“Food for Thought, kept me going all day long. Having digested this, I felt satisfied and energised!”

Food For Thought

- The ingredients can be added in any order without spoiling the flavour or nutritional value
- Can be consumed at any time of day
- Can help meet the spiritual dietary needs of pupils of all faiths - and none
- Serves any size group
- Can be prepared and delivered by students themselves
- Ideal for Secondary school students particularly in tutor and smaller groups
- Suitable for adult groups in any context

By: Derek Holloway & Debra Legge
Derek Holloway has over 25 years of experience working in education in schools in Essex and Wiltshire, with the Salisbury Diocese and with Local Authorities in the region. He job-shares the post of Diocesan RE Adviser at the Diocese of Salisbury. Derek also works for Dorset LA as RE Adviser. He has led the development of the 'Diaries of Reflection' resource for collective worship and has helped devise tools for the auditing and evolution of Spiritual Development in schools. Derek is the National Society Consultant for SIAMS and an experienced denominational Inspector with a regional role in ongoing church school inspector training.

Debra Legge has enjoyed a 25 year career teaching and leading RE across Gloucestershire, Yorkshire, Berkshire and Oxfordshire. Previously Education and Further Education Advisor to Gloucester Diocese, Debra supported and advised schools and FE colleges within the realms of RE, Spirituality and Chaplaincy. She has particularly enjoyed the collaborative projects with Salisbury Diocese. A Fellow of the University of Gloucester and Spiritual Director, Debra now works in adult education using her skills in mentoring, teaching and adult education to good effect.
How To Use This Pack

Ecclesiastes 1:9
What has been will be again, what has been done will be done again; there is nothing new under the sun.

These reflections are based on acts of worship, short talks and reflections we have delivered in many schools and meetings over the years but, as it says in Ecclesiastes, there is nothing new under the sun. We have sat through many sermons, read many books and enjoyed countless school assemblies over the years and if we have accidentally lifted your idea, please accept our appologies.

Although the cards are numbered to help you keep track of what you have covered there is no specific order which needs to be followed.

Suggested directions for use
These cards are designed to be used with no preparation; to pick up and go. However we would advise that you grab a minute or two to read and familiarize yourself with the content first.

It would help to have something to set the atmosphere - perhaps lighting a candle or playing a piece of reflective music; simply asking your audience to be still and silent for a minute works wonders.

- Start with the Bible verse. Read it carefully and deliberately, it is considered a book of wisdom. Then wait a moment or two and let it soak in.
- Then read the reflection. If you have time make it your own, don’t be afraid to add or edit.
- Then pose the reflective questions. These are important, as this is when the audience engages with the material. You may need to build this up but try to leave at least 20 seconds between each question.
- Finish with the prayer and/or the quotes depending on audience.

Having got the idea why not try developing your own Food for Thought. A blank is included in the pack to help you. If you come up with a really good one and are willing to share please contact me at Derek.holloway@salisbury.anglican.org

Debra and I are really grateful for all the help we have received in developing this pack. In particular to those of you who have sat through our acts of worship and reflections and offered thoughts and ideas - a particular thanks. We hope and pray that you enjoy Food for Thought.

Derek Holloway

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