

Faculty & Researchers Christian Network –UK 全英大学基督徒教研人员联网

Second FRCN Annual Day Conference

Date: 24th March 2007

Workshop 1: Be a successful Career-family-church Person

Be a successful Career- family-church Person

Not that I am very successful or balanced. I would like to share my experience, my successes and my failures.

- Career
- Family
- Church
- Health

Expectations, issues, problems and suggestions to be discussed.

Andrew's recent schedule

- TUE (20/3) Lunch and meeting in Oxford (1-530pm) - Slept past Leamington Spa
- WED (21/3) Meeting with students and Admission interview – Sore throat
- THU (22/3) Organised final year (28) student presentations, lecture from 1-5pm – Lost my voice and left office at 715pm
- FRI (23/3) Left home at 645am for meeting in a consultant office from 930am-130pm Travel to Milton Keynes, Meeting 730-10pm
- SAT (24/3) 9am-5pm FRCN meeting, 730-930pm Concert
- SUN (25/3) Preaching in Oxford CCC
- MON (26/3) 8am Mgmt meeting 9-12noon MSc presentation 1230-2pm BME meeting 2-3pm consultancy meeting 4-5pm Mentoring meeting
- TUE (27/3) Blocked off for rest and research

Current activities (Career)

- Professor
- Departmental Management committee
- Examination officer
- Committee of the society of earthquake and Civil Engineering dynamics
- Reviewer for journals
- Collaborative projects
- Consultancy
- 12+ PhD students
- Research leave (on my own) in Sydney for three months in coming twelve months

Current activities (church)

- Over 30 preaching Sundays per year
- Preaching in fellowships
- Advisor and leading Bible study for the Young Adult Fellowship
- Weekly Bible study in term time
- Worship chairman and leader
- Interpreter
- (Stopped being member of the pastoral committee)
- COCM council member
- FRCN co-ordinator

Current activities (others)

- Black and Minority Ethnic committee in UoB
- Departmental representative for University and College Union
- School governor for a primary school in Solihull

Schedule

- Is this sustainable?
- Will my health suffer? Short term or long term?
- Will my family suffer? Short term or long term?
- Am I still efficient?
- What should I drop?
- How should I get more time?
- How should I set priority?
- Where is the balance?

Career

- Publish or perish (RAE)
- More research money (RAE)
- Esteem indicator (RAE) – invited lecture, conference, journal editorial board
- Next job
- Job security
- Promotion
- Money for the family
- Research interest
- Duty to research students
- Money for researchers

Family

- Eternal value
- Time for the wife/husband
- Young children
- To teach them according to the Biblical truth
- To be an example to them
- Time to spend with them
- To help them with their school work
- Will they come to me when they have problems?
- What happened if the partner is ill?

Church

- Gifts to serve God
- Expectations of others
- More given, more expected
- Eternal value
- Have to learn to serve
- Have to practice to serve
- Could be too late to learn if old

Solution - Principles

- Be efficient – technique and discipline
- God is in control (Ps 127:1)
- 诗127:1 若不是耶和华建造房屋，建造的人就枉然劳力；若不是耶和华看守城池，看守的人就枉然警醒。
- Health, peace and rest are important
- 诗127:2 你们清晨早起，夜晚安歇，吃劳碌得来的饭，本是枉然；惟有耶和华所亲爱的，必叫他安然睡觉。
- Children are entrusted to us by God
- 诗127:3 儿女是耶和华所赐的产业，所怀的胎是他所给的赏赐。

Solution - Principles

- God has His plan and purpose
- God's will is perfect, kind and pleasing (Rom 12:2)
- 罗12:2 不要效法这个世界，只要心意更新而变化，叫你们察验何为神的善良、纯全、可喜悦的旨意。
- God wants us to get the best (Rom 8:28)
- 罗8:28 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。
- Set priorities according to God's principles – He created us, gave us an user manual – the Bible

Priorities - Career

- Is my job really under threat?
- Is my promotion really under threat?
- Time management
- Think of more efficient way of doing things
- Delegate (Moses, the apostles)
- Do not worry about saying no
- Minimum or reasonable effort (use existing notes)
- Be a good lecturer
- Be a good supervisor and tutor (MSN, skype, email, mobile number, not home number)

Priorities - Career

- What are the essential criteria for promotion?
- Understand the customs and practice
- Have to train others even though I like to do it (use MS Word vs Latex)
- Am I making use of the every opportunity? (弗5:16)
- Do I believe that God is in charge of my career and He has His perfect will for me? (羅8:28)
- It is not just my hard work but God is in control (詩127:1)
- Do not automatically think of having to be promoted
- Do not feel guilty if you cannot work more than 60(?) hours per week
- My testimony - promotion to a professor

Time management

- Block off time
- Keep time schedule and evaluate
- Short tasks for gap time
- Control the telephone call at a certain time
- Tackle the most challenging and most difficult things when you are at your best
- Do the things you like when you need a change or rest
- Do not be a perfectionist – have to know when is good enough
- List of things you want to do and set priorities
- You cannot finish everything you want to do

Priorities - Family

- Do I have individual time with my wife/husband at the time s/he wants? S/he should not be the only one who sacrifices in our relationship.
- What will happen to the family when my wife/husband is ill?
- Do I have time for my children at the time s/he wants?
- Do we have uninterrupted holidays together? Or we are still busy visiting relatives?
- Am I up-to-date with the progress of my children? Academic, physical or psychological?
- Current pattern – not to be driven by event

Prorities - Family

- Should we leave it to someone else (child-minder) to bring out our children?
- Am I an example to my children? (弗6:4)
- Am I teaching them from the Biblical truth?
- Do I listen to my children?
- Do I listen to my wife/husband?
- Do they have a strong say in major decisions? (Chair in another city)
- Do I know that God wants me to play an important role in my family? As example and as a parent

Priorities - Church

- Eternal value
- Do I know my gifts?
 - Spiritual gifts
 - Heart
 - Ability
 - Personality
 - Experience
- How do I know my gifts?
- Am I exercising my gifts?
- Learn to do it and try it out when you can
- Area which you can make the most impact

Priorities - Church

- You can serve only when you are spiritually healthy (Mary and Martha)
- More given, more expected (路12:48)
- Do not do it just for others' expectation. Try to see if you have the gifts. Try to learn and say no if it is really not for you.
- Pray for the worker with the gifts or giving a member the gift (太9:38)
- Suggestion - One tenth of my time (one day a week)

Priorities - Health

- Am I exercising well?
- What is my cholesterol level?
- Are you over weight?
- Do you sleep well?
- Have you got enough time to sleep?
- Getting sick is a good time to reflect – My experience

Be a successful Career-family-church Person: Conclusions

- No single solution
- No ideal balance point
- Every one will have a different solution
- But God intends for us to have peace and joy
- God also intends us to be faithful in our career, faithful in our worship and service, grow spiritually and be a good wife/husband and parent.
- Be efficient
- Set priorities and leave things that are not important and do not have eternal values
- Have faith in God