

Church For Everyone – Autism Community

Frustration!
Neil

July 2024

Agenda

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| 1. 11.00 – 11.05 | Welcome and introduction |
| 2. 11.05 – 11.15 | Neil: Frustration! |
| 3. 11.15 – 11.45 | Group Discussion |
| 4. 11.45 – 11.55 | Community Update |
| 5. 11.55 – 12.00 | AOB |
| ----- | |
| 12.00 - 12.30 | Social time for those who wish to stay on. |

Frustration!

Neil

What is frustration?

Frustration is our reaction to obstacles in life, when we are blocked from a goal, need or expectation, and can provoke a variety of other emotions including anger, doubt, hopelessness, disappointment and irritability.

It is different from anger, as anger is typically directed ‘outwards’ at the external forces that prevent progress, whereas frustration is more ‘internal’, where the negative emotions are directed inwards.

Unlike anger, which can motivate us into action (for better or worse) when faced with unfairness, frustration is often a ‘demotivating’ feeling.

Common sources of frustration

There are several major types of frustration: delays, obstruction, unjust/unfair treatment and holding or being held to unrealistic expectations.

- The Hebrews were rather unhappy during the Exodus once they reached the desert, and some even stated that going back to Egypt would have been better than dying in the desert. (Exodus 14:11-12).
- Jesus also spoke of God's frustration with His people, "How often have I longed to draw your children together, as a hen gathers her chicks under her wings, but you were not willing" (Matthew 23:37).

Dealing with frustration

Frustration isn't an easy emotion to deal with, as like many negative emotions it can spill over into others, and the two most common are anger, where we may lash out (verbally or otherwise) and despair, where we give up.

The other issue is that frustrating situations are often hard to leave:

- While employed, you are expected to keep working on your assigned duties and will have to return to them if you take a break.
- In a traffic jam, there is little you can do to get traffic moving again.

Discussion questions

1. What types of frustration occur in your daily life?
2. How you have you dealt with frustration in the past?

Discussion questions (with examples)

1. What types of frustration occur in your daily life?
 - Application forms: applying for jobs, paperwork in general
 - Illness and Aging: when we can't do things as easily as we used to
 - Waiting: Queues/traffic, for a phone call, appointment for a medical condition.

2. How you have you dealt with frustration in the past?
 - Patience: Sometimes we just have to wait, a delayed promise may eventually come. How often have the Jews had to wait for God? (And how long has God had to wait for us to be ready?)
 - Prayer and/or Asking for help: Everyone needs help from time to time.
 - Persistence: Sometimes being stubborn is the answer. (Parable of the Persistent Woman, Luke 18:1-8)
 - Reassessment: Are the goals realistic, are we taking the best/right route or just stubbornly sticking with our current route?

Community Update

BBC Sunday Worship Service Update

- Our aim was to get a first-cut recording of all proposed contributions by end July – so we have September and October to make any changes – we should achieve this.
- To date, we have produced a first-cut of every item:
 - Prayers by Jonathan
 - Scripture readings by Catherine and Piers
 - Reading from Thérèse of Lisieux by Ruthie
 - Reflection on Scripture by Grant (script) – recording to follow next week.
 - Personal reflections from group (Hannah, Sue, Franceska, Chris, Neil and me)
 - Provided plenty of ideas re music
 - Final Blessing by Sue
- The next part of the process is for Philip, the BBC Producer, to review all the items to:
 - See how things might fit together to make a service
 - Advise on any re-takes or additional items that he thinks would be helpful
 - Advise on sound quality



Radical Love: being an inclusive evangelical

 Sat 14 Sep 2024 9:00 AM - 5:00 PM

 Emmanuel, Didsbury, Manchester, M20 6TR

Buy tickets

SHARE THIS EVENT



NEED HELP?

Manage tickets

Hosted by St James & Emmanuel, the Radical Love conference will explore the biblical meaning of relationship and acceptance in a church truly for everyone.

Talks from Jonathan Tallon, David Runcorn and others will be supported by breakout seminars providing opportunities to discuss and share what it means to be an inclusive evangelical.

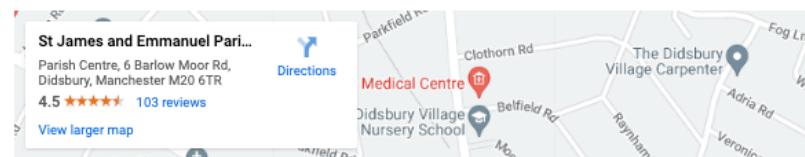
Standard fee: £80; **Concession:** £50 (*Ordinands, students, unwaged*)

Fee includes drinks and lunch. Carers accompanying delegates are free.

View programme on the [St James and Emmanuel website](#).

LOCATION

Emmanuel, Didsbury, Manchester, M20 6TR



To Buy Tickets

Prices:

Standard: £80

Concession: £50

<https://www.tickettailor.com/events/stjamesandemmanuel/1138538>

Saturday 14 September

09.00am – 17.00pm

Emmanuel Church, Didsbury, M20 6TR



A 'Church For Everyone' Webinar

Presented by: St James and Emmanuel Church Didsbury

In association with the Centre for Autism and Theology, Aberdeen University

Practical Theology for Today's Church

Made in the Image of God

Imago Dei: A theological basis for 'Belonging'?

22 October 7.30-9.30 BST

Please hold the date! Registration details will be available shortly.

How did this go?

From Hannah . . .

My church is organising an *Autism Awareness* event and I am taking on leading the organisation of it. I am keen to include as much lived experience as possible, and wondered whether I could ask if people could email me if they have anything they think it is important for churches to know in terms of barriers and making churches more welcoming to us.

Ideas to Hannah by 21 June, please.

Discussion Schedule

DATE	CFE-Autism DISCUSSION TOPIC	LEAD
15 Jun 2024	A God of Order	Hannah
20 Jul 2024	Frustration	Neil
August 2024	No discussion – Summer Break	
21 Sept 2024	Autism in the Media	Louise
19 Oct 2024	Communicating autism	Stewart
09 Nov 2024		
14 Dec 2024		

AOB?