

Time Logs

Ministry is a vocation. Ministers see their work as more than a job. There are gifts in seeing what one does as a calling -a sense of meaning, a feeling of having purpose, the joy of commitment. There are also dilemmas in viewing one's work and ministry this way -the danger of over-commitment, a lack of balance, the risk of burn-out. Ministers need to learn the gift of sabbath. They cannot be infinitely accessible. They are not indispensable. They must practise appropriate boundaries in time and relationships.

This time log is only a sample. There are many ways that one can keep a record of hours worked and other commitments. A time log is not a requirement of the field placement. This tool is included here in order to provide a resource for reflecting on one's stewardship of time and energy. It should provide an opportunity to examine one's priorities and monitor one's commitments and health.

To use the chart on the next page enter the number of hours for a month in the following categories (feel free to add other relevant classifications as you see fit):

FP	Field Placement
S&R	Sleep and Rest
Rec	Recreation
C&CA	Church and Community Activities
Rel	Time in Relationship with friends and loved ones
CCS	Study time -readings, assignments, etc.
Spirit	Prayer, Devotion, Journalling, Meditation, Listening to Music etc.

Hours worked for the month of _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals	
FP S&R Rec C&CA Rel CCS Spirit	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____
FP S&R Rec C&CA Rel CCS Spirit	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____
FP S&R Rec C&CA Rel CCS Spirit	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____
FP S&R Rec C&CA Rel CCS Spirit	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____

When the month is finished, take the time to analyze your record. Discuss with your learning facilitator, diaconal/vocational mentor, local committee, learning partner or others.

- What patterns are there in the way I spend my time?
- What does that say about my priorities?
- What theology of work and stewardship of self is being lived out?
- What can I affirm about myself?
- What balance would I like to see reflected?
- What do I want to change?