

THE LIVING WELL

The Living Well is the Diocesan Centre for Healing and Wholeness and has regular healing services as well as offering prayers for healing to individuals who are wounded emotionally, spiritually and physically.

The Living Well offers prayer support as well as Deeper Healing Days. Deeper Healing is the experience in which the Holy Spirit restores health to the deepest areas of our lives by dealing with the root cause of our hurt and pain.

Events include Quiet Days on different themes, with worship, some input, and silence in which to enjoy the space in the house and garden.

The centre can be used by those wishing to make a day's retreat on their own with others. Refreshments available.

CONTACTS

Spiritual Accompaniment

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Counselling

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The Living Well

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www.canterburydiocese.org/spirituality-and-discipleship

WELL-BEING

“He makes me lie down in green pastures;
he leads me beside still waters; he restores my soul.”

Psalm 23:2-3b



WELL-BEING

The local parish is surely one of the most complex systems in society. Ministers and parishioners are concerned with physical matters—church buildings, churchyards; metaphysical concepts—love, joy, community; spiritual notions—prayer, worship, meditation; theology—God, Spirit, Jesus, the Body of Christ; as well as a host of things under the headings of tradition, hope, religious experience, relationships, life and death, canon law, and so on. Complexity and stress go hand in hand. Furthermore, ministry is a crucible: personality and character flaws that we all have, come to the surface in ministry in ways few other professions generate. All this means that those involved in Christian ministry and mission in the 21st century often work long hours with all kinds of people in ordinary and extraordinary settings.

How can we care for those who care? Burnout and family breakdown are constant threats to ministers, so this leaflet highlights some ways we seek to care for you and offer you resources for your wellbeing. You are not alone, please access help; we need to support one another in the Gospel.

SPIRITUAL ACCOMPANIMENT

Spiritual accompaniment encourages you to explore a close relationship with God. In the midst of a busy life, many people find it difficult to notice God's actions in their daily affairs. Yet at the deepest level, all of us long for a more conscious experience of God's presence and love.

In spiritual accompaniment, you reflect deeply on the experience of your daily life. Gradually, as you contemplate, you may begin to recognise God's presence and grace in your life. You may come to realise how God's spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek this closer relationship.

Spiritual accompaniment is really not about being 'directed'. Rather, it is very much about being encouraged to draw closer to God. Spiritual accompaniment invites you to this relationship.

The privilege and the responsibility of a Spiritual Accompanier is to journey with you as you deepen your relationship with God. The journey takes place in the context of confidentiality. Most Spiritual Accompaniers have extensive training and are seasoned in the art of spiritual direction.

Website:

www.canterburydiocese.org/spirituality-and-discipleship

COUNSELLING

Canterbury Diocese offers a counselling service for clergy, ordinands and their families in the Diocese. Counselling can be valuable if you are feeling that your professional or personal life has become out of balance in some way.

Lay employees of the diocese are eligible to access the service as below and **Lay Readers** via the Warden of Readers.

The service offers independent support, outside of and completely removed from Diocesan structures. Confidentiality is paramount.

Janet Bates leads a team of trained counsellors, experienced in working with people in Christian ministry. They have insights into the particular pressures faced by clergy and their families and can offer help in a wide range of difficulties. The counsellors abide by the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice and receive regular independent supervision for their client work.

The Diocese gives assistance with the financing of counselling sessions. Your counsellor will discuss this further with you during your first session.

If you have questions or would like to make use of the Diocesan Counselling Service contact

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or Richard Farrant, 07554024776