

The Sanctuary, Christian Spirituality and Wellbeing Centre

Exploring Spiritual Accompaniment - Rev Debbie.

When Jesus called his disciples, he invited them to journey together. Spiritual Accompaniment is the help given by one Christian to another which enables the person to pay attention to God's presence in their life and to respond to God and to live out that experience. In the busyness of life many people find it difficult to discover God's presence in their lives but long for a deeper relationship with Him. Spiritual Accompaniment is a safe and confidential space in which a person can stop and reflect. The person chooses what they want to share in this time. The accompanier is there to listen and through that listening enables the person to discover God in their own experience and to draw closer to Him. A spiritual accompanier has been described as a 'soul friend'. Through listening and conversation in an atmosphere of trust a person is invited into a deeper relationship with God.

Contemplative Scripture writing - Rev Debbie.

A led session on the art of writing out passages of scripture as an aid to memory and as a method of reflection and meditation.

Prayers for Healing - Rev Debbie

Exploring traditional and creative ways of prayers for healing. We believe that God still answers prayers and particularly prayers for healing. Allow yourself to engage with God's miraculous powers to heal and restore.

Exploring Prayer – Wendy Ince

A led session on creative ways of exploring prayer. Whether you are a beginner or a person who prays regularly, come and share in this session to bless and be blessed.

Benefits of Therapeutic Massage - Enid Marsh

Come and learn how massage and other complementary therapies can help lower stress levels, encourage relaxation and boost mental health and wellness. There will be a practical element to this session which you are welcome to engage with if you wish but it is not compulsory.

Lectio Divina - Deacon Dave

A led session focussed on using a short bible passage as a means to reflect on what God is saying to us today. No experience or fore knowledge of the bible is required.

Take Time Meditation - Rev Elaine Burrows

A led session by a registered Take Time practitioner. A gentle meditation session to help us focus on stillness and quiet in the busyness of our daily lives.

Bible Journalling with Deacon Julie Morton

A led session on bible journaling, a popular way to engage with Scripture. It involves using words, art, and creativity to express your thoughts and feelings as you read God's Word. Journaling can be a great way to deepen your understanding of the bible and connect with God on a personal level.

Emily Harris Foundation - Clare Harris

A led session based on the work of the Emily Harris Foundation, looking at overcoming loss and bereavement.

Those we remember this Christmas – Rev Debbie Keegan

A led session remembering at Christmas time loved ones and friends who have died. Come and reflect, remember and celebrate those who are no longer with us.

Open every Friday.

9.30am	Open
9.45am	Morning Prayer
10am – 11.30am	Morning Session
12noon – 12.15pm	Midday Prayers
12.15pm – 1.30pm	Lunch
1.30pm – 3pm	Afternoon Session
3pm – 3.15pm	Examen Prayers
3.30pm	Closed

Feel free to come for the day, or part day, or just pop in for refreshments and a chat.

The Sanctuary Programme of Events

SEPTEMBER

- 1st Open Day with walk the Labyrinth and other activities.
- 8th 10am - Painting, Drawing, Crafts. Just call in and try out some crafts.
1.30pm - **Contemplative Scripture writing - Rev Debbie.**
- 15th 10am - **Prayers for Healing - Rev Debbie**
1.30pm - Drop In.
- 22nd 10.30am - **Harvest Workshop – Danni.** (Private Session)
1.30pm – Guided reflection and Meditation
- 29th 10am - **Exploring Spiritual Accompaniment - Rev Debbie.**
1.30pm - Drop In.

OCTOBER

- 6th 10am - **Exploring Prayer – Wendy Ince, Rev Linda Williams**
1.30pm – **Benefits of Therapeutic Massage - Enid Marsh**
- 13th 10am - **Lectio Divina - Deacon Dave**
1.30pm - Labyrinth
- 20th 10am - **Take Time Meditation - Rev Elaine Burrows**
1.30pm - Drop In
- 27th 10am - Drop In
1.30pm - **Prayers for Healing - Rev Debbie**

NOVEMBER

- 3 10am – Labyrinth. Reflectively
1.30pm - **Exploring Prayer - Rev Debbie**
- 10 10am - **Bible Journalling with Deacon Julie Morton**
1.30pm - Drop In. Just pop in for a quiet space, a refreshment, and a chat.
- 17 10am - **Exploring Spiritual Accompaniment with Rev Debbie**
1.30pm - Drop In. Just pop in for a quiet space, a refreshment, and a chat.
- 24 10am - **Contemplative Scripture writing with Rev Debbie**
1.30pm - Drop In. Just pop in for a quiet space, a refreshment, and a chat.

DECEMBER

- 1 10am - **Take Time Meditation - Rev Elaine Burrows**
1.30pm - Christmas Lights Switch on 2pm -6pm
- 8 10am - **Exploring Prayer with Rev Debbie**
1.30pm - **Emily Harris Foundation - Clare Harris**
- 15 10am – **Those we remember this Christmas – Rev Debbie Keegan**
1.30pm – **Those we remember this Christmas – Rev Debbie Keegan**
- 22 CLOSED
- 29 CLOSED

Contact: Rev Debbie Keegan 01623 825469

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