



*St Luke's in the City*

150 years - 2009

# **Celebrating at the Crossroads**

## **16<sup>th</sup> Sunday after Pentecost**

31 August 2008

### **Caring for Self as you Care for Others**

As most of you will be aware, I have recently completed a mandatory three month part time course (2 1/2 days per week) for Clergy known as "Clinical Pastoral Education" (CPE).

To be quite honest with you, I did not want to attend this course, due to the fact that I felt that after fourteen years of Lay and Ordained ministry, attending various lectures on Pastoral Care, and Chaplain's Assistant at Sunnyside Hospital, "there would not be much more that I could learn on the subject of Pastoral Care". How wrong I was!

CPE taught me that I did not have all the answers. More importantly I am not required to have all the answers, and I am not required to solve problems. CPE taught me that as a Pastoral Caregiver my role was to listen, discern, make appropriate helpful comments, and if the problem was of a nature where ongoing weeks of counselling would be required, refer the person to a professional agency qualified for that purpose.

This was "two way Pastoral Care". It allows one to genuinely listen to someone as Christ would listen to them. To show love and compassion as Jesus would, without taking the world on my shoulders, and suffering the stress of attempting to live up to the false expectations of others, and the need to be all things to all people.

CPE has taught me "spirituality takes priority over head".

May God continue to guide me in my ministry.

With love,

**Fr. Jim**