



From Jackie Waters-Dewhurst, Diocesan Director of Education –

Well first of all – to those who have had a break, welcome back! I know that for many of you, like us, you will have had your teams on rota's and so, for some, their time of rest will be just beginning – if that's you enjoy it!

I wonder if for anyone now this is beginning to feel normal?

I write from my little attic spare bedroom having given up on the conservatory. From here I can see the lane I live in and the fields as well as the neighbour's cherry tree which is rapidly moving on from full blowsy blossom to that slightly untidy stage as the blossom is blown away and the leaves have not yet fully taken over – and I've only been up here for a week!

I have had to begin to work out new routines, new ways to ensure that work and life balance out. It's far too easy I have discovered to stay pinned to my desk as I communicate through Team or Zoom instead of getting up and going to see people in their offices or travelling to schools in person.

We are creatures of habit and it can feel uncomfortable when they are taken away. But before we rush to replace them with new work habits perhaps the following may be useful:

“It's impossible to be unhappy and curious at the same time.

But habit kills curiosity.

And around half of your life is ruled by habit.

They may streamline your life and free up time and energy for you to do more useful and interesting things. But they can also become a trap...quite a vicious one.

Habits begin to wear grooves in the mind and become hardwired into your brain.

One habit triggers the next, and the next, so that whole chunks of your life are run on autopilot. Unless you're careful, they'll control almost every aspect of your life, including your taste in food, clothes, music and even partners.

Habits govern how you interact with everyone around you, how you solve problems, conjure up 'new' ideas, and your entire approach to the world.

As Aristotle once said “we are what we repeatedly do””

(The art of breathing, Dr Danny Penman)

So, difficult as this shut down is for everyone- and tragic for many, many more - maybe it gives us all an opportunity to re-evaluate our lives and those things, those habits, which drive us.

[Corinthians 5:17](#)

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

At the diocesan education centre – still virtually at 103 Newport – we stand with you. We thank you for all of the amazing things that you are doing for your communities and we will continue to support you both now in these new times but also in, what is likely to be a difficult journey out of them.

Paul Thompson will be contacting those of you in the SLA about working with you this term. But for any of you please contact us for advice or support. We will continue to add information and resources to the website – click [HERE](#).

You remain, as ever, in our prayers.

God bless -

Jackie

JUST Lincolnshire & The Stephen Lawrence Charitable Foundation

JUST Lincolnshire are continuing their partnership with The Stephen Lawrence Charitable Foundation: click [HERE](#) to go to the Foundation's online home activities.

Activities include poetry, bridge building and GCSE Citizenship study aids and teaching notes.

