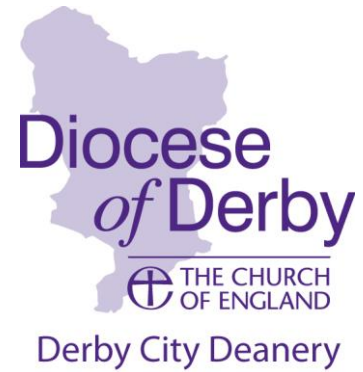


Derby City Deanery NEWSLETTER

July 2017 /#007



From the Area Dean, Revd Canon Dr Simon Taylor:

Dear friends,

I hope that you are enjoying the summer. We've already had a Cricket world cup win for England, which has been a treat!

There are treats inside the newsletter for you, even if some are rather sober treats. I commend the contents to you, not least the articles on funerals and chaplaincy. These are important parts of our mission and our ministry as a Deanery.

There are also signs of new beginnings. There are new ministries as we welcome new people into our midst at St Werburgh's, the Church on Oakwood, St Nicholas' Allestree & St Paul's Quarndon, and a new Dean for the Cathedral. There are new members of the Deanery Leadership Team in Simon Cartwright and Nigel Elliott, and new members of Deanery Synod. And there are new ideas about how we can work together to reach areas of new housing.

Please pray for all these new beginnings. Please pray also for me, as I pray for you.

With my love and prayers,



'...who, passing through the vale of weeping, turn it into a place of springs...' Ps 84 v6

This bi-monthly newsletter comes from Derby City Deanery – the group of Anglican parishes which fall within the city boundary – and is for sharing around churches and communities. Please see the back page for details of future publications, deadlines, etc.

Area Dean: Revd Canon Dr Simon Taylor simon.taylor@derby.anglican.org
Deanery Administrator: Ms Jo Simister jo.simister@derby.anglican.org

OFFICERS APPOINTED AT DEANERY SYNOD:

Derby City Deanery:

Lay Chair: Madelaine Goddard

Secretary: Peter Vincent

Treasurer: Kathryn Hicks

Lay Representative to the Deanery Leadership Team:
Alison Henshaw.

Profiles for these members can be found in Newsletter 002 on our deanery page on the diocesan website:

<http://www.derby.anglican.org/en/about-us/deaneries/derby-city.html>

New Clergy Representative on the Deanery Leadership Team: Revd Nigel Elliott



Born in Barnsley in 1955; worked with TSB for 13 years before becoming Deputy Diocesan Stewardship Officer in Manchester Diocese.

Trained at St John's Nottingham; at St Stephen's Sinfin since October 2014.

The growing of the local church would be my hope for all the churches in Derby City Deanery, especially as we face the exciting prospect of significant housing development in our parishes.

I have previously served on Deanery and Diocesan Synods, and was an Area Dean for 5 years.

Officers appointed to Derby North and Derby South:

For the moment, although we are operating as the new Derby City Deanery, our legal status is complicated. The new deanery incorporates a number of parishes from other deaneries as well as bringing together the former Derby South and Derby North deaneries. To oversee various legal formalities we have elected officers to these former deaneries as well as to Derby City Deanery:

Derby North:

Lay Chair: Madelaine Goddard

Secretary: Revd Julian Hollywell

Treasurer: Revd Alistair Kay

Derby South:

Lay Chair: Peter Vincent

Secretary: Ann Vincent

Treasurer: Elizabeth Newton

NOTIFICATION OF THE NEXT DEANERY SYNOD:

The next Deanery Synod will take place on Thursday 7th September at St Giles Normanton, DE23 8DE, gathering at 7pm for 7.30pm. Papers will be sent out about three weeks before.

For representatives not on email, papers will be set to clergy and the PCC Secretary, Parish Administrator or other contact so it might be wise to alert them that you will need a print-out.

PARISH GIVING SCHEME: DIOCESAN LAUNCH EVENT FOR DERBY CITY DEANERY:

From David Mundy Parish Resource Officer david.mundy@derby.anglican.org 07710 094948

In October we are launching the Parish Giving Scheme!

The Parish Giving Scheme is a 21st century solution to offset one of the greatest threats to parish income: static giving. Donations made through the Scheme use Direct Debits: they can be monthly, quarterly or annual. If the Scheme becomes a church's principal funding method, giving is inflation-proofed, cash-flow is maximised, and administration is minimised.

We are holding three launch events:

- Thurs 5th Oct at Wingerworth, All Saints: Longedged Lane, Wingerworth, Chesterfield S42 6PU
- Weds, 11th Oct at Buxton, St John the Baptist: St John's Rd, Buxton SK17 6XG
- Mon, 16th Oct at Derby, St Augustine: Upperdale Road, Derby DE23 6BP

Each event starts at 7.30 pm and ends around 9.15 pm. The events are aimed at Clergy, Churchwardens, Treasurers and Planned Giving Secretaries.

Please put one of the dates in your diary!

NEW ASSISTANT AREA DEAN: REVD DR SIMON CARTWRIGHT

Simon has been appointed as the second of our Assistant Area Deans, alongside Revd Trudie Morris.



I have been a priest in the Walbrook Epiphany Team (which covers the Normanton Rd and Pear Tree areas) for six years.

I now have responsibility for the St Thomas Community which is developing in Pear Tree. This new form of church was set up to work alongside partners in a refurbished St Thomas. Drawing on the New-Monastic tradition, the St Thomas Community are committed to prayer, hospitality and mission to the vulnerable.

I am married with two children and we love to get away in our 1980s Talbot Express campervan and explore the country.

Prior to ordained ministry, I was an urban regeneration manager – so I will take the lead for the deanery on issues like the new housing areas and partnerships with the council such as the Modern Slavery Partnership.

LICENSINGS, INSTALLATIONS and other WELCOMES:

Please pray for these clergy and for the people they will serve.

The Revd Phil Mann, Planting Curate at Holy Trinity Brompton, Diocese of London, will be licensed as Pioneer Minister of the Derby City Bishop's Mission Order, Diocese of Derby, on Tuesday 1st August in the Bishop's Chapel, Duffield, by the Bishop of Derby. Phil will be based at St Werburgh's Church, Friar Gate, Derby. The primary focus of his work will be with young people, including students and young professionals.

The Revd Neil Draper will be welcomed as the new Methodist minister for the Church on Oakwood, which is an LEP (Local Ecumenical Partnership), on Friday 1st September at 7pm.

The Revd Becky Mathew will be collated and inducted as Vicar of Allestree St Nicholas and licensed as Priest-in-Charge of Quarndon, Diocese of Derby, on Tuesday 5th September at 7.30pm at St Nicholas, Allestree, by the Bishop of Derby assisted by the Archdeacon of Derby.

And on Saturday 30th September 2017 at 11am the Very Revd Stephen Hance will be installed as Dean of Derby, in Derby Cathedral.

CONFIRMATION AT DARLEY ABBEY: CANDIDATES WELCOME

There will be a Confirmation at 7.30pm on the Feast of St Matthew, 21st September, at St Matthew's Darley Abbey DE22 1EF.

The Revd Peter Barham has indicated that there is space for candidates from other parishes – please contact him on revpeterbarham@btinternet.com or 01332 551404 or 07879 474712



*Defend, O Lord, these your servants with your heavenly grace,
that they may continue yours for ever, and daily increase in your Holy Spirit more and more
until they come to your everlasting kingdom. Amen.*

The Changes and Chances of this Fleeting World

Jo Simister reflects on the effects of witnessing traumatic events in the world, and personal grieving.

I think most of us, at some point, become overwhelmed with the awfulness of life, even when we are usually calm and resilient. Something will touch off the grief in us, and for a day or two we are completely awash with shock. It's helpful to take an objective look at trauma and grief and also how we can support ourselves and those around us when we are vulnerable. We are human, we want to feel – we do not want to become numbed against compassion.

Witnessing traumatic events

First two or three days: Common reactions may include confusion, disorientation, lack of speech, helplessness, disbelief. People may be upset, tearful, shaking, shivering, unsteady, or may want to get away. Some may be very angry.

First month: People may experience flashbacks to the traumatic event, have sleep and appetite disturbance, loss of enjoyment in life, and feel very tired. Following the initial reaction, there is a process of making sense of what has happened, re-appraising events by recounting them, to form a coherent narrative of what has happened. This all helps someone to assimilate the experience they have gone through, and to adjust to a resumption of their everyday life.

After the first month: The majority of people will have returned to normal. About 30% will have symptoms for longer, which may need some professional help but will gradually improve. For most people, these experiences will diminish during the few weeks following an incident.

About 1-2% may develop Post-Traumatic Stress Disorder (PTSD), where typically they re-experience phenomena (have recurrent or intrusive distressing recollections of the event; re-live the experience), or deliberately avoid activities, places or people, which by association could arouse recollections of trauma, or they block out aspects of the trauma, or lose interest in previously significant people or activities; they may have feelings of detachment, a reduced capacity to feel, depression. Or they may be hyper-alert (jumpy, irritable, unable to concentrate).

Witnessing or being caught up in an incident will affect people differently and in different ways, depending on their circumstances and previous history. Some people involved may have pre-existing vulnerabilities – states of anxiety, depression, trauma from a previous disaster, etc.

Our immediate aims are to console and offer comfort, to offer practical help, to recognise the abnormality of the experience of trauma, to recognise the normality of the post-trauma reaction, and to provide informal support that seamlessly merges into professional support, should that be necessary. Whatever the level of the incident, we may have to make allowances for disruption to concentration and short-term memory loss.

Bereavement and Grief

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense your grief will be. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, including:

- | | |
|--|---|
| 1.Divorce or relationship breakup | 7.Death of a pet |
| 2.Loss of health; sensory loss; impairment | 8.Loss of a cherished dream |
| 3.Losing a job; redundancy | 9.A loved one's serious illness; incl. dementia |
| 4.Loss of financial stability; bankruptcy | 10.Loss of a friendship |
| 5.A miscarriage | 11.Loss of safety after a trauma |
| 6.Retirement | 12.Selling the family home |

Even subtle losses in life can trigger a sense of grief. Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain

things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing, and eventually, to find a way to pick up the pieces and move on with your life.

The grieving 'process'

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you. Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to unfold naturally.

We often talk about five stages of grief: Denial (This can't be happening to me), Anger (Why is this happening? Who is to blame?), Bargaining (Make this not happen, and in return I will ____), Depression (I'm too sad to do anything) and finally Acceptance: (I'm at peace with what happened). In this final stage, we may also find ourselves taking on some unfinished task of the loved one, or assimilating something of them into our lives.

However, not everyone who grieves goes through all of these stages—and that's okay. Some people resolve their grief without going through any of these stages. Some dip back and forth. And if you do go through these stages of grief, you probably won't experience them in a neat, sequential order, so don't worry about what you "should" be feeling or which stage you're supposed to be in.

Instead, think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

There are practical things you can do to get through a time of bereavement or loss:

- Express yourself. Talking is often a good way to soothe painful emotions. Talking to a friend, family member, health professional or counsellor can begin the healing process.
- Allow yourself to feel sad. It's a healthy part of the grieving process.
- Keep your routine up. Keeping up simple things like walking the dog can help.
- Sleep. Emotional strain can make you very tired. If you're having trouble sleeping, see your GP.
- Eat healthily and keep your immune system as strong as possible. A healthy, well-balanced diet will help you cope – and avoid things that "numb" the pain, such as alcohol. It will make you feel worse once the numbness wears off.
- Go to counselling if it feels right for you – but perhaps not straight away. Counselling may be more useful after a couple of weeks or months. Only you will know when you're ready.

Local support organisations include Cruse Bereavement Care (0808 808 1677) who meet 2-4pm in the Cathedral Café on the 1st and 3rd Wednesdays; Forget-me-not Friendship Group two Thursdays a month at Sinfin Library; Derby Dandelions 2-4pm on the 2nd and last Tuesdays in the Cathedral Café. And also Age UK: 0800 169 6565 for info guides and fact sheets, and links to local groups.

Support in loss in pregnancy early childhood: www.talkitoverderby.com and www.derbysands.org.uk/.

The Big Conversation: talking about dying, whether with family or in church, etc: www.dyingmatters.org

Support thorough specific health conditions: organisations geared to the specific condition, and also such as <https://www.whifflepig.com/>, www.treetopshospice.org.uk/, www.mariecurie.org.uk and www.macmillan.org.uk/information-and-support/index.html.

Your GP can give you advice about other support services and counselling referrals, and there's more information at: <http://www.nhs.uk/Livewell/emotionalhealth/Pages/Dealingwithloss.aspx>.

Time to tend tomatoes

Canon Chris Dyer has been asked to take up the responsibility of Retirement Officer for Derby City Deanery, pending the election of a Representative.

Retirement can be a strange experience, especially for clergy. One minute I was a vicar, the next I was without a job and had to move house and church. On the plus side, I could do whatever I liked. I could have duvet days; now in my own home I could reorder the bathroom at a whim; I could go away for weekends or for Christmas. On the minus side I felt my identity had gone and I had to leave the communities with whom I had declared Sunday by Sunday that we are, together, the body of Christ: my family.



When you retire, people ask "Are you enjoying retirement?", expecting an enthusiastic "Yes", and looking askance if you dare to say, "Not yet". And that is, of course, not particular to clergy although I expect there are as many responses to retirement as there are people.

So I am now keen to suggest that perhaps, in retirement, all Christians should ask the question 'What is my vocation? What does God want me to do and, more importantly, be?'

For me as a retired priest it has been to ask simple questions like where I should go to church, but also to learn not just to fill gaps in people's rotas to keep busy but to look for places where God might want to use the ME that he has made and who has been shaped by rich experiences I have been given.

For all retired people there are questions as we face the new challenging, exciting, frightening, frustrating opportunities of our future beyond 'paid work'. So perhaps our clergy and congregations might be kind and help us, not to just find more to do to fill our time, but help us to stop and listen to what God might be asking of us next.

I am indebted to Ally Kay, who found me sitting in his congregation when he arrived, and to Peter Barham who has generously not treated me like the Ghost of Christmas Past.

As (clergy) Retirement Officer for the deanery I would be delighted if any retired clergy would like to make contact. This will help me to draw up a list of retired clergy in the area. You can find me at c.a.dyer.t21@btinternet.com.

If you have skills and energy, why not explore www.eastmidlandslaterlifeforum.org.uk or Shoulder to Shoulder <https://www.facebook.com/Alksmen/> (they will be meeting on Sat 12 Aug and 9 Sept).



Come and learn some simple wellness and resilience practices that can be used for Self-Care, and for groups in ministry, education, mental health care, recovery communities and voluntary settings.

The next workshop will be at the Multi-Faith Centre, University of Derby, Kedleston Rd DE22 1GB, on Monday 21st August, 2-4pm.

It's free! Just come along, or for more info, or to book (particularly if you'd like to be able to park at the University) please contact teresa.dickens@hotmail.com or 07788 401164.

Facilitator Teresa Dickens is a registered counsellor and psychotherapist working in various voluntary settings locally, and also a retired nurse and health visitor with 30+ year experience within the NHS.

Capacitar is an international, cross-cultural, peace and community building network (Capacitar is a Spanish word meaning 'to empower') – see www.capacitar.org.

Filling the Well: Journeying in the Second Half of Life

Along with Eirene Palmer (Diocesan Spirituality Group), Teresa Dickens has developed and run a course on 'second half of life' issues called 'Filling the Well' which has been offered on the Diocesan School of Formation training calendar. Teresa explains the principles behind the course:

"The second half of life presents us with an opportunity to either become who we really are and flourish, or close ourselves down in the face of the challenges ahead..."

My sense is that our western culture encourages a view of older age as a mostly hostile foreign country; something that happens 'over there' and to other people. The media frequently presents us with patronising images of older people, or with images of those who are working hard not to age at all, as in the many adverts for certain beauty products.... we know that "we're worth it" of course!! This manages to bolster our society's preferred state of collective denial about ageing. Many of the complex issues around how we're going to care for ourselves and each other as we get older seemed to raise the temperature of debate in the recent election...but I can't help feeling that the politicians still talk about 'social care' issues as though they're happening to another species of beings!

The 'Filling the Well' course is underpinned by an understanding that as we become more aware of growing older we can choose to work at equipping ourselves to face the realities of life as we age. In this season of our lives it really is worth taking time to connect with possibilities for continued learning and personal development; worth giving time to some of the things we may long to explore, try out or take risks with; and worth making space for some of our deeply held ideas and hopes to emerge.



This work can also enable us to face some of the aspects of getting older that most of us dread. Another important aspect of the course involves looking at how we care for and resource ourselves to live more fully in this most fruitful and potentially creative part of our lives.

This isn't just 'navel gazing'. As we begin to engage with the work of growing older with awareness we are on some level doing this work for each other, for our families and friends as well as for ourselves. Zalman Schacter-Shalomi, one of the writers whose work originally caught my interest, maintains that when we give time and intention to developing a deeper life at this stage, particularly our inner life, this almost inevitably leads on to a greater sense of connectedness with the wider community, and a desire to share our skills and experience in ways that can make a real difference to others.

Ann Morisey, in her book *Borrowing from the Future: a faith-based approach to intergenerational equity* (2011) calls us the 'Pivot Generation'. She suggests that we can make a very conscious decision to live in a way that ploughs back our life's wisdom into our communities, in particular to younger generations. We can choose to live generously and compassionately, sharing our time, prayers, and possibly our financial and other resources. In any number of ways our generation can be a creative force for good.

'Filling the Well' now happens over two days, and serves as a 'taster' of some of the interesting and exciting material that is emerging in this field. It is offered through a lens of Christian spirituality but people of other faiths, and of no explicit faith, are most welcome. If you would like more information or would be interested in attending a course in Derby, at the Multifaith Centre, University of Derby, (or possibly elsewhere in the diocese) please get in touch with me: Email: teresa.dickens@hotmail.com ; Tel: 07788 401164.

Workplace Chaplaincy – meeting people where they are!

Revd. Canon Paul Morris, Vicar of St. Peter's in the City

Workplace Chaplaincy is gathering momentum in our City and County – and most certainly in our Deanery! So I am grateful for the opportunity to tell you the story of the growth of chaplaincy, which at its heart is all about an overt Christian presence in a primarily secular environment.

As we all contend with the challenges of growing our churches bigger and deeper and wider, I am glad to share the encouraging story of significant numerical growth and greater penetration in the workplace with the two organisations that I oversee, Workplace Chaplaincy in Derbyshire and Derby City Centre Chaplaincy.

Workplace Chaplaincy in Derbyshire (WCD), formerly Industrial Mission in Derbyshire, is a Local Ecumenical Partnership. Its purpose is to provide pastoral support to people by building bridges of understanding between industry, faith, commerce and society.

WCD has chaplains serving in the following sectors:

- Derbyshire Constabulary and Derbyshire Fire and Rescue Service
- Transport – East Midlands Airport and East Midlands Trains
- Industry – Rolls Royce, Bombardier
- Sport – Derby County and Chesterfield Football Clubs; Derbyshire County Cricket Club, Triathlon
- Agriculture



Derby City Centre Chaplaincy (DCCC) is a charity that was formed in 2011, it has the same aims as WCD but with an additional focus on new sectors and new Town Centre Chaplaincies.

DCCC has chaplains serving in the following sectors:

- Retail and Business – Intu, Cathedral Quarter, St. Peter's Quarter
- Social Care – Derbyshire Community Health Services NHS Foundation Trust, Care Homes, YMCA
- Education – Primary and Secondary Schools, Derby College
- Leisure – Mercia Marina, City Centre Hotels, Derby Theatre
- Derby City Council and Courts

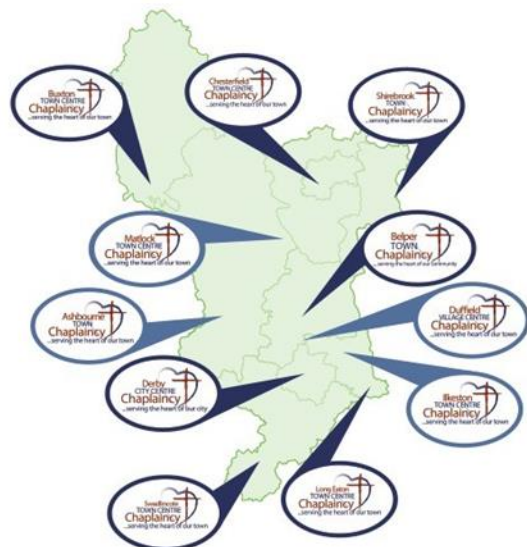


When DCCC began, there were 25 chaplains in WCD. We currently have over 100 chaplains in both organisations, with 80% lay, representing Anglican, Methodist, Roman Catholic, URC, Baptist, Salt and Light, Elim, Pentecostal, Assemblies of God churches.

The vision of DCCC is for town centre chaplaincies to be established throughout the county, and it has been exciting to see this happen. We now have chaplains serving in Swadlincote, Buxton, Belper, Long Eaton and Shirebrook. Discussions are underway to start a new Town Centre Chaplaincy in Ashbourne, and possibly in Matlock too.

Behind this expansion is the realisation that, wherever there is a workplace – and that is everywhere – there needs to be the support of chaplains.

In our Deanery this is developing in a number of locations, including the City Centre, Pride Park, Allenton, and in the parish of St. Mary's Boulton Lane.



I especially want to mention two areas of chaplaincy that relates to Derby City Deanery:

Derby City Council

In May, four of us began serving as chaplains for Derby City Council; Rachael Brookes (St. Alkmund's), Elaine Nanson (Community Church Derby) and myself at the Council House and Revd. Darren Howie, (St. Peter's in the City) supporting staff at Derby Homes and Milestone House.

In this day and age when we read about secularism and New Atheism, here we are in a city with a Cathedral Quarter and St. Peter's Quarter and access to support Council staff – this is wonderful!

Here is the notice that all Derby City Council staff received by email, with a link to their web site giving further information:

Chaplaincy service available for all staff

Derby City Council is now working in partnership with the Derby City Centre Chaplaincy to offer a regular free, independent and confidential chaplaincy service to all Council staff.

Chaplaincy is a way of being able to talk with someone who is there to listen, providing care & support in a relaxed and casual setting.

The service will be run weekly at the Council House and is there for anyone with any or no religious beliefs.

Find out more about how to benefit from the [Chaplaincy service](#) and a bit about the Chaplains themselves.



Derbyshire Community Health Services NHS Foundation Trust (DCHS)

Our partnership with DCHS began following research undertaken by Dr. Phil Henry from the Multi-Faith Centre. This provided evidence that many NHS staff are neither comfortable talking about spiritual matters to patients in the community nor trained for this particular task.

In light of this, Revd. Anita Matthews and I met with Senior Leaders from DCHS to explore developing a partnership where chaplains could support patients in the community.

Discussions went very well, a pilot scheme is taking place with the Belper Five Integrated Health Care Teams and our aim now is to appoint about 70 chaplains throughout Derbyshire to offer pastoral and spiritual support to both Integrated Health Care Team members and those for whom they care. The Chaplains receive a referral following a visit from a nurse, physiotherapist, occupational therapist etc, and then visit the patient in their home. With some having experienced bereavement, others facing end of life issues, these are critically important conversations. These chaplains are attached to, and working as part of, the Integrated Health Care Teams operating out of GP practices. Once again, this is wonderful!



**Derbyshire Community
Health Services**
NHS Foundation Trust

Two final points of encouragement. Firstly, all our chaplains are invited to attend our three Training Days every year, and we are seeing good numbers at these, with the last two having 90 and 85 in attendance. At these events we also have people exploring whether God is calling them to serve in this way. If you would like to attend the next Training Day in September, do contact me.

And secondly, in light of the recent terrorist events and the Grenfell Towers fire, all chaplains have been invited to also serve as Emergency Chaplains, ready at a moment's notice to attend, alongside the Emergency Services, to provide support to all affected by such serious incidents. They will be led by Area Deans, who have been appointed Major Incident Team Leaders. We currently have some 50 Emergency Chaplains.



A Church Near You
THE CHURCH OF ENGLAND

Just a note that work is underway to redesign ACNY, and all those who have not logged into their account in the last year should do so in the coming weeks – a good chance to overhaul your church info. *Any account that has not been logged into in the last 12 months by October 2017 will not be transferred to the new site.*

A word about Suicide – and busyness, loneliness, sharing and caring

Reflections from Stella Collishaw, Community Action Officer, Mission and Ministry Team.

After a recent illness, I reflected with friends how far my health had declined without my notice. Our lives become busy caring for family and work and ministry all demand ever more of our finite time and personal resources. Stress impacts us all and reading the book of Job recently reminds us just how tough it can get. Over the weekend I was talking to a friend who is a carer and we noticed how she had put off booking respite for a more important time, but that she reflected she needed it.

A study by the Joseph Rowntree Foundation found 1:3 of us would be embarrassed to admit loneliness and research indicates that loneliness is a more significant a factor on our health than diet or smoking. Yet no-one is likely to admit it.

Men are most at risk, (3/4 of those locally in 2015 figures, and the leading cause of death in men under 45 years, but the most significant age group was 40-49 years). The helpful development of spaces for men to join in practical activity such as 'men in sheds' projects allowing space to 'give' and 'learn' or walking groups where the benefits of company and the outdoors offer a chance to 'take notice' and 'be active' are noted. But personal contacts could simply ask "how are you?" and brave an angry response, that might be anger that otherwise could be badly directed.

And if you are successful in prevention you will probably never know – a hard fact in a target driven world. If that's your aim, look at your activity with prevention in view, look at where you offer that chance to learn, to be active, to connect, to notice and to give and make sure you extend that invitation.

The carer who spoke to me this weekend gave me a simple moment of understanding, our different lives were better for that moment. If you are needing to share your mind with someone I encourage you to risk trusting someone you know or there are helpline numbers below.

- Samaritans: free phone number 116123. Text your local branch see: [http://www.samaritans.org/branches?circle\[location\]=derbyshire](http://www.samaritans.org/branches?circle[location]=derbyshire)
- Childline: 0800 1111
- Survivors of bereavement by suicide (SOBS) national helpline: 0300 1115065 10359am-9pm.
- Information from Safeguarding board is at: <http://www.derbyshirescb.org.uk/> published resource 'What you can do to help someone who is feeling suicidal'.
- Local Suicide Awareness training: www.ruralactionderbyshire.org.uk/ or tel: 01629 592977.
- 5 ways to wellbeing: recommended resources at <http://www.derby.anglican.org/en/our-mission/mental-health.html>
- Research into loneliness [1:3 would be embarrassed to admit loneliness] <http://www.jrf.org.uk/work/workarea/neighbourhood-approaches-loneliness>
- For strategy documents see: https://www.derbyshire.gov.uk/social_health/health-and-wellbeing/mental-health-and-wellbeing/suicide-prevention/default.asp
- Befriending training is available across the county see <http://www.ruralactionderbyshire.org.uk/community-befriending-champions-support-from-dcc.html> e: champions@sdcs.org.uk
- Depression UK: www.depressionuk.org
- Mental Health Foundation: www.mentalhealth.org.uk
- Mind: advice and support on mental health issues: 0300 123 3393 www.mind.org.uk
- Rethink Mental Illness: info and support to people affected by mental illness: 0300 5000 927 www.rethink.org.
- SANE: raises awareness and combats stigma about mental illness: 0300 304 7000 www.sane.org.uk .

Two kinds of Parson

Fr Julian Hollywell reflects on the opportunities of funeral ministry

It used to be said that there were two kinds of parson - one who liked weddings or one who preferred funerals. I'm not sure either ministry forms a significant part of many ministers' practice these days, though we do plenty of both in Spondon. If I'm honest I am a funeral man myself, now I'll get into hot water if I explain why that is, suffice to say that we have not yet had the rise of the 'funeral planner' in the way that as churches we can feel dictated to by the wedding planner's agenda.

One of the advantages of being rural dean is that over time one got a very clear picture of funeral ministry across the city, the advantage of being the ex rural dean is that one has freedom to talk about it! So I am just going to make two or three points here that I think are of value.... these are my views not those of the Deanery Leadership Team.

The decline in the number of people requesting an Anglican funeral, let alone a church funeral, is frankly pretty staggering (I don't do numbers but I think it's around 40% in the last decade). I have noticed that when the issue arises with clergy colleagues we tend to nod our heads wisely, or look into the middle distance but don't seem to appreciate collectively that this has something to do with what we are doing (or not doing) in the course of our ministries.

Now I rather like funeral directors, they are caring, conscientious and professionally careful in what they say and they have a pretty clear understanding as to which parishes and clergy are good to work with and errrrr..... which are not. It is inevitable that some clergy have a reputation for doing a "good funeral" but sadly there are ministers and parishes who from the Funeral Directors perspective present particular challenges.

We clergy can be difficult to reach, answer-phone messages go for days without being responded to, parish offices can receive a call and not seem to understand that a booking needs finalising in the next couple of hours, not "when the vicar gets back." For me one of the saddest and relatively common occurrences is when a family ask for a particular minister with whom they feel a connection to be rebuffed with an offhand, "the vicar is too busy." As if it's totally obvious the vicar couldn't do their funeral... that isn't obvious to most people, it's what most people think vicars are for! I'm not saying that's right, but it presents us with a considerable PR problem when it happens.

I am as guilty as anyone of this.... because in third week of Advent with umpteen nativities and carol services it is true! But it is none the less pastorally insensitive. I may not remember taking grandma's funeral, but the family certainly remembered me and felt a connection with their parish church which provided meaning in their lives.... mission is about forming relationship to open people's hearts to God and when people encounter what they perceive as our disinterest, or lack of care, I would suggest we are undermining the mission of the church.

Of course, the expectations placed upon us are much higher than they used to be, which is not something I think many people appreciate. As the vicar I simply cannot undertake all the funerals I am expected to do, I would do very little else, however we have a good team of retired clergy who are only too willing and able to "do a really good funeral." I believe that it is perfectly possible for every single parish in the city to guarantee to do every single funeral they are asked to take and it that it should be completely unnecessary for a funeral director and therefore a family to be ever told "No we can't do that". All we have to do is work together.

When a funeral is refused, there is no guarantee whatsoever that the funeral director will then spend hours trying to find an Anglican minister for the family and why should they? Far more likely they will turn to an independent minister, who will be flexible, friendly and offer in the immediacy of their loss exactly what the grieving family need. The damage done to the reputation of the church is pretty



significant each time this happens - for it becomes part of the family history, the lack of care from 'their' local church gets spliced into the family's DNA and the next time someone dies, or couple get married or a child is born it does not even occur to them that the church might be there for them.

If when a call comes in however, each parish responded by saying "Yes you can book that time in at the crematorium and we will get back to with which minister is available," we assist the funeral directors in their job, securing a time so the family can make all their other arrangements, but we are making no commitment necessarily to add to our own personal workload, even if the family have asked for a particular person. In these circumstances it is much more pastorally acceptable to say "I'm afraid Rev. Anselm isn't available" and to offer an immediate solution by saying "but Hildegard (the Reader in a neighbouring parish) is and she takes a really good funeral." There are over fifty licensed ministers in our deanery and on a busiest January day there are perhaps eight to ten Anglican funerals at the crematorium with a one or two burials - there really isn't any reason for a family ever to be told that an Anglican minister cannot be found!

And what happens at a funeral? Well every minister has their own particular style and like everything else things come in and out of fashion. There is probably a good PhD for someone studying the choice of music that people have made at the crematorium over the years. When I began in ministry one rarely got away without Frank Sinatra singing 'My Way' these days it's 'Shine Diamonds' sung by Rihanna I think it's a good thing that people generally feel a desire to personalise funerals, but I wonder how comfortable we always are with that? This is specially true when the funeral happens in church where people often think they are being inappropriate if they ask for secular music or words. This says something significant about how people perceive 'church space' and it normally speaks volumes about how uncomfortable people feel in 'our' churches, a warm welcome and a flexible attitude can work wonders.

Twenty years ago it was taken as read that curtains were always closed at the end of a cremation service, these days more often than not a family wants them left open, does it really have to be an issue? (For good reasons I still prefer them to be closed, but it isn't my funeral) people often want assistance picking readings, but those readings are not necessarily from the bible and with time pressured (the cremation funeral allows about 25 minutes) these decisions are precious. Perhaps instead of thinking an Anglican funeral "Looks like this" we might do better to see ourselves as participants alongside the families to whom we are ministering, being professional and flexible enough to speak of salvation and offer Christian hope within the context of where we find people, rather than imposing an Order that speaks to us or is as practising Christians, or requires less effort on our part as ministers, but which may have very little connection with the people before us.

For those of us who have been in ministry a good length of time, I wonder when any of us went on a refresher course, or allowed our funeral ministry to be open to some scrutiny? Although very discreet, Funeral Directors often want to discuss particular issues, we must recognise when we are

too old to conduct a funeral properly or perhaps are too busy with our own agenda. When people have paid £199 for our services at the Crematorium and probably double that for a service in church, we should perhaps give careful thought as to whether we are serving their needs, or meeting our own.

How many of us have ever asked for feedback from the crematorium attendant or the Funeral Director? (who remember may not be in the Chapel but are watching our service on the monitor) they see the best and worst practice come through the doors of the crematorium chapel every day! We too can learn from each other, why not ask a colleague to attend a funeral with you just once a year and offer feedback? Or even more challenging perhaps, invite a colleague to join you on the funeral visit as part of your ministerial review? So much of our ministry, once licensed, is unsupervised and perhaps some 'in service' training would do us all good. Excellent training is offered to curates, I think we could all benefit from a top up now and again.

There is huge variance across the deanery with how many funerals each parish does. Some did none at all last year, others more than sixty, that cannot be simply the luck of the draw, can it? I suggest that funerals are a good example where ministry goes hand in hand with mission, if as a deanery we begin to work in a less parochial way, if funeral directors may be encouraged to make better efforts to work with Anglican clergy and if those of us doing funerals are open to improving our practice we will make tangible headway in our mission to bring the love of Jesus to our city.

Look out for an event later in the year when we will bring together all those involved in funeral ministry and planning, to discuss how we can work together with families, to our mutual benefit.

Bishop of Derby's Harvest Appeal 2017

The Edwardes College School Multi-Faith Education

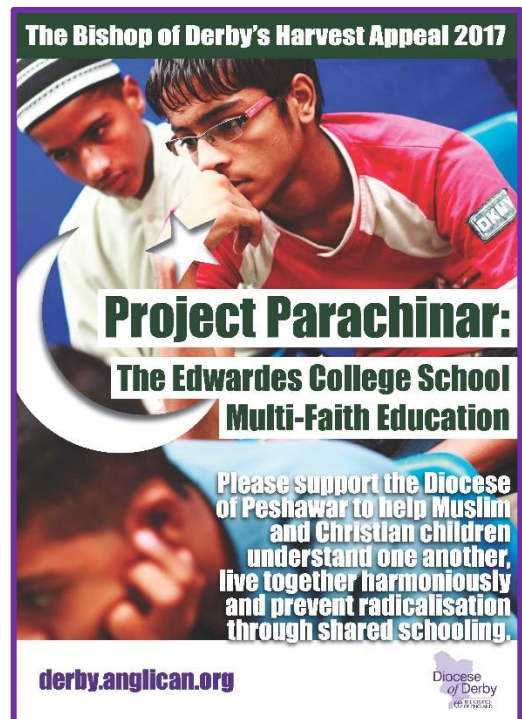
Parachinar in Northern Pakistan is in a tribal area of high radicalisation with many refugees as it lies only twenty-five miles from the Afghan border. The people have suffered greatly because of terrorism and sectarian clashes and they need to experience healing and to discover a better way of living together harmoniously based on understanding and tolerance rather than fear and prejudice.

After eight years of negotiation with the government, Bishop Humphrey has been given a disused building and permission to open the first Church School in the area on the understanding that Muslims and Christians, boys and girls will be educated together. This timely project will help prevent further radicalisation and extremism and give children in the area hope and the possibility of a different future.

Through your donations and support, Muslim and Christian children can build a future for themselves free from radicalisation.

Talking about the appeal, Bishop Alastair said: "This year's Harvest Appeal offers a timely opportunity for us to bear witness to the Gospel of Jesus Christ and to show solidarity with the Anglican Church in Pakistan. Please support it generously - so that God's grace can be a blessing through our commitment."

For further information please contact the Bishop's Office on 01332 840132.



Messy Church: a Family Event

Liz Lunn writes about the experience of St Barnabas Church, Radbourne St, Derby.

St Barnabas started running Messy Church about 18 months ago. It happens 3 times a year linked to festivals in the Church calendar: -Harvest, Christmas and Easter. The sessions are on Saturdays, 4pm to 6pm. The programme starts with craft activities. Usually 6 are available and the children choose which craft they want to do and can do as many as time allows. The adults are encouraged to join in. At about 4.50 we all gather together for a short time of worship, teaching and prayer based on the theme; this is planned to be interactive and age appropriate. About 5.15 pm a high tea is served, usually simple hot food such as pasta bake, followed by fruit or yoghurt or cakes or similar. Once tea is over everyone goes home or helps clear up.

The event is carefully organised and involves a total team of 15-20 people. There is a craft team who plan and prepare activities on the theme. A small team welcome and register the families. There is a team who lead the worship and teaching, and there is a team who prepare and serve the food. There is coffee and tea, squash and biscuits available throughout.

We invite children through the two local primary schools we have links to and they must bring an adult with them. Our Children's leader goes into these schools to take assemblies and in one school runs a Christian lunchtime club fortnightly. There is also a midweek outreach club for 5-11yr olds, through which children are invited and also through the Sunday clubs; and the Brownies and Rainbows who meet in the church. Families who have attended previously always get a personal invitation. The numbers have been encouraging, usually between 50-60 children and adults around 80% of who do not come on Sundays. This does not include those on team. At the last messy church there were 70. Given the average age of a member of the Church of England is now 61 it is a great way to reach out and begin to build a 'Fresh Expression' of church made of children and families. Messy Church is a rapidly growing form of church throughout our nation. We have been amazed at the numbers coming along and believe it is a real move of God bringing new life to the church.

Pilgrimage to Jerusalem for the Week of Prayer for Christian Unity

The Week of Prayer for Christian Unity in Jerusalem is a fascinating and joyous celebration of diversity, which typically includes Ethiopian, Armenian, Coptic and Syrian congregations alongside the more familiar Anglicans, Lutherans, Roman Catholics, Greek Orthodox and Melkite congregations. The dates of the core Week in 2018 will be Saturday 20th – Sunday 28th January (the dates vary from the UK to accommodate the various Christmas/Epiphany celebrations).

Each year, Jo Simister, who is a Vice-Chair of Living Stones of the Holy Land Trust (see www.livingstonesonline.org.uk) organises a pilgrimage during this week. Please contact Jo directly on pilgrimages@livingstonesonline.org.uk if you would be interested to join the group, or to know more about the planned itinerary.

Besides the main worship programme, there will be opportunities to join local congregations for various liturgies, and visits out to the Negev, Hebron, Bethlehem, Ramallah, Nablus and the option of an extra night or two in Sebastiya. The itinerary is aimed at people who have made a conventional pilgrimage and would now like to prioritise encounter with the 'living stones'.

The primary focus is five-fold: to Encounter Christian communities, to Understand the context in which they exercise their faith, to Encourage by being present and engaged, to Reflect and pray, and to Witness by sharing what is experienced.

The cost for the full 11 nights (Fri 19-Mon 29 Jan), including EasyJet flights from Luton, will be about £1300 per person in twin rooms (£1600 single) assuming the dollar rate remains about 1:1.3.




Dementia Friends Information Session

Dementia Friends Information Sessions aim to give people an understanding of dementia and the small things that they can do that could make a difference.

During this short, interactive session you will learn a little bit more about what it's like to live with dementia, how you can help to create a dementia friendly community and how to turn your understanding into action.

Sessions will be held on:

20th September
at 2pm

18th October
at 10.30am



FREE but please book in advance
Call 01332 364 436

[NB: A range of dates and venues are listed on our website
<http://www.timms-law.com/timms-solicitors-alzheimers-society-dementia-friends>]

MULTI-FAITH CENTRE:

Great Opportunity for Young People in Derby!

Roma Community Care have a great opportunity for young people within Derby. They have created a fantastic new Mentoring project aimed at working with young people from the Roma Community.

They are looking to recruit Mentors who can offer support and promote equality to their mentees 2+hrs per week.

The project will offer mentors the opportunity to gain a Level 3 Mentoring qualification and possibly attend further training programmes on behalf of The Multi-Faith Centre and The Police Crime Commissioner.

Please contact the MFC on mfc@derby.ac.uk or 01332 591285 to discuss this brilliant opportunity further.

Wills, Intestacy and Lasting Powers of Attorney

Laura Clare at Timms Solicitors, St Michaels Queen Street Derby DE1 3SU, comments:

Making a Will is one of the most important documents you will prepare. Ensuring that your wishes will be carried out after you've passed away and those that you love will be provided for will provide you with peace of mind. Despite this, many people don't have a Will or believe sometimes incorrectly, that everything will automatically pass to their spouse or partner.

Without a valid Will in place your estate will pass in accordance with the intestacy laws. These laws do not provide for cohabiting couples and may not be adequate if you have children from previous relationships. By taking legal advice, you can ensure that everyone you care about is looked after and your affairs will be in order so your loved ones won't have to sort out problems at what is already a difficult time.

A Lasting Power of Attorney is also a very important document. It allows you to decide who you want to manage your financial or health and welfare decisions if you're not able to manage those decisions yourself. Again the misconception is that your partner will be able to manage all of your affairs. Without actually giving your partner or loved one legal authority to do so, this just isn't the case. Once again, the key piece of advice is to be prepared and get your affairs in order to make life simple for you and all involved.

Autumn Retreat: The Colour of Light



A Weekend Retreat with the Community of the Holy Name

This will be an opportunity to share in the Community's rhythm of daily worship, prayer and silent meals. Accommodation will be in the Cottage Guest House where there are only 7 bedrooms (6 single, 1 twin) – so places are limited. Sister Pauline Margaret will be giving short reflective talks each morning and evening, and there will be opportunities for individuals to talk with her during the day. The afternoons will be free for rest or quiet activity.

Friday 13th October to Sunday 15th October 2017

(Retreat begins 4pm on Friday – and ends after lunch on Sunday)



Suggested donation for the weekend - £100. £20 deposit payable on booking

Enquiries/ bookings via the Assistant Superior at the address below

Tel 01332 671716 (ext 6) email assistantprovincialchn@yahoo.co.uk

Convent of the Holy Name

Morley Road, Oakwood, Derby DE21 4TB

A Date for the Diary:

from Revd. Alan Griggs, Agricultural Chaplain A.Griggs@ruralactionderbyshire.org.uk

Farmers Harvest at Bakewell Livestock Market, 1st October 2017 at 2.30pm:

We will welcome Bishop Jan as our guest speaker and the Bel Canto Choir from Baslow.

REVISED Deadline for the next issue: 30th September 2017, to be available early October.

Items to: jo.simister@derby.anglican.org

The issue will cover Advent.

[Newsletter 9: available late November 2017, deadline 4 November, for items about Christmas and Epiphany, and into the new year.]