

## **CMD Workshop on the Habit of Attentiveness**

In October 2020, Baptists Together launched a CMD Handbook setting out expectations of recognised Baptist ministers for their continuing ministerial development (CMD). The approach centres on five habits of CMD which ministers are asked to adapt to their own needs and contexts. This workshop supports the Habit of Attentiveness. This workshop is also closely connected with Geoff Colmer's Presidency and his theme of Attentive to Rhythms of Grace.

### **Learning objectives**

- To identify ways in which we attend to God, self and others
- To reflect upon the grace in our lives and notice rhythms
- To spend time listening to scripture
- To practice some practices of attention
- To find the place for silence
- To think about how we attend to the mind of Christ with others

### **Preparation**

In preparation for the online workshop you will be sent some reflective questions that will help to start your thinking. You will also be encouraged to familiarise yourself with the CMD handbook and section on attentiveness.

### **The Workshop**

Two two-hour (10am – 12noon and 1pm – 3pm) online sessions in which you will:

- Discuss with colleagues the opportunities and challenges of Attentiveness
- Practice attentiveness habits
- Develop your own action plan

## **The Date**

The workshop will be offered on: Wednesday 1<sup>st</sup> December 2021

## **Costs and Booking**

The workshop will cost £35.00.

Click on this link to book for 1<sup>st</sup> December 2021

<https://www.eventbrite.co.uk/e/191553149627>

## **Facilitators**

Rev. Jane Day is a former Regional Minister who currently serves as the Community Learning Tutor at Regent's Park College and the Centenary Development Enabler for Baptists Together. Jane has professional training and significant experience in coaching, mentoring and spiritual direction.

Dr Helen Cameron is a Research Associate of the Centre for Baptist Studies at Regent's Park College. She is a Practical Theologian who has experience of providing educational guidance and supervision to ministers. She is an experienced work consultant and has trained ministers in non-directive approaches to collaboration.

