**MDR Reflection Aid**

Please fill this in and email a copy to your Reviewer by the agreed date.

Bring this with you to your MDR meeting.

The following is guidance for your reflection, to help you identify what you will bring to the MDR conversation – and not an examination.

Your responses do not need to fill all the space provided.

Feel free to use bullet points

|  |  |
| --- | --- |
| Name of priest |  |
| Role |  |
| Date and place of meeting |  |

**Context and Aspects of Ministry**

|  |
| --- |
| 1. What is the primary context/s of your ministry, whether parochial, chaplaincy, or other area of employment?

*If this is your first review with a reviewer please send them the latest Benefice profile.*  |
| 1. What aspects of your ministry have you most enjoyed – found fulfilling

– been most important - over the last year - and why? |
| 1. What aspects of ministry have caused you disappointment or frustration and why do you think that is?
 |
| 1. What have you been learning over the last year?
 |
| 1. How are you supported in your ministry?
 |
| 1. How have you been engaging with Safeguarding?
 |
| 1. How have you been responding to the Diocesan vision?
 |
| 1. Spirituality – what nurtures and feeds you now?
 |
| 1. And what do you wish you could give more time to…?
 |
| 1. What do you need to do for greater balance and health?

One (or more) simple thing ……………………………………………One (or more) radical thing…………………………………………… |
| 1. Are there any areas of pressure or conflict in your ministry?
 |
| 1. Have you got any new sense of where God might be calling you in the next few years?
 |

**Review Ministry**

|  |
| --- |
| 1. Reviewing your 'external perspective' conversations:

What did they affirm?What did they suggest for future focus and personal development? |
| 1. What do you notice about how you need to do ministry in the future?
 |
| 1. What do you need to talk about in the review?
 |
| 1. How will you know in a year’s time if this review has been useful?

To you?To your local church(s), chaplaincy, workplace?To the Diocese?To the Kingdom of God?  |

**Three tools to help your reflection**

Here are three ways which might be helpful – **they are optional** - use what works for you.

**1 Vocational discernment** (after St Ignatius of Loyola)

 As I look over my ministry this last few years…

* + What am I most grateful for?
	+ What am I least grateful for?
	+ Where do I come alive?
	+ Where am I diminished?
	+ What affirms me in my sense of vocation?
	+ What undermines my sense of vocation?
	+ What might God be saying to me now?

**2. Ministry clock - what does flourishing look like?**

*This is optional – use if helpful*

* 1. Choose what categories you want to write in the boxes.
	2. If 10 is flourishing and 0 is withering, Colour in where you think you are for each segment.
	3. Then choose the ones that seem significant and ask yourself ‘what might take me one step further towards flourishing? (Flourishing can be about confidence, resourcing, experience etc.)

The clock below is an example and not meant to be prescriptive – but gives an idea as to what this might look like:

Prayer

School

Pastoral Care

Team meetings

Preaching

Admin and emails

Safeguarding

Project planning

Buildings

Time off/family life

Have a go at the clock on the next page.

Other categories you might want to use could be:

* The workplace
* Voluntary work in the community
* Caring responsibilities
* Chaplaincy
* Discernment about a future post
* Involvement in the wider diocese
* Study
* Relationships with colleagues
* Social media
* Supervising staff

and so on….

**My ministry clock - what does flourishing look like for you ?**

*This is optional – use if helpful*



**3 Checklist** *This is optional – use if helpful*

As you scan down the checklist, ask yourself:

* What is taking a lot of my attention?
* What is taking a lot of my time?
* What causes me anxiety?
* What makes my heart sing?
* What do I want to give some time and attention to develop?
* Your primary contexts for ministry – parish or place of work
* Other opportunities for engaging in ministry
* Worship – seasons, liturgy and annual cycle
* Occasional offices
* New services/initiatives
* Sermon and teaching
* Prayer and spirituality
* Parish visiting, supporting collaborative ministry
* Church family life
* Mission opportunities
* Safeguarding
* Institutions in the parish – schools, hospitals, and so on
* Church presence locally
* Administration, diary management, telephone/IT, office
* Parish planning
* Deanery or other roles, meetings, chapters etc
* Diocesan, regional or national roles