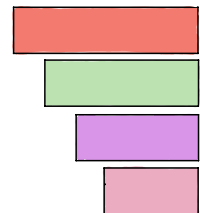


EP. 36 Dr. PAULA GOODER

THE  
ALL  
TERRAIN  
-Podcast-



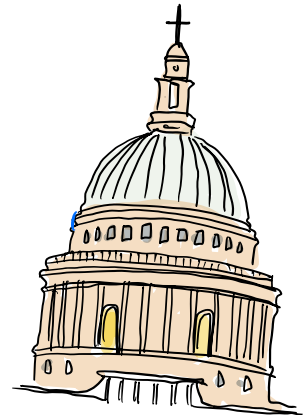
# HOW DO YOU FACE CHANGE?

## I LOVE CHANGE



I ENJOY NEW...  
- THINKING  
- CHALLENGES  
- IDEAS

& I CAN CHANGE MY MIND



ST. PAUL'S IS LIKE THE PINNACLE OF COFFEE & SET UP NOT TO CHANGE

I CAN BE ANNOYING WITH CHANGE & HAVE TO RECOGNISE THERE ARE

**GOOD REASONS** WHY SOME THINGS STAY THE SAME BUT IN LOCKDOWN -



WE HAD TO CHANGE - I WAS ABLE TO RETHINK THINGS & CONTRIBUTE

- BEING PATIENT
- RESPECTING TRADITION
- LISTENING CAREFULLY



BUT BEING **DISRUPTIVE** as well

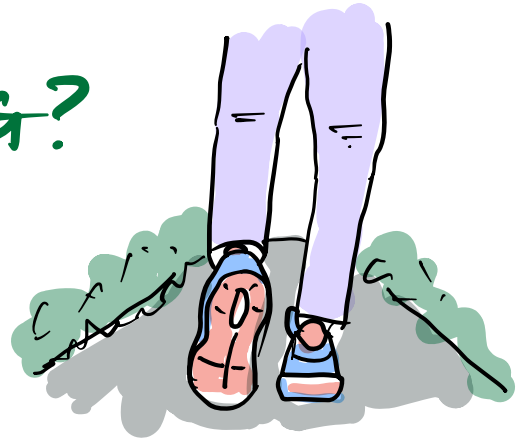


GOING ONLINE WAS A BIG CHALLENGE FOR ST. PAUL'S. WE NEEDED TO WORK ON HOW WE UNDERSTOOD OURSELVES & WHAT WE STOOD FOR.

"ST. PAUL'S IS A PLACE, A BUILDING. THE QUESTION FOR US WAS 'How are we St. Paul's when we can't meet in the building?'"

AS A RESULT WE ARE BETTER AT BEING **FLEXIBLE & SHIFTING.**

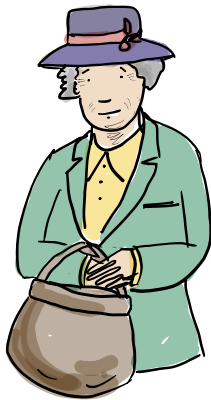
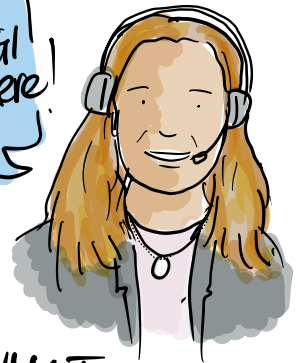
# HOW DO YOU MOVE THROUGH SUFFERING?



WE UNPACK ONE STEP AT A TIME!

DURING ONLINE LECTURES I WAS CONSTANTLY ASKED QUESTIONS LIKE THIS —

We won't know until we get there!



WE ALL WANT EVERYTHING TIED UP & SOLVED —

THIS IS WHAT CHRISTIANS CALL

## ESCHATOLOGY

THIS IS WHEN PROBLEMS ARE SOLVED & GOD WIPES AWAY ALL TEARS —



YOU HAVE TO LIVE **NOW**

IT'S SOMETIMES AN AWFUL PLACE TO BE. PAINFUL. BUT, YOU ASK FOR STRENGTH TODAY & TAKE THE NEXT STEP!

2 THINGS THAT CAN  
HELP US BE PRESENT  
IN THE MOMENT.



1.

## GOD IS WITH US EMMANUEL

I NEED THIS DIVINE OBSTINANCY  
AT TIMES — I CAN'T SEE GOD NOW  
— DIDN'T SEE HIM YESTERDAY  
**BUT** — MIGHT NOT SEE HIM TOMORROW  
I STILL BELIEVE HE IS THERE



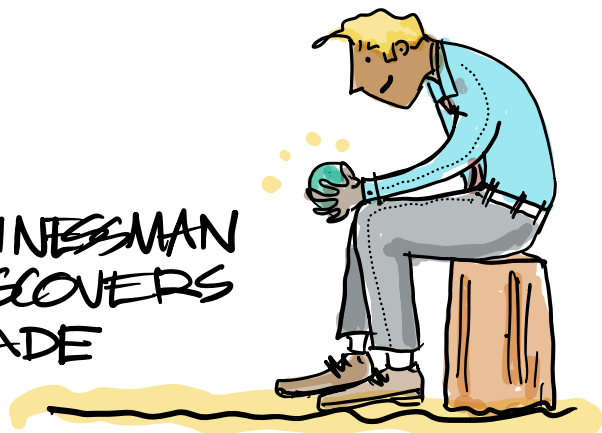
2 TELLING  
OUR  
STORIES

HEARING FROM  
OTHERS ABOUT  
HOW THEY HAVE

## ENCOUNTERED GOD

LEARNING TO  
RECOGNISE  
& TREASURE  
THE REALLY  
GOOD STORIES  
OF GOD

← THE BUSINESSMAN  
WHO DISCOVERS  
REAL JADE



# HOW DO YOU RECEIVE JOY?



BY BEING WITH FRIENDS & EATING TOGETHER!

I LOVE MEETING NEW PEOPLE - FINDING OUT INTERESTING THINGS ABOUT THEM.

I UNDERSTAND MYSELF BETTER WHEN I'VE BEEN WITH OTHERS!

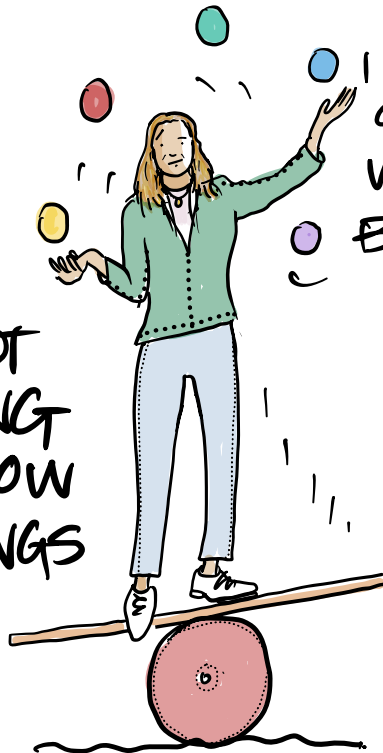


NOT EVERYONE GETS ENERGY BY BEING WITH OTHERS



GIVING PERMISSION TO LET OTHERS BE WHO THEY ARE

IT'S HARD TO PRIORITISE THERE'S A LOT OF JUGGLING BUT I DO KNOW WHEN THINGS ARE OUT OF KILTER -



I USED TO THINK I WOULD GET IT ALL SORTED WHEN I GOT OLDER BUT... I NOW KNOW DIFFERENTLY!

LOVE THIS PODCAST IT BRINGS ME JOY



# HOW DO YOU MATURE in SERVICE?

YOU LEARN FROM MISTAKES!!

IF YOU'VE HAD A GOLDEN LIFE THEN WHEN IT GOES WRONG FOR YOU IN LEADERSHIP, IT CAN LEAD TO A **CATASTROPHE**

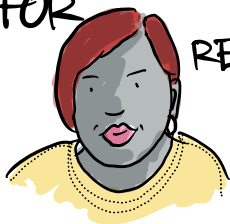


BUT IF WE ARE ATTUNED INSIDE & OUT THEN WE ASK WHY THESE THINGS CAN HAPPEN

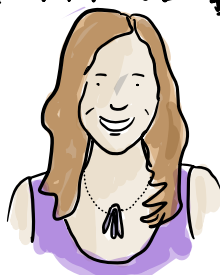


WE ARE NOT BORN PERFECT BORN TO MAKE A MESS OF THINGS!

FOR



REFLECTION I HAVE



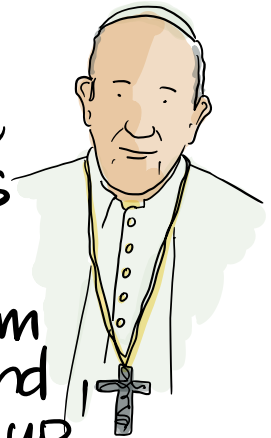
WE SHOULD ALWAYS BE LEARNING & GROWING & TRYING TO GET THINGS BETTER



A SPIRITUAL DIRECTOR  
A WORK CONSULTANT  
MY HUSBAND & FRIENDS  
I WORK OUT WHAT I THINK BY MOVING MY MOUTH NOT BY WRITING.

AMAZING STORY about POPE FRANCIS & FAILURE

..He learnt from experience and did not give up.



DON'T TELL ME ABOUT YOUR SUCCESSES, TELL ME HOW YOU LEARNT FROM YOUR FAILURES