



Dear Friend,

Welcome to our May edition of TEC Connects. It is our privilege to continue to serve you and contribute to your journey as Christian educators by providing encouragement and resources. As you undertake your role of service we pray this monthly newsletter will provide informative insight and a growing formation of Christian perspectives that shape practice.

[info@theexcellencecentre.org](mailto:info@theexcellencecentre.org)

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## SOLITUDE IN THE JOURNEY OF WELLBEING

***By Tina Lamont***

*“Very early in the morning, while it was still dark, Jesus got up, left the house*

*and went off to a solitary place, where he prayed.” (Mark 1:35)*

Recently I’ve been pondering the importance of solitude in the journey of wellbeing as modelled by Jesus and how essential it is for us not just as individuals but also as we participate in a Christ-centred community.

When we hear the word solitude we immediately draw conclusions about its meaning. Solitude has connotations of loneliness. Solitude and loneliness are often thought of as transposable. But they are very different things. Psalm 46:10 exhorts us to *“Be still and know that I am God.”* In other words, there is an expectation that as Christians we will retreat into God’s presence and quiet ourselves before Him as we experience the realm of God’s trinitarian community. We are not alone or isolated. We are in the majestic presence of God the Father, Jesus the Son and the Holy Spirit. Solitude is not the act of stepping into isolation or loneliness but of engaging in this holy community to restore and refresh our souls. This is what Jesus did when He retreated into a solitary place to pray. This act gave Jesus time to refresh, to be in the presence of God the Father and the Holy Spirit. He withdrew in order to draw from the community that would most significantly impact his own wellbeing and to engage in a partnership that would transform the world. Solitude was vital to Jesus.



A Christian perspective of wellbeing includes solitude. We withdraw in order to draw. Yet we are not isolated or lonely. We draw nourishment for our entire beings in the solitude of God’s presence. Transposition of solitude and loneliness causes us to imbibe a cultural view that implies a negative impact on

our wellbeing. Loneliness is about feeling incomplete and isolated. Accepting a cultural view that equates solitude with loneliness, in fact robs us of wellbeing. A Biblical view of solitude grounds us in the truth that we are made for intimate relationship with God. It is the nature of restoration.

Solitude that leads to restoration empowers us to minister in a more effective and God-focused manner. Being restored as a result of solitude gives us the resource to function well in our community context. We are healed, restored and replenished in order to flourish. We refocus and gain God's perspective on things which is then reflected in our relationships. I read a quote by St Augustine of Hippo that said *"the main business in this life is to restore to health the eyes of our hearts whereby God can be seen."* In other words, if we want God to be visible in our lives and in our communities, we need times of solitude to refresh our perspectives before God. As we create space for solitude the core of our beings is restored. Our wellbeing is infused by God's fulness because we have intentionally tuned our hearts, minds and spirits to the voice and sounds of God.

There are three important things about solitude in the journey of wellbeing:

**Connection** – as we take time out from the hustle and bustle and distractions of life, we connect ourselves deeper into the communal presence of the Trinity. In the connectiveness we gain a sense of wellbeing. We are not only replenished we are revitalised.

**Cultivation** – Intentionally connecting in a focused way cultivates within us a sensitivity to know the heart and agenda of God. This shapes our continued sense of calling.

**Contribution** – connection and cultivation have a direct impact on our contribution as we serve in our Christ-centred communities. The value we bring from the place of solitude means God's kingdom mission is carried forward in a more robust way because we bring a greater sense of the heartbeat of God in our service.

May you be blessed as you carve out time for solitude in the journey of wellbeing and experience the wonder of withdrawing into the trinitarian community to engage in a greater way in God's place of ministry for you.



# 2019, Term 2 Staff Training – NESA Registered PD

The 2019, Term 2 Staff Training schedule is underway. The following training is now being offered by The Excellence Centre.

## **Tuesday 4 June, 2019**

Parenting Seminar  
Raising Resilient Kids in Life,  
Relationships & Their Online World  
Collett Smart  
Pacific Hills Performing Arts Centre  
7:30pm

## **Monday 13 May, 2019**

Every Teacher is a Leader from a  
Christian Perspective  
Dr Ian O'Harae  
Pacific Hills Staff Common Room  
3.30 pm-4.30 pm  
(1 hour NESA registered PD)

## **Monday 17 June, 2019**

Mentoring and Coaching  
Dr Melissa Razey  
Pacific Hills Staff Common Room  
3.30 pm-4.30 pm  
(1 hour NESA registered PD)

## **Monday 24 June, 2019**

Self-Regulation – A Key to Wellbeing  
Greg Powell  
Pacific Hills Staff Common Room  
3.30 pm-4.30 pm  
(1 hour NESA registered PD)

## **Tuesday 30 July, 2019**

**Pacific Seminar**  
Secularity - friend or foe for Christian  
schools



Prof Trevor Cooling

Pacific Hills Staff Common Room

3.30 pm-4.30 pm

(1 hour NESAs registered PD)

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## TEC NEWS

### TEC Welcomes Geraldine Paynter



TEC is delighted to welcome Geraldine Paynter as Assistant Director of TEC. Geraldine's appointment will enable a greater service to our community and our partners.

Geraldine brings with her significant experience, having worked in Christian education for over 18 years. Geraldine has served across primary and secondary years settings in Head of School, curriculum and student wellbeing roles. She is passionate about Christian education and its capacity to transform the lives of children, young people and their families, its ability to equip students for their God-given purpose, and the great potential of its global impact. Geraldine believes strongly in God's call to TEC and is looking forward to her work in encouraging and supporting the work of Christian education in a broader context.

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## New NESAs Accredited TEC Courses in the

# Pipeline

The following 2 courses are currently being developed for 2019 and will be NESAC accredited. Keep your eye out for:

*Teaching for Discipleship*

*TEC Special Education Certificate*

We will keep you posted about the progress of these two courses once they are added to our suite of courses.

Please check out our [website](#) for further details or speak to a consultant today by calling +61 2 9651 0712.

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## What's Happening?

Dates for the Diary

### **Pacific Hills Christian School is turning 40!!**

TEC as a ministry of Pacific Hills will be participating in the celebration of the Pacific Hills Christian School 40th anniversary across the week of 17-23 May, 2019. This is a significant milestone for Pacific Hills who enables the ministry of TEC. We will be honouring God and thanking him for His grace and enabling that has been impacting Christian education for 40 years. This milestone serves as a story of hope for Christian education.

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### **TEC Staff Training**

For our 2019, Term 2 Staff Training days, Parent Seminar and Pacific Seminar, please see above or see the TEC website [www.theexcellencecentre.org](http://www.theexcellencecentre.org) for dates and details.

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We would love to see you at any of these events. Please email the TEC Office to RSVP or with any questions on [info@theexcellencecentre.org](mailto:info@theexcellencecentre.org).

[Contact us today! \(02\) 9651 0712](tel:(02)96510712)

TEC continues to be a hive of activity as we extend our offerings to partner with you. So, stay tuned and keep a watch on our website [www.theexcellencecentre.org](http://www.theexcellencecentre.org) and [Facebookpage](#).



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