**Diocese of Chester IME 2 Portfolio: Log of experiences and training**

Do not spend all your time completing this document in great detail! Instead, use it as a place to record events, along with your thoughts, feelings, reflections and learning points. Keeping a regular record will help you to find evidence for your Learning Outcomes Plan. A suggested way to use this document is to take 15 minutes each fortnight to jot down any notable experiences. Certainly no more time should be spend than this – and completing in note-form is acceptable.

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| **Experience/event details and date** | **Content, learning points, and reflection** | **Relevant formation criteria** |
| 27/1/22 | Funeral – in church and then at crem.  Ex-churchwarden.  A busy service – church and community represented, as well as bereaved spouse and children / grandchildren.  I had to hold the space while also processing my own sadness – this felt tiring but I spent some quiet time with a coffee afterwards, to rest and pray. I was a little rushed before the service as I attended the morning parents and babies group first: next time I might consider resting before the service too, so that I go into it with a clear head. | B, C, D, G |
| 1/3/22 | Chaired a conversation at PCC about a new café-style service. Well prepared but a bit nervous beforehand. People were very enthusiastic and encouraging and some even volunteered to help! My confidence grew through doing this. | A, E, F, G |
| 2/4/22 | A young man came into church during the study group this evening. He was distressed and had been drinking. I took him and the parish safeguarding officer (who was present at the service) into a side room with a door open – I knew not to be alone with him. We listened to his story and, at his request, rang his mother to come and collect him. I offered future help and support but it felt a little futile.  I felt drained by this experience – it was hard to feel so helpless in the face of real need. I think I need to debrief with my incumbent on what happened and better understand resources available locally to support people in this situation. | B, D, E, G |