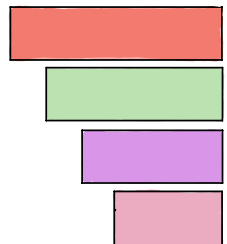


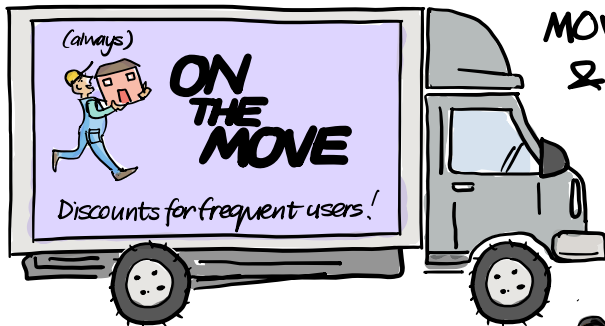


Ep. 46
Major. Nick Coke

THE
ALL
TERRAIN
Podcast-



HOW DO YOU FACE CHANGE?



MOVED A LOT AS A CHILD
 & THEN AS AN OFFICER —
 I FIND COMFORT IN WHAT
 REMAINS THE SAME: —

GOD



RELATION-
SHIPS



COMMUNITY



HELP ME WITHSTAND CHALLENGES/CHANGES

The Tree

Able to withstand strong winds
 Allowed to bend + shift

Investing in these takes time

Love sitting here

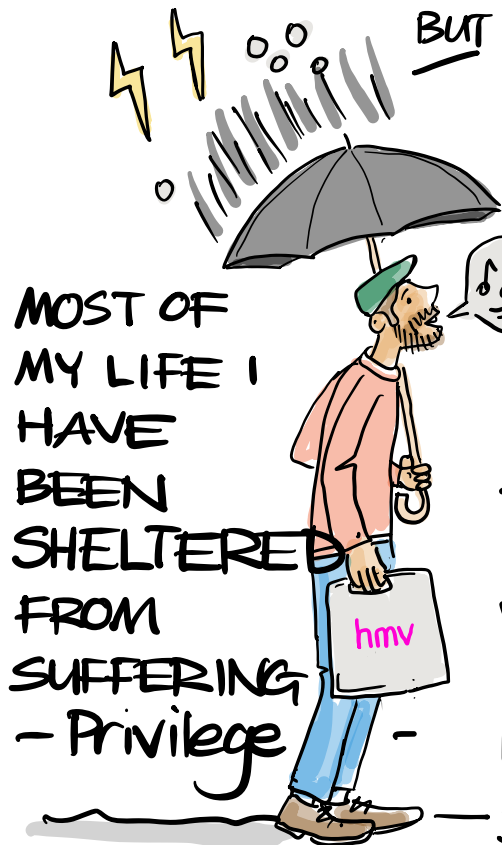
Rooted + established in Christ

Resilience

CHANGE CAN MAKE US FEEL UNSETTLED BUT NEW OPPORTUNITIES OFTEN COME & CAN LEAVE US BETTER —

Being too hard + fast with things can, over time, definitely become a problem —

HOW DO YOU MOVE THROUGH SUFFERING?



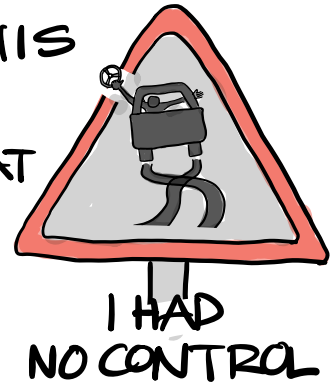
MOST OF MY LIFE I HAVE BEEN SHELTERED FROM SUFFERING - Privilege -

BUT OUT OF LOCKDOWN I DISCOVERED I HAD A BRAIN TUMOUR

THE FEELING OF BEING shaken!

THANKFULLY / MIRACULOUSLY I HAVE COME THROUGH IT

SUFFERING IS ONE OF THE REALITIES IN THIS WORLD & SO ACCEPTING THAT IS ONE WAY OF MOVING THROUGH IT!



MET GOD IN THIS EXPERIENCE HE WAS PRESENT in a STRANGE WAY



SUCH A GOOD DESCRIPTION OF WHAT I WAS FEELING!



REALISING THAT I WASN'T ON MY OWN WAS POWERFUL So many people upholding me -

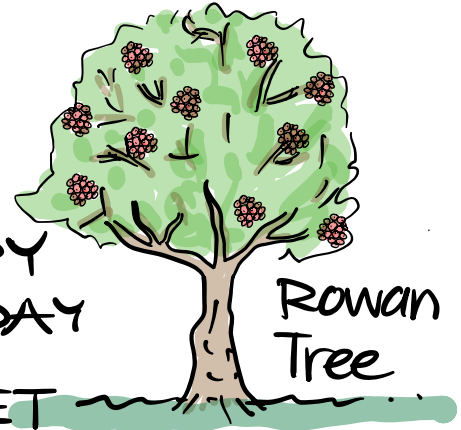
I LEARNT THAT GOD IS THERE in the DIFFICULT MOMENTS.



HAVING RADIOTHERAPY 20 MINUTES EVERY DAY

SCARY YET

SACRAMENTAL

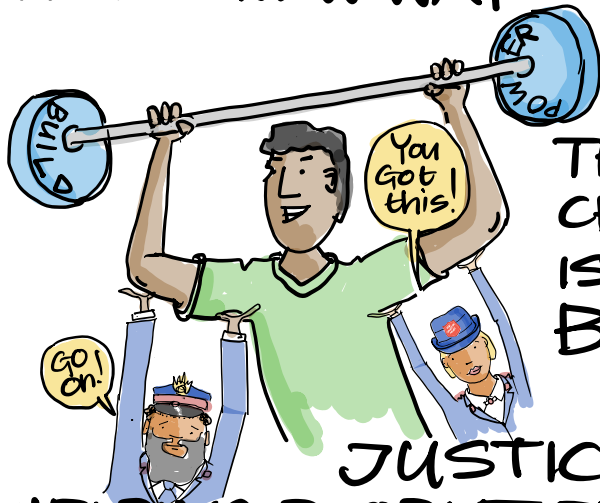


Rowan Tree

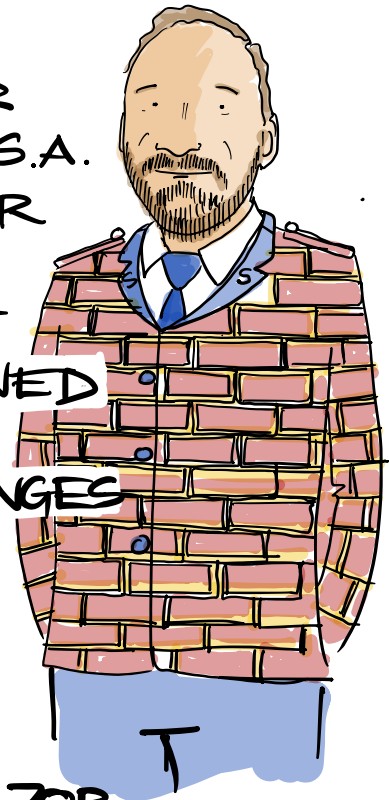
GOD CAN DO UNEXPECTEDLY SURPRISING THINGS in DIFFICULT SITUATIONS

POWER : The Ability to Act

I STARTED TO SEE POWERLESSNESS AROUND ME IN A NEW WAY



DANGER AS AN S.A. OFFICER YOU CAN BECOME HARDENED TO THE CHALLENGES

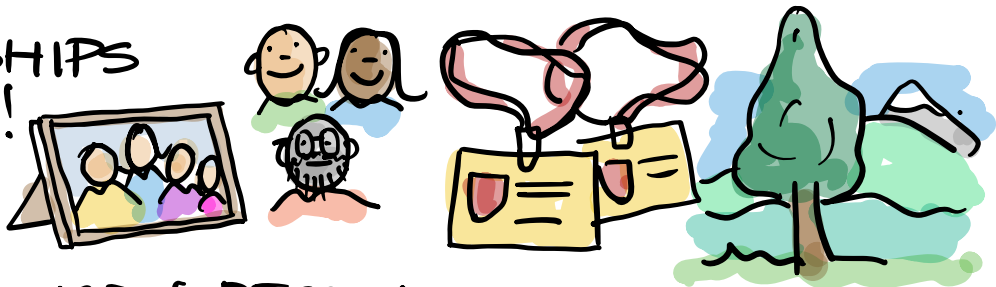


THE S.A. CHURCH'S JOB IS TO HELP PEOPLE BUILD POWER

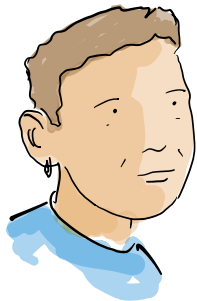
JUSTICE in the WORLD is HELPING PEOPLE EXPERIENCE POWER!

HOW DO YOU RECEIVE JOY?

RELATIONSHIPS
ARE KEY !!



THE CHALLENGE OF RECOGNISING
WHO & WHAT IS AROUND US AT ALL TIMES



KAY TEMPEST
"Finding" joy in
peoples' fates
at the brain
station —



Mary
Oliver

INSTRUCTIONS FOR
LIVING A LIFE

FRENCH MONK in
the 18th CENTURY
IT'S A
PRACTICE!
AS IT DOESN'T
COME NATURALLY!



The Sacrament of the
**PRESENT
MOMENT**

BECOMING MORE
ATTENTIVE —

Notice!

HOW MANY
OTHER
BURNING
BUSHES
HAD
THERE
BEEN?

THIS DOESN'T JUST HAPPEN WHEN
ON OUR OWN BUT STIMULATES
DISCIPLINE TO OBSERVE
WHAT'S GOING ON IN OTHERS:
TAKES FOCUS
OFF OURSELVES!



I DO TRY & TELL OTHERS
ABOUT **AMAZING**
THINGS



⇒ EVANGELISM in ESSENCE



JESUS WAS
AMAZING at
THIS... IN HIS
PARABLES
HE COULD
DRAW on the
EVERYDAY!

ASTONISHMENT

IT'S GOOD TO BE

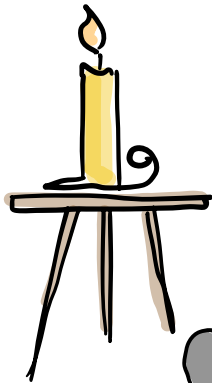
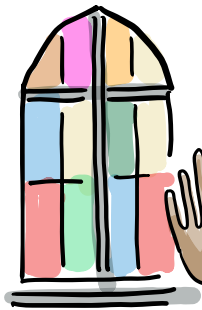
CURIOUS

PARTICULARLY ABOUT
WHAT OTHERS ARE SAYING!

HOW DO YOU MATURE in SERVICE?

STOP..WAIT
CONTEMPLATE

MYSTIC ACTIVIST



GO
DO

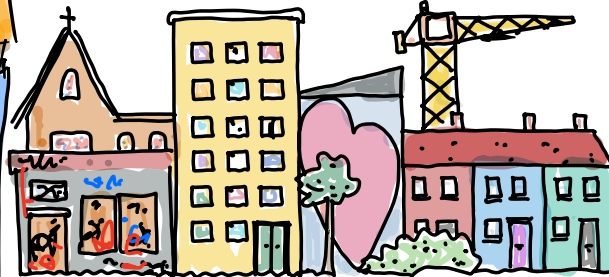
LIKE St. Cuthbert

SOMETHING.

HERMIT

MIXED
with

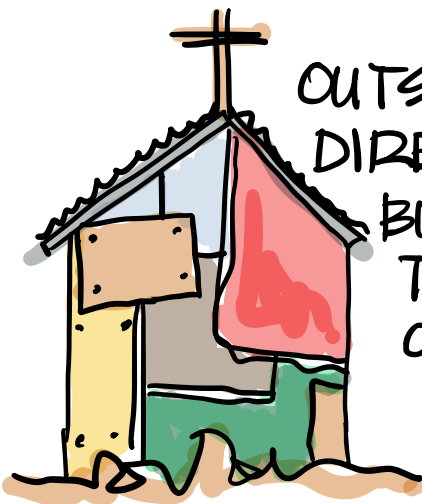
PEOPLE
as
BISHOP



2015 CALAIS JUNGLE

OUTSIDE IT WAS
DIRE & LAWLESS
BUT INSIDE
THIS SENSE
OF CALM

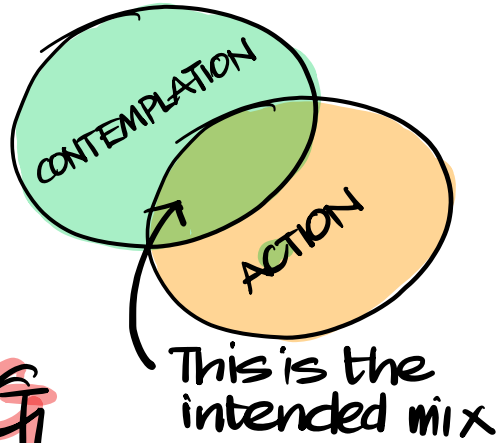
Candles &
Icons



ALL OF THESE HELP
OUR SOULS GO DEEP
WHICH WILL MAKE
OUR ACTION MORE
PROFOUND

FOUND GOD SPEAKING
TO ME - LIKE JEREMIAH
"Fire in my bones..."

**GO & DO
SOMETHING**



I LEAD
S.A
PUBLIC
AFFAIRS
TEAM

CURRENT TABLE			
Issue	Win	Lose	Draw
em			✓
W - A		✓	
LA		✓	
W	✓		
W		✓	

WE DON'T STOP THOUGH
BECAUSE WE'RE KEEPING
THE CONVERSATION ALIVE
& CHANGING THINKING/CULTURE

IF YOU WANT TO
UNDERSTAND WHAT'S
HAPPENING - GET
CLOSE TO THE ISSUES!



IT'S IMPORTANT
IT'S ABOUT MODELLING
THE RIGHT THING

VOTING

Mary Oliver
TELL
ABOUT
IT!

You should
do it.

