



WEBINAR: FINDING GRACE UNDER PRESSURE

CPAS Webinar: June 2025

Thanks so much for joining us for the webinar. Here are links to some things that may be of interest to follow up. Don't try and follow them all up, choose selectively those that will be of most help or interest to you at this time. If you also come across good materials, please do send us a link.

Webinar Recordings

Here is the 'Finding Grace Under Pressure' webinar recording on the CPAS Youtube channel.

Living Ministry Links

- [Living Ministry Research](#), the home page of the Living Ministry research and analysis that spans 2018-2025.
- [Ten year study identifies parish share as pressure point for clergy well-being](#), Church Times article, Feb 2025

Books related to this Webinar

- **How clergy thrive** - Liz Graveling (CHP)
- **A resilient life** - Gordon MacDonald (Thomas Nelson)
- **Sustaining Leadership**, Paul Swann (BRF)
- **Daring Greatly**, Brene Brown (Penguin Life)
- **Zeal without Burnout**, Christopher Ash (The Good Book Company)
- **Atomic Habits**, James Clear (Random House)
- **Why we Sleep**, James Clear (Random House)
- **Bouncing Forwards**, Patrick Regan & Liza Hoeksma (Waverley Abbey Resources, 2021)
- **Canoeing the Mountains**, Tod Bolsinger (IVP, 2015)

Articles relating to this webinar

- [Clergy in Living Ministry study report suffering depression](#) - Madeleine Davies, 22 February, 2024
- [Church of England must pay priests a proper wage](#), Emma Thompson, The Times, Saturday 7th June 2025
- [Major investment in local churches and parish clergy as £1.6bn three-year national spending plans unveiled | The Church of England](#)
- <https://premierchristian.news/en/news/article/cofe-clergy-wellbeing-package-national-spending-plans>

Other resources related to this Webinar

- **Zoe Podcast** - scientifically researched podcasts on personal nutrition. <https://joinzoe.com/learn/category/nutrition/podcast>

- **Sleep Better** - an e-learning module from CPAS www.cpas.org.uk/sleepbetter
- **Chatterjee's podcasts** and blog posts, www.drchatterjee.com.
- **Apps**: Prayer Mate; Lectio 365; Jesus' Words; 3 Minute Retreat; Inner Room; Centring Prayer; Daily Prayer.
- www.bibleinoneyear.org links to App and daily emails.
- **TasteLife** is a great course for those struggling with eating disorders www.tastelifeuk.org.
- **TED talk**, Brene Brown The Power of Vulnerability.

Previous webinar recordings relating to the theme

All previous webinars are available to watch on the CPAS YouTube channel [here](#), but perhaps the following relate in some way to the theme we looked at in the webinar this time:

- [Engaging Volunteers in an era of uncertainty](#)
- [Keeping mission central in an era of ambiguity](#)
- [Leading courageously in an era of complexity](#)
- [Staying fresh in an era of volatility](#)
- [Leading courageously in an era of unpredictability](#)



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