



## **MANAGING ANGER AND CONFLICT**

***Led by Revd Peter Jackson***  
***Saturday 24th June, 10 am – 12.30 pm***  
*(Coffee available from 9.30 am)*

Do you ever get angry? What sort of things make you angry? Can we ever be 'anger-free'? Do you, or anyone you know, have an issue with unresolved anger, and how does this affect you and the people around you? How do we manage anger – and hopefully resolve it? Anger is often seen as a negative destructive emotion but can it ever be constructive?

What sort of things bring us into conflict with other people?

What are some of both the negative and constructive ways of dealing with conflict?

In the session we will try and address these questions.

**Voluntary contributions are invited for Emerge—a Christian charity that supports young people in A and E, who come in with mental health needs**

Please reserve a place by **Friday 16<sup>th</sup> June**

## **ANXIETY, FEAR AND PANIC - IT ALL MAKES PERFECT SENSE**

***Led by Dr Martin Brunet, GP at Binscombe Medical Centre***  
***Saturday 23<sup>rd</sup> September, 10 am – 12.30 pm*** *(Coffee available from 9.30 am)*

Anxiety can be very bewildering. Many people who experience it say how stupid they feel for being anxious about something that might seem trivial, or having a panic attack for no obvious reason. Once we truly start to understand anxiety, however, we will find that what causes it and how we react to it are entirely understandable, and that it *all makes perfect sense*. And once we understand it better, then we can learn how to be in control of our anxiety, rather than our anxiety being in control of us.



**NB: The session will be free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden - see the link to the garden facebook on <https://www.facebook.com/farncombecommunitygarden>**

Please reserve a place by **Friday 15th September**

**For more details on courses, or to make a reservation, please contact:  
Sally Pollard, email: [pollard3@hotmail.co.uk](mailto:pollard3@hotmail.co.uk), tel: 01483 428646**

All Life Issues sessions are held at Godalming Baptist Church (Queen Street, Godalming, Surrey, GU7 1BA), with drinks provided. Please send cheques to Sally at the above address, payable to 'Life Issues Fund, GBC'

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

*With thanks for your consideration, Sally and Janet*

## Programme of Life Issues Sessions in 2023



*Welcome back!*

### **Topics covered:**

**Becoming a Grandmother in Your Community;  
Self-Harm;  
Meeting Disaster Head On with Hope;  
Having Wise Conversations when Church and Culture Clash;  
Managing Anger and Conflict;  
Anxiety, Fear and Panic - It All Makes Perfect Sense;  
Plus an Ecumenical Women's Away Day at Ladywell Convent in May**

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



**IT'S NOT BIOLOGY - BECOMING A  
GRANDMOTHER  
IN YOUR COMMUNITY**

**Led by Kathleen Smith**  
**Saturday 21<sup>st</sup> January, 10 am – 12.30 pm, midday**  
*(Coffee available from 9.30 am)*

Being a grandmother is a position in the family of God, and an influence in the community. The gospel is passed on in succession. The session will look at how Paul does this in the first and second book of Timothy, as well as the significance of the Gospel of John, chapter 2 verses 1-12. You may or may not be intentionally teaching your grandchildren the gospel, but you have a unique position when it comes to bringing it alive through your everyday life.

No children or grandchildren? Then you are especially well placed to be a grandmother in your church. And it is not all about liking kids!

Come and be inspired to be a grandmother in your church!

Please reserve a place, with payment of £7, by **Friday 13<sup>th</sup> January**

### **SELF-HARM – A YOUNG PROBLEM?**

**Led by Suzette Jones**  
**Saturday 25<sup>th</sup> February, 10 am – 12.30 pm**  
*(Coffee available from 9.30 am)*



Deliberate self-harm is a 'coping mechanism' for survival. 'In the vast universe of human suffering, few activities rank as puzzling or disconcerting as deliberate self-harm'. What are the signs, how do we react, where can help be found, what do I do?

We do not have all the answers but let's look at what we do know, what we can do, and where we can go for help.

Please reserve a place, £7, by **Friday 17<sup>th</sup> February**

### **MEETING DISASTER HEAD-ON, WITH HOPE**

**Led by Chris and Denise Arthey**  
**Saturday 25<sup>th</sup> March, 10 am – 12 midday** *(Coffee available from 9.30 am)*

Chris & Denise Arthey know from personal experience that life doesn't always go to plan. There are bumps in the road! While living in the USA, the Artheys were in a horrible head-on road accident. They not only survived, but made a remarkable recovery despite their significant injuries. Both resumed their vocations & Chris returned to his love of endurance sports, competing in marathons & triathlons as a para-athlete.

Through this session, the Arthey's honest reflections on how they rebuilt their lives will help you to navigate the bumps in your road. (See their website: [www.chrisarthey.co.uk](http://www.chrisarthey.co.uk))

**NB: The session will be free of charge, with an opportunity to give a voluntary donation to The Lighthouse, a social transformation venture based in Woking, linked to the Emmaus Road Church**

Please reserve a place, by contacting Sally Pollard by **Friday 17<sup>th</sup> March**

### **HAVING WISE CONVERSATIONS WHEN CHURCH & CULTURE CLASH**

**Led by Andy Peck**  
**Saturday 22<sup>nd</sup> April, 9.30 am - 1 pm**  
*(Coffee available from 9 am)*



Have you noticed that it has become harder to admit to being a Christian or to give a Christian view in conversation? Many Christians have given up saying anything, especially in view of the 'cancelling world', which shuts down debate if you are believed to be linked to views that are thought abhorrent.

Young people are being raised in a very different moral world than previous generations, in particular regarding gender, sexuality and transgender issues, but also regarding other aspects of our faith, and for many Christians the simplest response is to remain silent about faith outside the local church. However, if we do that people might miss out on the life changing relationship with God, and those confused about who they are, inside and outside of the church, might fail to reach their potential.

This course will provide an approach that you can use whatever your faith levels, understanding or viewpoint, and will consider how Jesus interacted when He was on earth, understanding the communication process and using wise approaches, handling issues within the church and navigating disagreement in a way that moves things on.

The course seeks to help us understanding what God expects of us, how to be a witness for Him, to learn a realistic and relaxed outlook on conversational skills to help in talking about tricky issues, and to develop an attitude of trust in God's work in the lives of individuals, while being wise in what, and how much, we say.

*NB. Please note that, although the course will touch on the biblical views on same-sex issues, it will not provide teaching on that issue as such, as it would require far more time to explore the nuances.*

Please reserve a place, with payment of £7, by **Friday 14<sup>th</sup> April**

### **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 13<sup>th</sup> May 2023**  
*10 am – 4 pm, led by Revd Canon Hazel Whitehead*

#### **The Psalms...why?**

Today we will spend some time thinking about the psalms. We won't be reading all 150 so we'll definitely be finished by 4pm! Please come prepared to share your favourite psalm with a small group and to say why you like it, and please bring with you a bible, pen and some paper.

**Cost £25 per person (to include lunch and refreshments) - please reserve your place by **Friday 14<sup>th</sup> April****