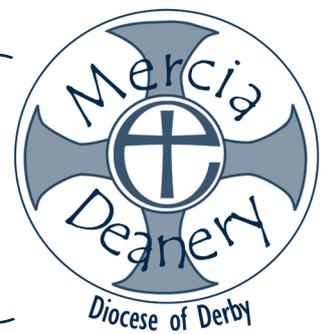


Deanery News

April 2022
Your Bi-monthly Newsletter



Friends

Greetings and blessings. I love Easter. I love the build up to it through Lent, I love the traditions of Palm Sunday and throughout the Easter week as the well-known story unfolds. I also love the chocolate on Easter Sunday too! I love the fact that the story changes for me every year – by which I mean that every year I am in a different place in my life and the Biblical story takes on a new significance for me.

This year through Lent I have found myself drawn to Luke 24 and the Emmaus Road account. It is probably because of the lengthy isolation of lockdowns and the inability to gather that I am drawn to the end of this part of the Easter story: **'When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.'**

In this story we have, for me, the core of what it means to gather. First, we gather with others, we can't call it a gathering without others there. Second, as core to that gathering, someone breaks bread, and we all share it. It is so simple and yet so profound in the light of all that has not been possible over the last two years.

Lastly – we ask ourselves (or should): why do we bother doing this ritual? The answer is found for me in this most beautiful piece of Scripture: **'Then their eyes were opened, and they recognized him, and he disappeared from their sight.'** It is in the gathering, and then the breaking and sharing of bread, that we make ourselves available to the Lord and to the potential of deepening our relationship with Him. It is in this simple act that the profound has space to happen.

May you be blessed this Easter and in the breaking and sharing of bread, may you too have the Risen Lord revealed to you in a new and beautiful way.

Blessings, Mike

A handwritten signature in blue ink, appearing to read 'Mike Firbank'.

Mike Firbank (Acting Area Dean)



Help for Ukraine

We have all been shocked and moved by the unfolding crisis in Ukraine and many people are looking for ways they can help.

You won't be surprised to hear that the vast majority of parishes in the Diocese of Derby have initiated some form of appeal to help the people of Ukraine who are suffering so much - the latest figures from the Disasters Emergency Committee estimate that around 2.5 million people have fled their homes to escape conflict in their homeland.

It is thought that more than 18 million people will be affected by the conflict.

We are receiving scores of questions about whether empty rooms in parsonages - and vacant parsonages - can be offered to house Ukrainian refugees.

The Church of England is expected to offer guidance on this issue at the end of this week.

Meanwhile, the C of E has produced a [toolkit for churches responding to the crisis in Ukraine](#) [PDF] and some [advice on the Homes For Ukraine Scheme](#).

Further guidance [can be found here](#).

Donations

Many agencies are now saying that transporting donations of goods to Ukraine and the neighbouring countries who are receiving refugees is not cost effective and impractical with many lorries now backed up at borders and unable to deliver.

Please avoid organising charitable collection of toys, clothes and bedding as this is often inappropriate and not what is most needed.





So the main way to support is through donating money to charities already set up to co-ordinate funds where they are needed the most.

USPG and the Church of England Diocese in Europe have launched an emergency appeal to get aid to people in desperate need because of the invasion of Ukraine.

Funds raised by the appeal will support Christian charities and churches carrying out humanitarian work both in Ukraine and responding to the arrival of refugees in neighbouring countries.

To find out more and to donate to [the USPG and Church of England Diocese in Europe Emergency Appeal Fund click here](#).

The other recommended route is via [The Disasters Emergency Committee](#). Your gift will help provide food, bedding and temporary accommodation for people who have fled the conflict in Ukraine.

Prayers

Churches across the diocese continue to hold prayer vigils which you can join.

The Church of England website also has a [page of resources including prayers and readings](#) chosen for prayer services for Ukraine.

The UK government has announced it is developing a new humanitarian sponsorship programme that will allow an unlimited number of Ukrainian families to come to the UK.

[The Sanctuary Foundation](#) is asking individuals, community groups, churches, schools and businesses to register their interest in becoming a sponsor when the scheme is developed.

Find out more about how you can [get involved here](#).

A Nation in Trauma?

Friends,

When people we know suffer trauma in ordinary times there are others around them available to support them. However, what do we do when the entire nation has experienced trauma? At its simplest level, a mass trauma (otherwise known as a "collective trauma") takes place when the same event, or series of events, traumatises many people within some shared time span. And while it lacks the graphic and accelerated intensity of a war or terrorist attack, Covid-19 is in many ways a textbook case.

Trauma can be understood as a rupture in "meaning-making", says David Trickey, a psychologist and representative of the UK Trauma Council. When "the way you see yourself, the way you see the world, and the way you see other people" are shocked and overturned by an event – and a gap arises between your "orienting systems" and that event – simple stress cascades into trauma, often-mediated through sustained and severe feelings of helplessness.

Trauma can be something huge like bereavement, or ongoing like bullying at work, or a pandemic with multiple national lockdowns with lost opportunities. Trauma can also be caused by several smaller incidents – and like fine rain we don't realise the impact until it suddenly hits us. We cannot control the impact of trauma upon us, and we can feel troubled and upset for some time afterwards. In fact, the brokenness can last for years and, whatever some might say, you can't rush people's recovery.

The impact of the last two years is impossible to calculate because there hasn't been any space to step back from it all. However, there are tell-tale signs of trauma everywhere... an escalation of exclusions in schools nationally, a huge rise in public complaints against all agencies in the UK etc... Recognising all this is the first step, the second is that we all need help with this, the third that no one person or organisation can do this alone. Lately several people have been able to engage with trauma training which has helpfully reminded us of two key factors in self-care.

First – we need to put on our own 'oxygen mask' on before we try to help others. When we choose to look after ourselves, we simply honour that which God made and loves - us. When we choose to look after ourselves, we ensure that we are standing on a 'stronger foundation' from which to support others.

Second – Most people neglect themselves and probably need to replenish themselves 3X more than they think they need to. A quick 'top up' only works if we are already feeling fine. In the situation we find ourselves in today a 'top' won't last very long at all. Self-care requires attention, compassion, and regulation of self. We need to focus upon adequate nutrition, exercise, and social times. We need to be kind to ourselves and accept that it is ok not to be ok.

Moreover – and this may be the hardest of all for Christians (and especially those engaged in public ministry) to accept and live by: We need to lower the goal posts of achievement: to survive is an achievement in times such as these. Please just pause for a moment and re-read that previous sentence again. What might that mean for you? For your church? For those around you?

Ah, but...what happens though when those around me demand more? That's when we need to lean on support from friends and colleagues and not try to engage in any battles, but to get the support and advice we would all need in that situation of conflict. Don't fight, go, and get support and help. I'm here if you ever need help in this.

Covid-19 is a mass trauma the likes of which we've never seen before in our lifetime. Our most complex social extensions, and the building-blocks of our personal realities, have been changed forever. In addition to Covid

A Nation in Trauma? cont.....

the real threat of nuclear war has also triggered further levels of anxiety – for both older generations who thought Europe had moved away from the possibility of war after the fall of the Berlin wall, and for younger generations who have been taught that war in Europe would never happen again.

The ways we live and work together and view each other as common citizens: everything means something different in the viral era, and with potentially traumatic effect. All pandemics end, however. And this one will. But to forget the trauma, move on, and pay it no mind, won't help.

It is time to accept that we need to lower the goal posts of achievement: to survive is an achievement in times such as these and we need to spend lots of time caring for ourselves because it is good and right to do so. Only then can we be able to support and care for others through our public ministry.

Mike Firbank
Acting Area Dean, Mercia
07814 033183

£6k diocesan mission discounts on Real Easter Eggs



The Meaningful Chocolate Company has issued £6,000 worth of diocesan mission discount codes for use by CofE parishes.

The allocation for the Diocese of Derby gives up to 30 parishes a reduction of £5 when buying Real Easter Eggs plus free delivery.

The Real Easter Egg is a unique way to share the Easter story as it comes with a 24 page Easter story book, is made from Fairtrade chocolate and supports charitable projects. The Real Easter Egg is not available in any supermarket.

To use the mission discount code you must buy 3 cases (18 eggs) of Original Real Easter Eggs before the end of March, orders must be made at www.realeasteregg.co.uk using the following diocesan mission code at checkout: mis11dey

Meet Derek Arnold

This is me!

Hi, my name is Derek Arnold and I have recently joined the Derby Diocese from North Devon where I was Team Rector for the Parishes of Appledore, Westward Ho!, Northam and Abbotsham. Before moving to Devon, I spent my curacy at St John's Church in the Bullring on the Westside of Worcester and I was Vicar, then Rector in the Kidderminster West Team Ministry and finally Rector of 7 Parishes in the rural parts of Worcestershire.

In my former life I studied at Portsmouth Art College and trained as a Technical Illustrator, before I became a Marketing Director whilst working in Germany, where my family and I lived for 10 years. On my return to the UK in 1994, I started a small company in Banbury with two German partners, which was a service provider for the Automobile Industry, in particular GM. I came to faith at my Baptism at St Hugh's, an estate church in Banbury when I felt a powerful sense of coming home and the rest, as they say, is history.

I am married to Amanda and we have three children and an adopted 7 year old daughter who lives with us in Netherseal, and six grandchildren. We have also fostered a number of children over a ten year period before we finished in 2020. I enjoy watching sport now, but when I was younger and half the man I am today, I used to do a lot of sport and ran many marathons. I like getting out into the countryside and going fishing when I get the opportunity. I also love going to the cinema, which we sadly haven't done for a while and a couple of my favourite films are Gran Torino and the Great Escape. I also enjoy watching Stand-up Comedy.

I am Priest-in-Charge of eight churches, locally known as the Trent & Seales or Seales & Trent Benefices and hopefully someone will be joining me fairly soon to help support the ministry in these parishes with a particular focus on the Trent bit. In the short term I hope to establish trust, and continuity whilst building towards a sense of unity and working out together where God is at work in these places and the journey he wants to take us on. I am keen to develop the church's mission outside the four walls within the community and also the essential ministry of loitering with intent.



Transformed Lives |
Growing Church
Building Community

Diocese
of Derby

Churchwardens

THE KINGDOM OF GOD
GOOD NEWS FOR ALL

This is a Facebook group for churchwardens in the Diocese of Derby and has been set up by the diocesan communications team.

Click on the image to go directly to the Facebook page and apply to be a part of the group.



Click this [LINK](#) to go the Resources for Rural Churches pages on the Derby Diocese Webpage.

Packed with articles and information for Rural Parishes

Meet Steve Johnson

Hi – my name is Steve Johnson, and I've been appointed to a new role within the Diocese, that of Generous Living Advisor for which I am extremely excited about. I am endeavoring to ascertain the complexities of what the role will demand, and I am very grateful for all the support, encouragement, resources, and friendship offered to me, together with the opportunity to connect with new people in and around the diocese.

I am Derbyshire born and bred, I live in South Derbyshire with my wife Joanne and our two children, Joanne also working for the Diocese as the Accounts Assistant. I graduated from Sheffield University in 1993 and have spent all my professional career in commerce and retail running my own multi franchised company.

I have been a Christian all my life increasingly nurturing my faith through the last 20 years, I find myself in the second year of LLM (Reader) Training in the Derby Diocese, looking forward to combining the commercial expertise I have gained over 30 years in business together with the application of my evolution of my faith learning journey.

On reflection I passionately believe God determined events in my life which have guided and equipped me, calling me to this new challenge for which He has prepared me. At present I am making my introductions, discovering the requirements and challenges of the Generous Living Advisor together with the resources, tools and processes I must learn to enable the creation of a consistent, deliverable, and sustainable program for our diverse parish network.

Please don't hesitate to contact me if you require any assistance with the Parish Giving Scheme, Card Reader or Contactless giving as well as online donations. My email is steve.johnson@derby.anglican.org, and you can call me on 07359 067631.

I hope to be in touch with as many as I can over the next few months as I make my way out into the parishes.



Our Diocese
Together



Receive our monthly, digital magazine that gives you a snapshot of what's happening in our parishes, schools and chaplaincies in features and photographs.

To subscribe to receiving Our Diocese Together click [here](#).



Safeguarding
Training

Who needs Safeguarding Training?

In short, everyone who works for and volunteers for the Diocese of Derby needs some level of training.

This includes all clergy, readers, PtOs, church officers, PCC members, Derby Church House Staff, Deanery Administrators, parish officials, Bell ringers, church volunteers and, of course, Parish Safeguarding Officers and Deanery Safeguarding Officers.

For more information and to book onto a course either online or in person click [here](#).
[Click here to start training](#)

Deadline for the June Deanery Newsletter

Please send in your articles to debbie.patrick@derby.anglican.org

Deadline - 27th May

Remember that anything you send looks much better with photo's so please send anything you have.

Dates for your Diary

Deanery Synod dates-2022

Thursday 7th April, 7pm-9pm - St Marks, Winhill
Thursday 14th July
Thursday 10th November

Deanery Chapter-2021&2022

March 31st - 10.30am-12.30pm - Aston on Trent
April no meeting
May 19th - 10.30am-12.30pm
June 16th - 10.30am-12.30pm
July 14th - 10.30am-12.30pm
August no meeting
September 15th - 10.30am-12.30pm
October 13th - 10.30am-12.30pm
November 17th - 10.30am-12.30pm

Learning webinars run by The Church of England

There are a wide variety of Webinars available and, having been on some, I can highly recommend having a look at the Church of England website and seeing if there is anything that could be useful to your church.

Go to <https://www.churchofengland.org/more/church-resources/digital-labs/digital-labs-webinars#na>

And see what is available.

Mercia Deanery Benefices

- Foremark and Repton with Newton Solney ● Melbourne, Ticknal, Smisby and Stanton-by-Bridge
- Seale: Lullington, Linton, Castle Gresley and Overseal ● Stapenhill (including Caldwell)
- Trent and Derwent: Aston-on-Trent, Elvaston, Weston-on-Trent and Shardlow, Barrow-upon-Trent with Twyford and Swarkestone
- Trent United: Walton-on-Trent and Croxall, Rosliston, Coton-in-the-Elms, Catton
- Winhill, Bretby and Immanuel: Stapenhill ● Swadlincote and Hartshorne ● Newhall ● Church Gresley