and develop you in your role as a Christian teacher. Written by experienced educationalists we hope you will find the reflections a blessing and that you will be affirmed and encouraged as God speaks to you through them.

'Be still and know that I am God' - Psalm 46:10



Retreats

The Diocese is associated with a number of retreat houses throughout Wiltshire, Dorset and further afield.

<http://www.salisbury.anglican.org/ministry/spirituality/retreats/?searchterm=retreat>

West End Manor, Durrington

Quiet Days, but numbers are limited. To book, contact the Revd Mark Zammit: 01980 653953, zammitparish@yahoo.co.uk

Hilfield Friary

The Friary, Hilfield, Dorchester, Dorset, DT2 7BE
01300 341345,
hilfieldssf@franciscans.org.uk



Ivy House

St Denys Retreat Centre,
Church Street,
Warminster
01985 214824
stdenys@ivyhouse.org

Courage to be...

http://www.vitalhub.net/vp_courage.htm

...offers retreats for teachers and head teachers who are feeling a little weary and jaded, to help re-examine their vocation and find a way through the demands to their own integrity within the profession.

The Bible Reading Fellowship

'Quiet Spaces' - the brf prayer and spirituality journal contains a range of helpful meditations, prayers, features and liturgies.

www.brfonline.org.uk

