

Latimer Retreat

Jimmy Pattinson, The Revd Joanne Latham and Judith Taylor reflect on their experience at the recent Latimer Retreat, and time spent with Bishop Peter Brain.

The Latimer retreat was held this year on the 22 – 24 August at Living Springs. It was an encouraging few days in which we looked at 'going the distance' as Christians and specifically going the distance in our ministries. Our guest Speaker was Bishop Peter Brain who is the Bishop of Armidale in NSW. It was encouraging to see a good turnout for the Retreat with people coming from all over the diocese and beyond. I found the fellowship particularly helpful as we talked through what a life time in ministry looks like, with its many encouragements and dangers. I found the session on self care and the goal of ministry particularly helpful as we looked at how rest fits in and how it will keep us refreshed in ministry for the long haul. Also I found some of the dangers of ministry that Peter highlighted particularly insightful as already in my short time in full time ministry I've seen some of those dangers and feel that now I'm even more equipped to see those dangers coming and so respond accordingly. The venue at Living Springs was perfect with its great views of Lyttleton harbour and its quiet surroundings. All in all it was a great Retreat and I would highly recommend it to anyone seeking to both encourage and be encouraged in the Christian life.

Jimmy Pattinson
Ministry Trainee, St John's
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The Latimer Retreat at Living Springs was a breath of fresh air for me. The weather and setting were stunning and the pool an added bonus, the company stimulating with many good conversations held around the meal table and while taking in the view over looking Lyttleton Harbour.

Bishop Peter Brain presented some very relevant and timely teaching on 'going the distance' in ministry. Taking care of ourselves can almost seem like a selfish concept especially when we consider the call to service that our Lord commands of us, but if we consider His ministry and the way he lived with regular time aside,

walking everywhere, eating with others in community and sharing ministry with his team we know our lifestyles need to reflect that and the peacefulness that exuded from Jesus. Thankfulness was another attitude Peter encouraged us to have each and every day, giving thanks for all we have and all God is doing in our midst. I find that really helpful especially when we are discouraged. Stopping and giving thanks can turn us around and move us forward again when we get stuck. Taking 'turnouts' where we stop to read a book, or coffee with friends, or walk in the sunshine, or pray in the garden was another good idea to take care of our soul, mind and body. After a time of physical burnout last year and part time return to work this year so much of what Peter said confirmed and encouraged me to keep running the race remembering it is a marathon not a sprint and to go the distance. I am enjoying reading his book 'Going the Distance' and listening to some tapes of Dr Arch Hart a Christian Psychologist who spoke in the Armidale Diocese on the 'Habits of Happiness' and the buffers to depression in life and ministry. Thank you to those who organised the retreat. It was a very valuable time away with colleagues on the journey and the food was pretty yummy too.

The Revd Joanne Latham
Vicar Belfast Redwood Parish

I had no idea what to expect when I attended my first Latimer Lunch in July, but it was on the basis of what I heard there that I went to the recent Retreat at Living Springs. There are so many different Christian groups and meetings on offer these days that it is only by trying that you find which are the ones worth continuing with. So what was I looking for? Somewhere that the Gospel was paramount and Christians are encouraged in their walk and service for the Lord. While at the lunch it seemed I was one of the younger ones. The tables were turned at Retreat. What an encouragement to see among the group a large number of young men.

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Peter Brain has been working in church ministry for years and has a wealth of experience to share; he is well qualified to speak on the topic of "Going the Distance". I've been 'going' for a while too and was greatly encouraged by Peter's honesty. Why is it that we often hide behind our Christian masks and outwardly appear to be doing OK? Our passion lies in serving others and speaking the Gospel but we often neglect ourselves. The seminar on "Stress and Burnout" was excellent; before we begin to think about helping others we must ensure we take responsibility for ourselves. Following on from

that was "Thankfulness", the challenge to start each day with thankfulness, make it a daily habit and exercise it in all situations. Added to these encouragements from the seminars were the conversations with others in similar ministry.

I wish someone had told me about Latimer events sooner. If you are reading this and haven't been to a lunch or invited a friend along, can I encourage you to do both.

Judith Taylor
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