

WELL-BEING

Counselling people of all faiths and no faith

September 2010

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Editorial:



An up to date newsletter at last! Late, different and one that heralds a new era for The Well. I can look both backward and forward as I write, backward to thank Joan Lawlor, Michèle Coombe-Boxall and Joy Burrell for their administrative work, the trustees for their support, and control (!) of meetings and to all of you for continuing to minister to people of all faiths and no faith during this time. Now I look forward with suggested books to read, places to go and last but no means least with a heart felt welcome to Michele Hunt as the new secretary. We trust The Well work will be a blessing not a burden to you, Michele – we will help you all we can.

This letter seeks to fill in as usual events that have happened and those that will occur soon for us, but innovatively also to open up to show peoples' personalities so that we can get to know each other better and to show how God is at work for us. I trust this newsletter is 'worth the paper it is written on' and I want to thank all contributors and friends who have helped me get it together especially Lucie Dyehouse from Open Door Baptist Church, Deeping for patiently assisting me on the computer! And I wish everyone involved in and around The Well a blessed time in the next few months.

Jill Hutchinson



Stop Press!

Thank you and welcome. The Well has been greatly indebted to Michèle Coombe – Boxall for acting over many months in a voluntary capacity as its Co-ordinator enabling the work of The Well to continue and flourish. During Michele's recent illness Joy Burrell took over the role and all continues to be well. I was pleased to meet Michèle recently to see that she is well on the way to recovery. I cannot under estimate or overstate the contribution which both Michèle and Joy have made, thank you both.

In the light of the improving finances of The Well it is now possible to once again fund a person as the Coordinator and on your behalf I have welcomed Michele Hunt in that capacity. Michele is a committed Christian at St Johns Church, Werrington and for many years she was the Voluntary Services Manager at Peterborough Hospitals and Secretary to the Friends of the Hospitals (itself a charity) before leaving following the birth of her son. Though not a counsellor herself Michele brings transferable skills and knowledge with a warm and caring personality, we are delighted to welcome you, Michele.

David Parkes



Letters:

Letter From A Client:

'Thank you so much for your wise counsel over the time I have been seeing you. I have learnt a lot not only about myself but also have the practical skills to help deal with the bad days. I would have never chosen to take this difficult journey but thank God there is an organisation like The Well and people like you to help people like me climb out of the darkness.'



Dates:

October 1 and 2	Training by Roger Day: Sandtray.
October 27	Meeting of Trustees and Counsellors at St Mary's, 10.30.
November 17	AGM at 7.30 pm.
January 12	Executive Committee meeting at "Way In" at 7.30 pm.

January -

New Year meal; Please let Michele Hunt know dates that you CAN'T manage



Book Reviews:

'The only books that influence us are those for which we are ready and which have gone a little further down our particular path than we have yet got ourselves'.

E M Forster

'Wait & See' by Angela Ashwin.

This is a gem of a book, less than one hundred pages, but powerfully able to draw the reader quickly into a place of stillness and contemplation with our Lord. I use it frequently in my counselling work if a Christian client wants to end or start with a prayer or meditation. I also find that when I am feeling spiritually dry (and who doesn't from time to time?) this acts as an aid to getting back to that place of oneness with the Lord.

Phyll Adams

'Your Money Counts' by Mark Lloyd Bottom with Howard Dayton

It is a Crown Financial Ministries book and published by them. They also have a teaching series to use in Church small groups or in couples.

There are several reasons why I liked this book.

- It is an easy book to read
- It is completely Bible based and looks closely at God's economy.
- "God's economy does not falter like the world's"
- It teaches practical ways of handling money
- It looks at honesty in every part of our lives - at blessings promised for the honest - curses reserved for the dishonest
- Giving and our attitude
- Our work ethics
- Our investments
- Savings including teaching our children the fundamentals of saving; giving; spending. It is called the ABC of money

Under 'Children' it talks about

- (1) Establishing routine responsibilities
- (2) Exposing your children to your work
- (3) Earning extra money at home
- (4) Encouraging your child to work for others - this is to help build discipline, character, which in turn builds respect and satisfaction

Budgeting - keep abreast of the facts

The whys and wherefores of debt are looked at. One story from the book, looking at contentment, greed and debt follows...

"An American company opened a new plant in Central America because labour was plentiful and inexpensive. The opening of the plant proceeded smoothly until the workers at the plant received their first pay cheques. The next day none of the villagers reported for work. Management waited...one, two, three days. Still no villagers came to work. The plant manager went to see the village chief to talk about the problem. "Why should we continue to work?" the chief asked in response to the manager's inquiry. "We are satisfied. We have already earned all the money we need to live on."

The plant stood idle for two months until someone came up with the bright idea of sending a mail-order catalogue to every villager. Reading the catalogues created new desires for the villagers. Soon they returned to work, and there has been no employment problem since then."

It is well worth buying.
Joy Burrell

'Into The Silent Land' by Martin Laird, Published by Darton-Longmant and Todd

This is a very small but valuable book, it is indeed a 'mentor for contemplation' (Desmond Tutu). Martin Laird states that our separation as humans from God is an illusion. He says that in general humans have in their heads an almost constant videotape of their observations, responses, and opinions and conversations which mask the inner stillness. Our wounds of temptation, humility and failure are at one with Gods wounds, as seen in Christ His Son on earth.

In order for us to achieve this stillness and encounter God Laird talks about three doorways we have to pass through to discover this depth which we desire and which can be a focus and a place of constant refuge. He advocates The Jesus Prayer as a beginning to reaching this depth.

To illustrate this at the end of the book he tells a story of a man who is looking for a Real Monastery. After very many years and false findings he eventually finds the answer when he stops looking because he is at peace and contented with himself as Martin Laird concluded all we ask and need has been already given us by Jesus.

I was bowled over by this and its truth is a tremendous step on my personal journey.
Jill Hutchinson.

Training:



Continuing Professional Development in 2010

In mid-February, 'The Well' counsellors, along with twenty other delegates were privileged to attend a training day led by Christina Shewell on the subject of 'Voices in the counselling relationship.' Christina has worked in communication and voice for many years as a speech and voice therapist, theatre voice teacher, presentation skills trainer and senior lecturer at University College, London, where she has also taught counselling skills to speech therapy students for many years.

The critical significance of the voice in counselling was enhanced for many delegates, some of whom said: "It was an immensely important experience on my journey..."

"Informative and fun..." "I found the professional, creative, holding and firm approach invigorating and rich..."

"The presentations were excellent, a good, firm structure; it felt safe to experiment..."

"It was all educational, informative, releasing, refreshing, helpful, healing and tremendously enjoyable."

One of the delegates who attended the 'Voices' day was Helena del Pino, a yoga therapist and teacher working in private practice in Peterborough. She has been teaching yoga for 13 years and is one of a small number of teachers holding Advanced Teacher status with the British Wheel of Yoga. Helena is also a pastoral minister at the Cathedral and has recently become a Chaplain at The Kings School.

We were delighted that in May, we could welcome Helena back to lead 'The Well' counsellors in a half-day workshop on "The Wisdom of the Breath" which explored our awareness of breath, body posture, healthy/unhealthy breathing patterns and how these mirror our physical, emotional and psychological state.

All the counsellors expressed their deep appreciation for the professional way in which Helena developed our awareness of breathing and helped us apply this knowledge to working with clients.

In October, we are pleased to invite Roger Day from Brook Creative Therapy in Rugby to lead 'The Well' counsellors and those from local agencies in 'Therapy for adults using Sandtray.' Roger and his wife are experienced Christian counsellors and trainers and we look forward to the two-day session on 1st and 2nd October.

COMING SOON

In late autumn watch out for publicity about: - Jon Cousins, who we hope will accept an invitation to lead an evening event and talk about his experience of and strategies for managing depression: Moodscope. His insights have been picked up by the national press and are now the subject of a national research study. - A workshop on prayer and painting by a local artist.

Chris Mason (Training Co-ordinator)

Becoming Oneself:

On 7th August twenty men and women met in St Luke's Church Westbridgeford Nottingham for the day. We were warmly welcomed by Rachel (who had been a colleague at IPC when I took my diploma course 06-08) and even though we began sitting in rows for a resume of Daniel N Sterns work – the four stages – emergent, core, subjective, verbal; we soon shuffled

round into a circle of chairs in order to work with each other and then later on into small groups for discussion.

Led by Ruth Layzell, head of IPC and a very learned and practised therapist; it was Rosemary Langford-Bellaby – psychotherapist from the Sherwood Institute who was the ‘star of the show’. She and Ruth did a very interesting and at times funny duet for us when Ruth regressed in reply to Rosemary’s lead.

Then Rosemary showed how to help the client by actually counselling one of the group – a lady who had been adopted and who she made sure had support elsewhere and who’s history she knew. It is always good to view a counselling session and Rosemary was animated and involved.

The last part of the session after coffee and cake had fortified us, concerned our spiritual self. I was sad it had been ‘tacked on the end’ and I found it difficult to do an exercise when we all shouted out our names after the words ‘and God created’. But others were moved by this and later in a quiet way I was able to appreciate God giving me my unique self.



Trustees:

These are Ann Green, David Parkes, Simon Nurser, Jane Proctor and Neil Maccallum.

Ann Green:

Ann joined The Well as a trustee 18 months ago. Her background is an HR Director in the NHS and for the past 6 years she has worked as a Consultant at the Department of Health and also within the Independent Healthcare Sector. Until recently she was Chair of the national charity ‘Jeans for Genes.’ She is a member of St John’s Church, Werrington.



Counsellors:

Two new counsellors have joined us at The Well. They are in training – Theresa Jude from Ketton, training at Huntingdon and Deb Jones from Deeping St James, training at Brook Street, Peterborough,

Debs introduces herself: A little bit about me. I turn 50 at the end of September (help!) I have been married to Phil for 23 years and together we have 2 children – Abby (16) and Nathan (14) who are both gorgeous, I am biased of course! I have been attending the Open Door Baptist Church in Deeping for 16 years and I am part of the worship team there. I had been working as a Medical Secretary at City Care Centre, but I am hoping to have a break from work this year so I can concentrate on my studies. My hobbies are going for brisk walks,

reading, playing piano/guitar and singing. My favourite food is crusty bread and chocolate. I am so pleased to be a part of The Well Team, and look forward to all that's to come.

Thought For The Day

I asked Jesus 'how much do you love me'?
'This much', he answered and he stretched out his arms and died.

'Beside Still Waters', Lyn Ellis



Special Places

Hermit Spot

The other day I came across an article written by a former Hospital Chaplain (not me!) who listed 11 suggestions for 'Care for the Care-takers', the third of which was "Find a hermit spot and use it every day". What is a 'hermit spot' for you? For me it is a special place, a sacred space, a comfortable base, and I have one at home. But I also recollect hermit spots which are special and sacred, but decidedly not comfortable for they are 'hard places' which dis-comfort and challenge.

Such for me are Launde Abbey and Iona Abbey. Launde was a former Augustinian Abbey which became the home of Thomas Cromwell who had the responsibility of dissolving the Abbeys in the 1540s; its present chapel was a Lady Chapel in the transept of the old Abbey and the new Abbey has become a Retreat House. Iona was a derelict Benedictine Abbey rebuilt in the late 19th and mid 20th centuries under the inspiration of the benevolent 8th Duke of Argyll and the charismatic George MacLeod, a Church of Scotland minister. It has become a sacred space for the Iona Community and many others who visit.

Both of these places invite us to 'rest, relax and recuperate awhile', but they remind us too of our calling to enable others to recover, renew and re-find themselves through the gifts and graces, knowledge and skills which God has given to each one of us.

So I pray that whatever our personal involvement in 'The Well', we may not only find that 'hermit spot' for ourselves but also provide such a place and space for others.

David Parkes

In the Footsteps of the Saints

In July of this year 45 parishioners from the Catholic parish of the Sacred Heart and Saint Oswald set off on a four day pilgrimage to walk in the footsteps of the northern saints. This was to celebrate the 50th year of St Oswald's Church and was one of the many organised celebrations to mark the parish's anniversary. Our youngest pilgrim was 7 years and we had a few pilgrims in their 80's. Mass was celebrated each day by Father Bruce our Parish Priest: at St Hughes Shrine in Lincoln Cathedral, Ushaw College in Durham, St Aidan's Church on Holy Island and the Bar Convent in York. We attended Evensong at Durham Cathedral, had a refreshment break at Betty's Tea Rooms in Harrogate and a guided tour of Bamburgh Castle. Saints Hugh (Lincoln), Cuthbert (Northumbria) and Oswald a King Martyr and Saint would have approved of the itinerary. It provided us with the opportunity for reflection; gave us insight into the difficult lives of the Saints and those who paved the way before us. It was prayerful and fun, with a singsong in the evening, 45 parishioners had the opportunity to take time out of their busy lives and get to know each other a little better, and like many before them the pilgrims played and prayed.

Joan Lawlor