

Life Issues Sessions in 2022



Welcome back!

Topics covered:

Decision Making and the Will of God;

Autism;

Compassion Fatigue;

**Growing Old Disgracefully - holding onto what matters
with increasing age;**

Bereavement;

Come and Be Colourful

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

DECISION MAKING & THE WILL OF GOD

Saturday 23rd April 2022, 9.30 am - 1 pm (Coffee available from 9 am)

Led by Andy Peck

If you are looking to following in the ways of Jesus you will want to do what He says, but this is not always easy to figure out, especially when there is no chapter and verse on the topic.

In the session morning we will look at:

- What the Bible says about guidance
- How God's will is expressed
- The kind of decisions we have to make
- Hearing God's voice amidst it all

Whether you have a major decision ahead or not, make the decision to attend, and all other decisions will be sorted!

Andy Peck is a Bible teacher, trainer, broadcaster and editor who has made his fair share of decision mistakes!

He hopes that sharing what God has taught him will benefit those who attend. He is married to Nic (his best decision) and has two teenage boys.

Please reserve a place £5 by contacting Sally Pollard by **Friday 15th March**

AUTISM

Saturday 25th June 2022, 10 am – 12 pm (Coffee available 9.30 am)

Led by Suzette Jones

Autistic spectrum disorder (ASD) covers an extremely wide spectrum, with some people needing lifelong support, through to many leading successful independent lives.

In this practical talk we will look at recognising the signs, where to get help and what we can all do to encourage and care those living with Autism.

Suzette Jones is a Registered Nurse with career of over 35 years working extensively with people who have health problems, mental illness and/or a learning disability, in hospital and community settings. In her role as Health and Wellbeing Adviser, Suzette supports and facilitates training, talks, and projects on a range of health and social related subjects to the faith, voluntary and statutory sectors

Please reserve a place, £5, by contacting Sally Pollard by **Friday 17th June**

COMPASSION FATIGUE

Saturday 10th September 2022, 9.30 am - 12.30 pm (Coffee available from 9 am)

Led by Jayne Ellis

Compassion Fatigue is the set of symptoms you experience when you become involved in helping others who are experiencing distress or trauma. It is the physical and emotional effect of being compassionate and empathetic, and it is essential that you are aware of it so you know how to react to the symptoms and strengthen your emotional resilience.

In the workshop we will explore the risk factors, causes, signs and symptoms and then explore some simple but effective self-care strategies.

Please reserve a place (£9), by contacting Sally Pollard by **Friday 26th August**

GROWING OLD DISGRACEFULLY - HOLDING ONTO WHAT MATTERS WITH INCREASING AGE

Saturday 8th October 2022, 10 am – 12 midday (Coffee available from 9.30 am)

Led by Dr Martin Brunet, GP at Binscombe Medical Centre

The session will cover issues such as the physiology of ageing, what really matters for staying healthy and changing priorities in old age, and will be relevant both for those who are getting older themselves, and for the children and grandchildren of older people, to understand how best to help their older relatives.

NB: The session will be free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden - an exciting new community project to promote wellbeing which is on track to open in 2022

Please reserve a place by **Friday 30th September**

BEREAVEMENT

Saturday 29th October 2022, 9.30 am - 4 pm *(Coffee available from 9 am)*

Led by Peter Jackson

Whilst focusing particularly on losing someone through death, the day's course offers an opportunity to look at any losses we have experienced either recently or in the past.

In a safe environment there is the opportunity to listen to prepared talks, and to share confidentially in smaller groups - where we learn from, help and support one another.

The course is also suitable for those who want to understand more about bereavement in order to become more sensitive and helpful to others experiencing loss.

We recommend that people do not attend within three months of suffering a bereavement, but those coming who have suffered a loss are welcome to bring someone with them to support them.

With the universal experience of death and bereavement, the course is equally helpful for those of any or no faith.

This course is free of charge, but the speaker invites your voluntary contribution towards the Phyllis Tuckwell Hospice

Please reserve a place by Friday 14th October



COME AND BE COLOURFUL!

Saturday 12th November-10.00am - 12.00 Noon (Coffee-9.30am)

Led by Fiona Stephenson and Kathleen Smith

Wouldn't life be boring if we were all exactly the same? Some of us love detail and process and some of us feel constrained by that. Some of us love the big picture but need others to look after the detail. Some are full of ideas but perhaps don't finish things they start. Others may not have ideas themselves but are great at implementing ideas of others. Some will be concerned about people and their feelings and others will be concerned about getting tasks done and not think about people's feelings. Our differences all add to the beautiful colour of life but can lead to misunderstanding and conflict. Understanding more about your natural preferences and how you may see things differently to others can help to build better relationships and stronger teams.

C-me profiling is an insightful and enjoyable way to learn more about ourselves and how we interact with others who may have very different styles to ourselves. This builds self awareness and improves how we relate to each other.

C-me profiling is different to other profiling methods. Rather than focusing on 'personality' and using the technical and psychological language, C-me centres on understanding 'our preferred way of doing things' and how we behave. Colours are used to describe the different preferences so it is easy to remember.

Please book a place-cost £5 per person by Tuesday 1st November

**DO NOT LISTEN
WITH THE INTENT
TO REPLY,
BUT WITH
THE INTENT TO
UNDERSTAND.**

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

Sally Pollard, email: pollard3@hotmail.co.uk,
Janet Fry, email: janetfry1@gmail.com
Telephone Sally: 01483 428646

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

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

**Sometimes
people just need
someone to
listen.
No advice.
No words.
Just a shoulder &
an ear...**

**NB As a matter of courtesy to our speakers, and in order 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 many thanks for your consideration
Sally and Janet*