

REFRESHING YOUR SPIRITUAL LIFE

Saturday 26th January 2019

9.30 am – 12.30 pm

(Coffee from 9 am)

Led by Andy Peck

Many of us fail to live and enjoy the abundant life that Jesus promises, but it is not always easy to figure out why. The morning will look at the foundations for a vibrant walk with God and provide some key tips to ensure that we consciously spend every day with Him. Come for yourself and those you seek to help.

Topics include:

- Why your I.D. is central
- Renewing the mind
- Saying goodbye to the hindering past
- Daily habits to keep you on track
- Becoming who God intended you to be

Designed for those looking to review their walk with God, or feel weary in service or life, and long for God to refresh and renew them. It is a taught course with some times for personal reflection.

Cost of the Course £7

Please book a place by Friday 18th January

MANAGING ADOLESCENCE

Saturday 23rd February 2019

10 am - midday

(Coffee available from 9.30 am)

Led by Suzette Jones

Surviving adolescence! Can we recognise anxiety, depression, stress in our young people?

Are bullying, alcohol, drugs, eating disorders and self-harm inevitable in today's world? Confused? Need help?

A practical and informative talk for parents and those caring for adolescents.

Cost of course £6

(after administrative costs, proceeds will be donated to 'The Bishop of Guildford's Fund', a charity which helps to support the most disadvantaged in Surrey and NE Hampshire through church and community projects)

Please book with payment by Friday 15th February



WAVERLEY ABBEY AWAY DAY

A day of refreshment & encouragement for women, in the peace of Waverley Abbey

Wednesday 24th April 2019

10.00 am - 4 pm

Speaker: Debbie Laycock

Cost £28 per person (to include lunch and refreshments)

Please reserve your place by Wed 10th April

MENTAL HEALTH AND THE CHURCH

Saturday 2nd March 2019

10 am – 12 midday

(Coffee available from 9.30 am)

Led by Dr Jenna McKeown

What are some of the key mental health issues faced within our communities today? How might these present in church and what might we notice?

Resources are available within the community, but how do we know when it is appropriate to point people towards these and what is available?

This training event will involve a teaching component, but will also be interactive and involve some small group discussions as difficult questions are tackled.

The morning will also consider what support churches can offer, and what more may be needed both practically and emotionally, as well as looking at the challenges faced in doing this kind of work.

Cost of the Course £6

Please book a place by Friday 22nd February



DIVORCE, SEPARATION, FORGIVENESS AND RECOVERY

Saturday 23rd March 2019

10 am – 12 midday (times TBC)

(Coffee available from 9.30 am)

Led by experienced Family Law Solicitors, Ann and David Hodson

Most of us have either gone through, or know others who are facing, the trauma of long-term relationship breakdowns or divorce. The heartache of separation and divorce brings many challenges and sometimes unexpected emotions, including shock, anger, pain, hatred, grief and hopefully, ultimately, acceptance.

The session will aim to bring some insight into the different stages of divorce and will also consider forgiveness, healing, moving on and new relationships.

Cost of the Course £8

Please book a place by Friday 15th March

WOMEN'S HEALTH THROUGHOUT THE AGES

Saturday 27th April 2018

10 am – 12 midday

(Coffee available from 9.30 am)

Led by Dr Karen Jones, Dr Sarah Pidgeon and Dr Clare Grove, GPs at Binscombe Medical Centre

Focusing on gynaecological issues for girls, teenagers and older women and also covering social media and psychological problems. There will be the opportunity for questions and answers.

NB: This session is free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden Project - a place for those living with cancer and depression to find peace and rest

Everyone is warmly invited to attend any or all of the workshops

(although unfortunately a couple of them are for women only)

PERFECTIONISM

Saturday 11th May 2019

9.45 am – 3.30 pm

(Coffee available 9.15 am) Please bring your own lunch

Led by Chris Ledger

Perfectionism is a personality trait characterized by a person's striving for flawlessness and setting high performance standards for themselves and/or others with an underlying fear of failure. It is invariably accompanied by critical evaluations of themselves and others, and perfectionists often assess their self-worth on the basis of performance.

The day will cover:

- Understanding of perfectionism
- A spiritual insight into perfectionism
- The physical & emotional impact of perfectionism
- Overcoming perfectionism with strategies
- How we can nurture our spiritual life as a perfectionist

NB: The session will be led from a Christian & Biblical perspective, but the principles & material covered are accessible & useful to those with any or no faith

Cost of the Course £12

Please book with payment by Friday 26th April

LIVING WELL WITH DEMENTIA - UNDERSTANDING AND MANAGING DIFFERENT BEHAVIOURS

Wednesday 12th June

10 am - midday

(Coffee available 9.30 am)

Led by Penny Giles

As well as a brief overview of Dementia, this year's session will focus on understanding, managing and discussing solutions for behaviours that both those with Dementia, and their carers, find challenging. For instance, looking for "home", refusal to go somewhere, shadowing the main carer or spouse, struggling with personal care, etc.

Cost of course £6(after administrative costs, the proceeds will be donated to 'The Alzheimer's Society')

Please book a place by Wednesday 5th June

ANXIETY, PHOBIAS AND CONDITIONING - LEARNING TO TAKE CONTROL

Saturday 28th September 2019

10 am – 12 midday

(Coffee available from 9.30 am)

**Led by Dr Martin Brunet, GP at Binscombe
Medical Centre**

Anxiety is a bit like pain - we need to be able to feel it to keep ourselves safe, but too much can become overwhelming. We naturally try to avoid pain, but avoiding anxiety can be more difficult and more of a problem if avoidance behaviour starts to restrict our lives. What makes us anxious can be unpredictable, and seem irrational, but understanding the nature of anxiety can help us gain control of something that so easily threatens to control us.

Dr Brunet is a GP and GP Educator and will be sharing from his experience in the doctor's surgery, and will explore the nature of anxiety and the overlap between medicine and faith in this important area in mental health.

NB: The session will be free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden Project - a place for those living with cancer and depression to find peace and rest

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

Sally Pollard, email: pollard3@hotmail.co.uk,
Janet Fry, email: janetfry1@gmail.com
or the Administrator of Godalming Baptist Church,
(on Monday, Wednesday or Friday mornings),
tel: 01483 422105; email: office.gbc@btinternet.com

*Please send cheques to Sally Pollard
at Godalming Baptist Church,
payable to: 'Life Issues Fund, GBC'*

Apart from Retreat Days, All Life Issues sessions are held at Godalming Baptist Church (Queen Street, Godalming, Surrey, GU7 1BA), with drinks provided

Programme of
Life Issues Sessions
and Reflective Days in 2019



Topics covered:

**'Refreshing Your Spiritual Life',
Managing Adolescence,
Waverley Abbey Away Day (for women),
Mental Health and the Church,
Divorce, Separation, Forgiveness and
Recovery,
Women's Health Throughout the Ages,
Perfectionism,
Living Well with Dementia -
Understanding and Managing Different
Behaviours,
and Anxiety, Phobias and Conditioning -
Learning to Take Control**

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