



TRAUMA: MORE RELEVANT TO EVERY DAY LIFE THAN WE REALISE

Led by Libby Williams

Saturday 5th July, 10 am – 12.30 pm

(Coffee available from 9.30 am)

Do you notice yourself or others reacting to seemingly small things in ways that seem out of proportion? Where do these (over) reactions come from?

Do you find yourself struggling with certain topics of conversation - feeling like you'd like to escape or noticing you can't concentrate or keep zoning out? What goes on inside us that makes staying present hard?

Do you ever get halfway through a sentence and your mind goes blank, or have a to-do-list but find yourself feeling overwhelmed or procrastinating forevermore? What is happening inside our minds/bodies when this happens?

We are familiar with trauma resulting from an accident, abuse or illness, etc. but trauma also encompasses much more. During the session we learn what trauma actually is, where it comes from, and how it is surprisingly relevant to most of our lives. Find out how it effects our bodies, minds, and behaviour, and explore what can be done to help in practical ways.

Please reserve a place, with payment of £7, by **Friday 20th June**

SAVE THE DATE –

TOPIC TO BE CONFIRMED NEARER THE TIME

**Session to be led by Dr Martin Brunet,
GP at Binscombe Medical Centre
on Saturday 11th October, 10 – 12.30 pm**

(Coffee available from 9.30 am)

Topic will be confirmed nearer the time, but please keep the date free



For more details on courses, or to make a reservation, please contact:

Sally Pollard, email: pollard3@hotmail.co.uk, tel: 01483 428646.

Payments can be made by bank transfer (account details available from Sally – please use your name and abbreviated course title as reference)

or by cheque, payable to 'Life Issues Fund, GBC', sent to Sally at Godalming Baptist Church, Queen Street, Godalming, Surrey, GU7 1BA

All sessions are held at Godalming Baptist Church apart from the Women's Away Day

NB As a matter of courtesy to our speakers, and to take full advantage of the sessions, please can we politely request that you purchase a parking ticket which expires after the predicted finishing time of any event, as the sessions occasionally overrun, particularly when there is the opportunity to ask questions.

*With thanks for your consideration,
Sally and Janet*

Programme of Life Issues Sessions 2025



Topics covered:

**Bullying – It's Happening Everywhere;
Supporting those "Living with Cancer and Beyond" –
from a Relative's Perspective;
Engaging and Empowering Older People;
Pastoral Care in Challenging Times;
Women's Away Day at Ladywell Retreat Centre,
Trauma: More Relevant to Every Day Life than we Realise;
Session (topic to be confirmed) – led by Dr Martin Brunet**

*Our aim is to bring
Life Issue Sessions
to as many people as possible
at an affordable price*



BULLYING – IT’S HAPPENING EVERYWHERE

Led by Revd Peter Jackson
Saturday 25th January, 10 am – 12.30 pm
(Coffee available from 9.30 am)

What is bullying? What is the difference between bullying and harassment? We often associate bullying with children but many adults are bullied. In what situations does bullying happen? What are the signs that bullying might be taking place? What does it feel like to be bullied? How do we deal with bullying?

Come and join us to look at some of these issues together, and find out ways of combatting bullying whether for our own preservation, or in coming alongside others who are experiencing this intimidating behaviour.

The session will be free of charge, but voluntary donations are invited for The National Bullying Helpline

To help with managing numbers, please reserve a place, by Friday 10th January

SUPPORTING THOSE LIVING WITH CANCER AND BEYOND – FROM A RELATIVE’S PERSPECTIVE

Led by Daphne Bleach
Saturday 15th March, 10 am – 12.30 pm
(Coffee available from 9.30 am)



- * Do you know what to say, and not to say, when someone says “I have cancer”?
- * How does a diagnosis of cancer affect someone?
- * How we can encourage someone to “live well with cancer”?
- * What help and support is available to patients and their relatives?
- * Living beyond treatment - the “elephant in the room”
- * Who is there for those when no further treatment is available?

Following her talk in 2024, Daphne will lead another informative and sensitive talk about how to come alongside and support those living with cancer, to help all of us make the best of the precious time we have together.

Please reserve a place, with payment of £7, by Friday 28th February

ENGAGING AND EMPOWERING OLDER PEOPLE



Led by Louise Morse
Saturday 26th April 2025, 9.30 am - 1 pm
(Coffee available from 9 am)

What does life hold for us as we get older? How can we continue to make a difference, stay involved and keep well?

Led by Louise Morse, a Christian Cognitive Behavioural Therapist, author, and speaker and trainer for The Pilgrims' Friends Society, the morning will cover:

- God's purpose for older people
- Faith in later life
- Christians supporting older people
- Empowering communities to care
- How to develop resilience in later life – physically, spiritually and psychologically

Please reserve a place, with payment of £8, by Friday 11th April

PASTORAL CARE IN CHALLENGING TIMES

Led by Andy Peck
Saturday 14th June, 9.30 am – 1 pm
(Coffee available from 9 am)

In this session, we aim to step back and provide an assessment of what pastoral care is and what isn't, look together at our mind-sets as we face challenges, and provide a faith-filled expectant outlook that takes Romans 8:28 seriously, knowing that 'in all things God is at work for the good of those who love him'.



Areas looked at will include:

- What is pastoral care according to the Bible?
 - What role might you play in caring for others?
 - Looking at the five stages of church involvement and the care needed for each
 - How do we understand the suffering that God allows?
 - How do we serve at a sustainable pace?
 - How do we involve others?
- How might our care extend beyond the local church?

The morning will be a mixture of teaching and small group discussions with time for questions, and notes will be provided.

Please reserve a place, with payment of £8, by Friday 30th May

LADYWELL RETREAT CENTRE AWAY DAY

A day of refreshment & encouragement for Ecumenical women, in the peace and beautiful surroundings of Ladywell Retreat Centre, Godalming

Saturday 20th September 2025
10 am – 4 pm, led by Linda Chamberlain

OASIS IN THE DESERT

Who would wish to live in a desert? Such an extreme environment - vast, dangerous, lonely & barren. Is there any beauty or benefit to be found in such a harsh place?

Many Christians experience 'spiritual deserts'.

Let's explore together some aspects of desert life through worship, the Word, testimony & creative activities, & discover God's presence & purpose in desert times.

Cost £28 per person (to include lunch & refreshments) - please reserve your place by Friday 22nd August