**Diocese of Chester IME 2 Portfolio: Log of supervision**

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| **Meeting date** | **Topics covered** | **Reflections on conversation** | **Any action needed?** |
| 1/2/22 | Funeral of ex-churchwarden – self-care and public pastoral ministry | It’s ok to rest! Some ministry is draining and even my incumbent takes time off to recover after a funeral. |  |
| 5/3/22 | PCC café-worship agenda item | I did well at this. Will continue to reflect on the process as it evolves. | Set up a team and hold initial planning meeting. |
| 4/4/22 | Distressed young man in church earlier this week | Reflected on how to deal with feelings of helplessness in ministry. Talked about local resources. | Be kinder to myself – there are some situations we can’t fix, but we can be present. |
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