

ALL THE LONELY PEOPLE

Led by Rev Peter Jackson
Saturday 22nd June, 10 am – 12.30 pm
(Coffee available from 9.30 am)



Do you feel lonely – sometimes or all the time? Is loneliness different to being alone? Can you be lonely even in a relationship, or in a crowd? What are some causes and symptoms of loneliness? Are there ways we can deal with loneliness in ourselves and others? We will try to address these questions during the morning.

The session will be free of charge, but a voluntary donation is invited for Silverline, a telephone helpline service offering friendship, conversation and support 24/7 to those who are over 55 years old, and especially those experiencing feelings loneliness or isolation.

To help with managing numbers, please reserve a place, by Friday 14th 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 28th September
Times and topic will be confirmed nearer the time,
but please keep the date free,
and reserve your place by Friday 20th September

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

All Life Issues sessions (apart from the Women's Away Day)
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, and 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 when there is the opportunity to ask questions.

With thanks for your consideration, Sally and Janet

Programme of Life Issues Sessions 2024



Topics covered:

**Overwhelmed - Finding Balance in a Fast-Paced World,
Care Companion at End of Life,
Forgiveness,
Women's Away Day at Ladywell Retreat Centre,
All the Lonely People,
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***



OVERWHELMED – FINDING BALANCE IN FAST PACED WORLD

Led by Andy Peck

Saturday 27th January, 9.30 am – 1 pm

(Coffee available from 9 am)

Jesus promises an 'easy yoke' for the believer, yet many Christians find life anything but 'easy'. It seems tough navigating the challenges of 21st century life, inside and outside the church, and we can feel 'overwhelmed', by life itself or the volume of things coming to us. This morning we will look at the following:

- What makes us overwhelmed?
- How do we typically respond?
- Learn from what Jesus modelled, and taught his followers
- Developing mental strength: how are you thinking?
- Expanding your emotional capacity: how are you feeling?
- Spirit empowered living: who are you trusting?

Come for yourself and those who need our ministry.

**Please reserve a place, with payment of £7,
by Friday 19th January**

CARE COMPANION AT END OF LIFE

Led by Daphne Bleach

Saturday 16th March, 10 am – 12.30 pm

(Coffee available from 9.30 am)



Would you like to break down the taboos and gain a better understanding of death and dying?

Would you like to know more about what might be involved in caring for your loved one when they become dependent upon you through illness or frailty at the end of life, should they choose to die at home?

As a Care Companion, offering help and support to families and those who are dying as they approach end of life, Daphne (a Christian whose nursing career spans over 40 years) will lead an informative, but sensitive talk to help us recognise the changing stages of when someone is deteriorating, to understand more about the process of dying, and to consider how best to care for our loved ones, or their friends and families, at a very precious time of their lives.

**NB: The session will be free of charge,
with an opportunity to give a voluntary donation to
Shooting Stars Children's Hospices**

**To help with managing numbers please reserve a place,
by Friday 8th March**

FORGIVENESS

Led by Rev Tim Carter

Saturday 27th April, 10 am – 12.30 pm

(Coffee available from 9.30 am)

When we are hurt or disappointed resentment can be hard to avoid, especially if our instinct is often to seek revenge, but long-term bitterness can cause more harm to ourselves than to the person or situation that caused it in the first place.

What can we do to protect ourselves and to help us let go of the sorrows that threaten to overwhelm us?

The morning's session will look at all aspects of forgiveness:

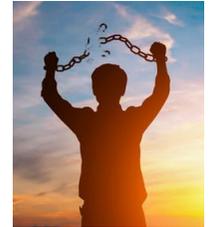
- What it is and why it's important
- How forgiveness can be achieved
- Ways of de-escalating conflict in any relationship
- Whether forgiveness can be unconditional

Forgiveness may be a long, difficult and costly process, but learning to speak the truth in love, and to let go of our resentment and bitterness can be healing, empowering and liberating.

Join us to find out more and consider taking the first steps along this sometimes-overlooked pathway to a different future.

**The session will be free of charge, but a voluntary donation is invited for
The Forgiveness Project**

To help with managing numbers please reserve a place, by Friday 19th 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 18th May 2024

10 am – 4 pm, led by Revd Canon Hazel Whitehead

Women in Scripture

Back by popular demand, Hazel Whitehead will be
leading our Retreat Day for women, aptly focusing on

women in scripture! What women, you may ask?

The day will mine the Bible for the significant, insignificant women
and consider their continuing impact on us today.

Please bring a Bible, pens and paper, and join us in withdrawing from the usual busy
pace of life to take the opportunity to learn and reflect.

Cost £28 per person (to include lunch & refreshments) - please reserve your place by Friday 12th April