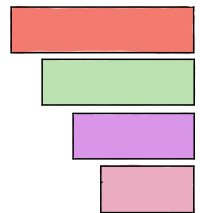


THE  
ALL  
TERRAIN  
-Podcast-



EP 34 MAJOR GORDON COTTERILL

# HOW DO YOU FACE CHANGE?

So what we doin' sir?



1. Comb Over



2. Toupe

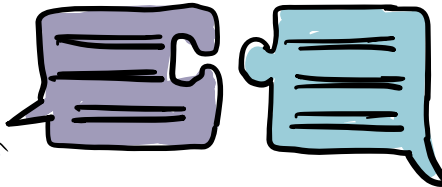


3. Embrace it

I WISH I  
COULD SAY  
I ALWAYS  
DO FACE  
CHANGE

CHANGE IS  
**INEVITABLE**

THIS  
CONVERSATION  
CHANGES  
US -



## SPIRITUAL DIRECTION



IT'S GOOD TO  
BE ANGRY  
BUT

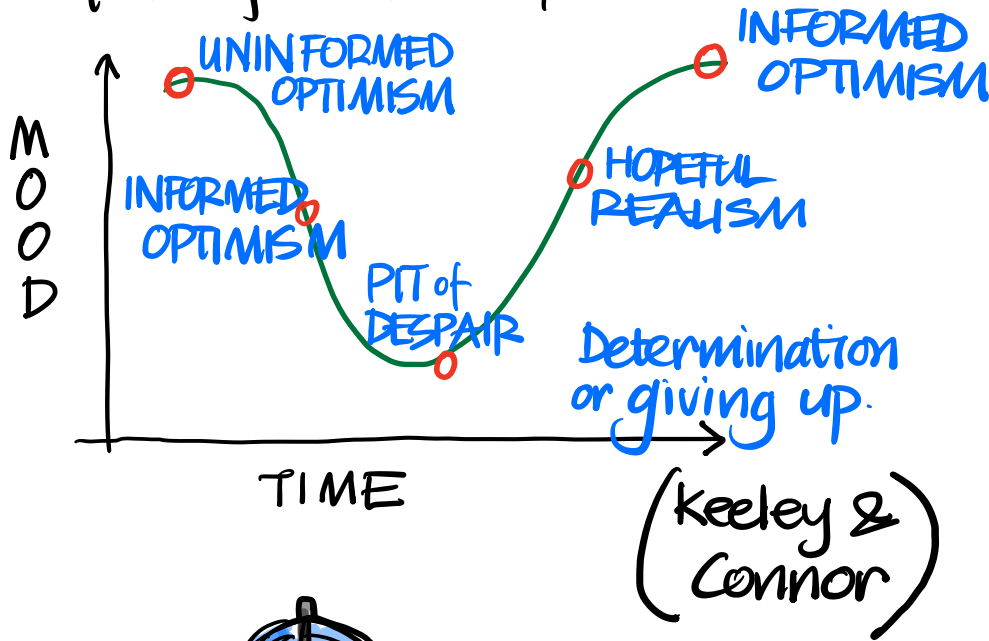
IT'S WRONG  
TO CREATE  
A GROUP OR  
POSSE TO  
NURTURE IT!!

WHEN YOU'RE  
READY TO DEAL  
WITH ANGER =  
THROW IT  
AWAY!!

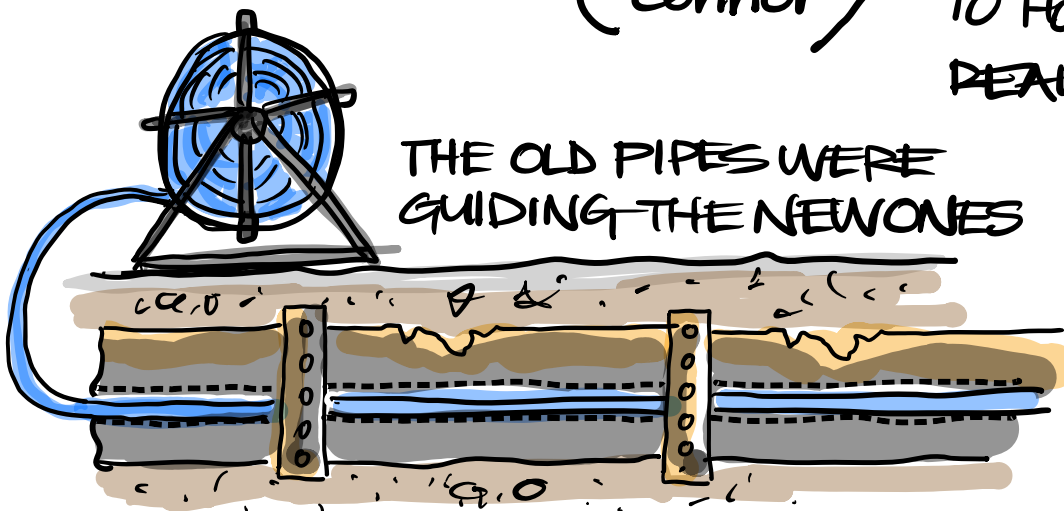


You haven't got a pocket **BIG**  
enough Gordon!!

# EMOTIONAL CYCLE OF CHANGE



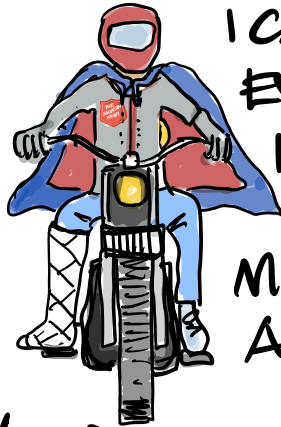
THIS WAS A HUGE HELP = AS THERE'S ALWAYS A NEED TO DO THINGS BETTER BUT YOU NEED TO KNOW WHERE YOU STARTED SO YOU CAN MAKE MOVEMENT TO HOPEFUL REALISM



THE TRADITIONAL WAYS ARE THE CONDUIT FOR NEW APPROACHES

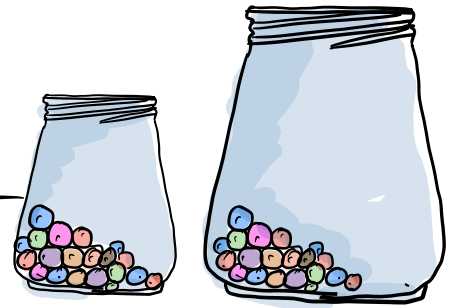
THIS TEACHES ME ABOUT GUIDANCE DURING CHANGE.

# HOW DO YOU MOVE THROUGH SUFFERING?



I CAN'T EVEN RECALL MY OWN MOTORCYCLE ACCIDENT!

SUFFERING DOESN'T GO AWAY, IT'S JUST THAT OUR CAPACITY TO DEAL WITH IT **GROWS** =

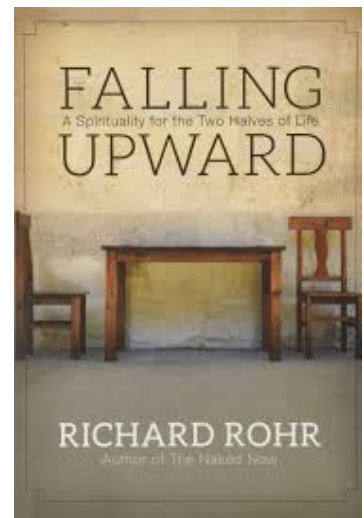


AND IT'S DIFFERENT TO EMOTIONAL HURT THAT COMES WITH LOSS & GRIEF

THE CAPACITY TO GROW IN OUR JOURNEY OF SUFFERING IS INTERESTING —

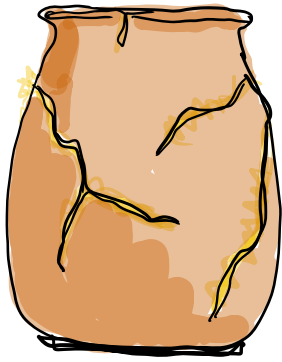


I SEE THAT SUFFERING IN EYES OF UKRAINIAN WOMEN & CHILDREN



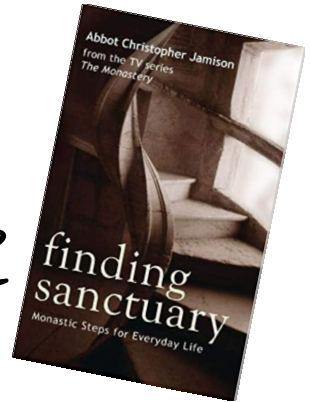
IN A CULTURE WHERE HIS ORIENTATION WAS NOT SOMETHING HE SHARED





LIKE NOUWEN SAID  
 "We're all wounded!"  
 THROUGH THE CRACKS  
 THE LIGHT SHINES OUT

(Abbot Christopher Jamison  
 uses that quote in this book)

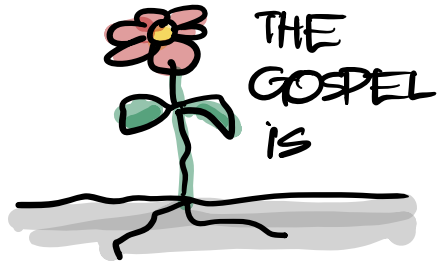


WE BRING SOMETHING  
 TOGETHER IN OUR  
 BROKENNESS =  
 IT'S REMARKABLE

ROOT WORD for  
**HEALING**

SAME AS SALVATION, WHOLENESS & PEACE etc

TRUE HEALING TAKES  
 PLACE THROUGH OUR  
 SHARING of WEAKNESS  
 = WE ARE NOT GOOD AT THAT =



**DEFIANCE**



TO A  
 WORLD OF GREED, ONE-UPMANSHIP &  
 MANIPULATION TO MAKE YOURSELF  
 HEARD = the GOSPEL IS DEFIANCE

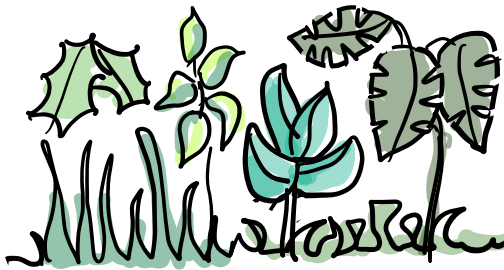
# HOW DO YOU RECEIVE JOY?

FOLLOW &  
PLAY  
SPORT



LOVE WALKING WITH  
KATE LOOKING AT  
GARDENS & HOUSES

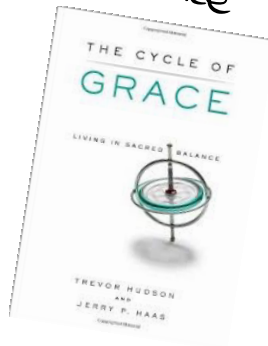
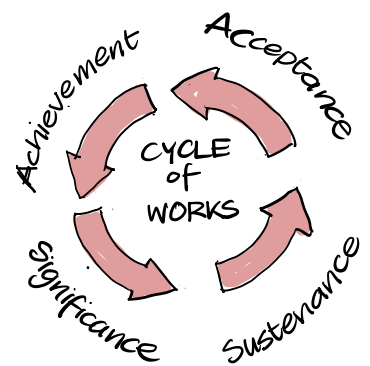
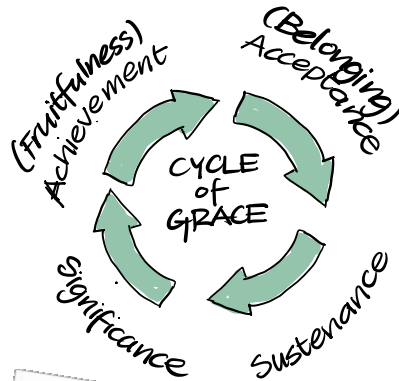
We appreciate  
each others  
enjoyment of things  
we're not personally  
interested in!!



LOOK HOW MANY  
SHADES OF  
GREEN YOU  
CAN SEE!

IF I FIND JOY  
IN  
BELONGING

**SHALOM**  
BEING IN RIGHT  
RELATIONSHIP  
WITH  
= EACH OTHER =  
= GOD =  
= ENVIRONMENT =  
= YOURSELF =



CYCLE of GRACE  
Trevor Hudson

# HOW DO YOU MATURE IN SERVICE?

MY UNDERSTANDING OF MISSION HAS MATURED



MY... ① THEOLOGY HAS **DEEPEINED & BROADENED**

② UNDERSTANDING OF THE **KINGDOM** HAS DEVELOPED

THAT **GOSPEL** IS A ③ DECLARATION OF A **NEW REIGN**

LGBTQ ISSUE

Brian McLaren

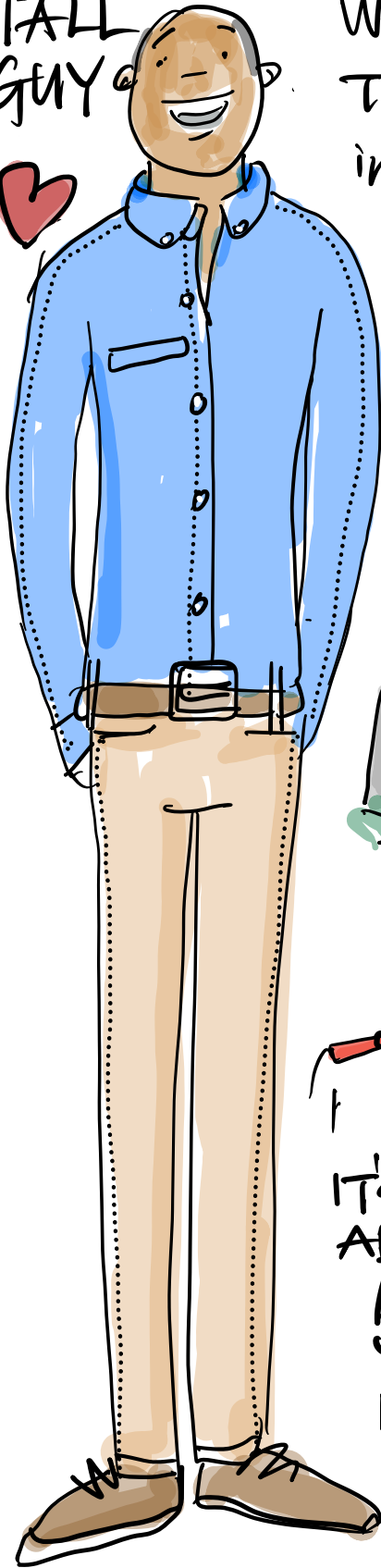
A TIME WHEN IT WAS WRONG  
THEN A TIME - HEALED OF IT  
THEN A TIME - TOLERATE  
NOW AT A TIME - DIFFERENCE, IT'S OK



**DIALOGUE**

WE HAVE TO LEARN HOW TO DO THIS!

TALL GUY



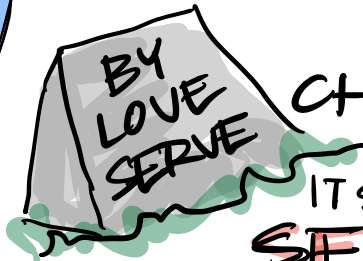
WE ARE CREATED TO MATURE in OUR THINKING



IT'S NOT JUST ABOUT GETTING OLDER IS IT? MATURITY COMES AS WE SEEK IT OUT & LEAN INTO IT.



Any tall, salvos in the house?



LOVE GROWS & CHANGES & MORPHS

IT SHOULD CREATE in YOU a SELF-LESS PERSPECTIVE



IT'S NOT ABOUT MEETING YOUR NEEDS!!

AS YOU MATURE YOU RECOGNISE YOUR OWN FOIBLES.

I KNOW MY OWN IMPATIENCE



TO CARRY THIS CROSS IS TO REMIND MYSELF WHAT THIS IS ALL ABOUT