



# I won't wear makeup on Thursday

A discussion guide for small groups, PCCs and Deanery Synods

**A recent presidential address by Bishop Steven to Diocesan Synod, focussed on work with children, young people and families in schools and through churches. +Steven asked every PCC to spend some time reflecting on this over the next six months and to engage actively in Mental Health Awareness Week (13-19 May). This discussion guide is to help PCC members reflect and feedback. You may also want to share the document and resources with your home groups to gather their feedback too.**

## **Before you start**

Print and distribute the Presidential Address to group members in advance of your discussion, or send out the link below. Alternatively, you might wish to listen to the recording of the speech together, you'll find a link at the bottom of the presidential address. If you have the equipment available, we recommend watching Jess Glynn's performance as part of the meeting.

### **[blogs.oxford.anglican.org/i-wont-wear-make-up-on-thursday](https://blogs.oxford.anglican.org/i-wont-wear-make-up-on-thursday)**

The themes and questions set out in the following pages are modelled on an approach known as appreciative inquiry. It's an approach that's at the heart of a new parish discernment tool that we'll be sharing a little later this year as part of our common vision for a more Christ-like Church. All the information you need for your time together is included in this discussion guide and Bishop Steven's Presidential Address. Try to allow at least 45 minutes for reflection and discussion together, longer if you can, and email [commonvision@oxford.anglican.org](mailto:commonvision@oxford.anglican.org) with your feedback.



## Discover

Spend some time appreciating what is happening already in your benefice or parish. What is good and what is working? How are you engaging with children, young people and families through local schools, through church and community groups?

How many schools and children and young people are there in your community? What are their needs? Where might God already be at work?

## Dream

Ask 'What do we aspire to in this area of our ministry together?' 'What does it mean to be contemplative, compassionate and courageous in our engagement with children and young people?'

A list of possible questions based on the last part of the presidential address is provided overleaf. Don't feel you have to tackle all of them and feel free to add your own questions too.

## Design

What do the next steps look like? Do you need to appoint a small task group to do some further thinking and report back with a plan? Are there any first steps that you can take straight away?



# Some questions to think about

How can we better support our Church schools and engage with other local schools in our benefice or parish?

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How can we keep Mental Health Week and contribute to the positive mental health of children and young people?

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Is there space for Open the Book, or Prayer Space or new models of chaplaincy? If not, what do we need to do to create that space?

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Are there new ways in which we can support the work of PACT ([pactcharity.org](http://pactcharity.org))?

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Are there any issues we need to address in our safeguarding policy and practice? see pages 9&10 of the *Parish Safeguarding handbook*: [oxford.anglican.org/safeguarding](http://oxford.anglican.org/safeguarding)

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How are we investing in church work with children and young people? Are there resources for part-time paid workers? Are we supporting the workers we have?

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How are we resourcing our  
volunteers through training and  
equipping? What help do we need?

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How are we involving children and  
young people in our public worship  
and decision making?

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**Is there anything you want to  
feed back to Bishop Steven or  
the Diocese?**

When you're ready to share  
your feedback, please email  
**commonvision**  
**@oxford.anglican.org**



# God of Compassion,

You meant us to be both fragile and ordinary.  
Silence the voices that say we are not good enough,  
Haven't achieved enough,  
Haven't enough to show for our lives,  
That we are not enough.  
Help us to know that we are treasure,  
We are prized,  
We are cherished,  
We are loved.  
Infinitely.  
By you.

So be with us in our corrugations of feeling:  
When our hearts are in downward freefall, be with us  
When our minds race with anxiety, be with us  
When our throats close in fear, be with us  
When sleep will not come, be with us  
When waking hurts, be with us.  
In the name of Jesus,  
Who knew trauma, abuse, despair and abandonment  
And has nothing but love for us,  
**Amen.**

It's natural for all of us to feel down, anxious or stressed out at times. In fact one in four of us will be affected by mental ill health at some point during our lives. Take a moment to say this prayer.

## Further support

**Yvonne Morris** Diocesan Children's Adviser  
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**Ian Macdonald** Diocesan Youth Adviser  
youthofficer@oxford.anglican.org

**Charlie Kerr** Chaplaincy Adviser  
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## Online resources

### *General advice and help*

[youngminds.org.uk](http://youngminds.org.uk)

[nhs.uk/Livewell/youth-mental-health](http://nhs.uk/Livewell/youth-mental-health)

### *Apps young people can use*

[moodpanda.com](http://moodpanda.com)

[sam-app.org.uk](http://sam-app.org.uk)

[fearfighter.cbtprogram.com](http://fearfighter.cbtprogram.com)

### *Anxiety*

[anxietyuk.org.uk/young-people-and-anxiety](http://anxietyuk.org.uk/young-people-and-anxiety)

### *Bereavement*

[childbereavementuk.org](http://childbereavementuk.org)

### *Bullying*

[bullying.co.uk](http://bullying.co.uk)

### *Depression*

[amh.org.uk/news/depression-in-young-people](http://amh.org.uk/news/depression-in-young-people)

### *Drugs and alcohol*

[talktofrank.com](http://talktofrank.com)

### *Eating disorders*

[anorexiabulimiare.org.uk](http://anorexiabulimiare.org.uk)

### *Self-harm*

[harmless.org.uk](http://harmless.org.uk)

### *Sexting and staying safe online*

[thinkuknow.co.uk](http://thinkuknow.co.uk)

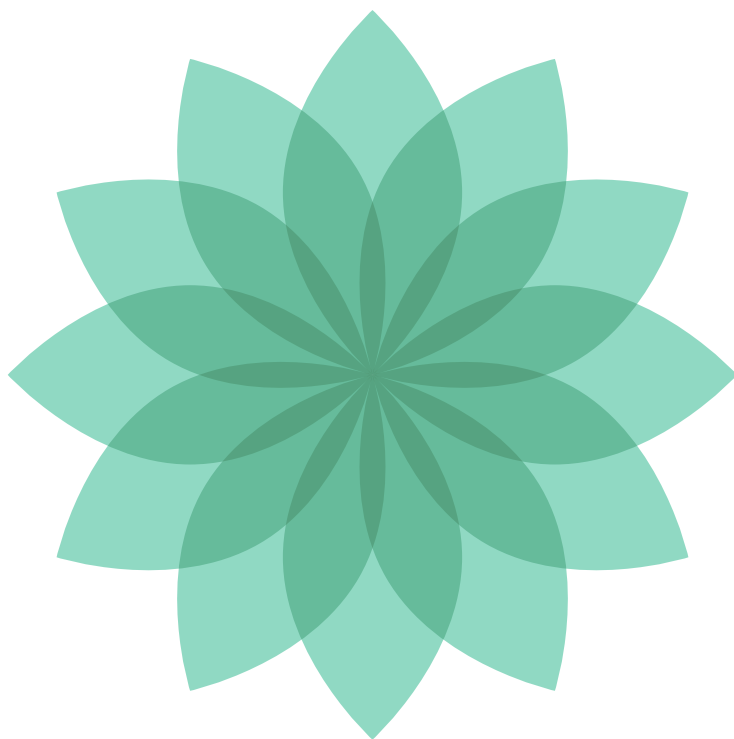
[bit.ly/lbbos\\_gotnaked](http://bit.ly/lbbos_gotnaked)

### *Stress*

[mind.org.uk/stress](http://mind.org.uk/stress)

### *Suicide prevention*

[papyrus-uk.org](http://papyrus-uk.org)



**[oxford.anglican.org/mental-health](https://oxford.anglican.org/mental-health)**

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