

6 Ps for Pastoral Carers

adapted from Pete Scazzero "A spirituality of supervision" (2017)

Person – how am I? How are things with my soul?

Prayer – How is my spiritual formation being nurtured?

Plans – what pastoral care am I involved with?

Priorities – how am I responding to my priorities for the day, the week, the longer term?

Puzzles – what questions do I have and who might help me?

Praise – what am I most grateful for and how am I going to celebrate?