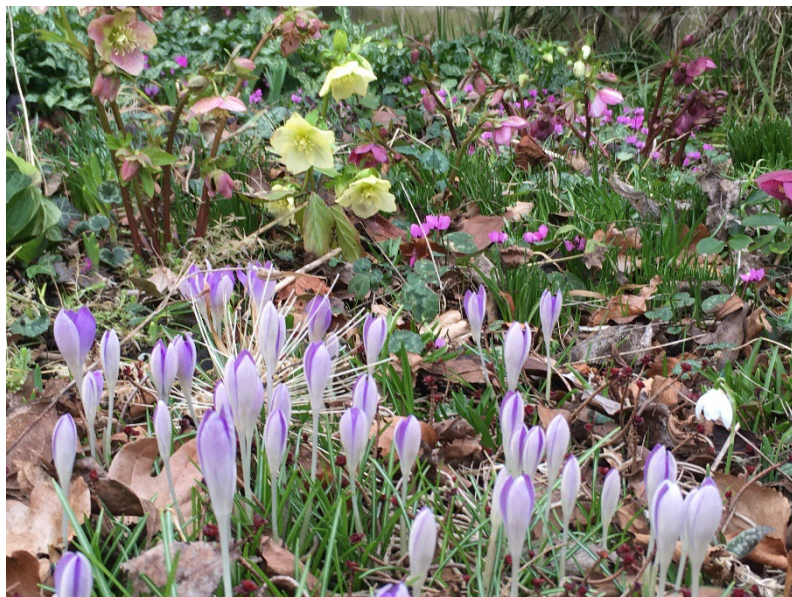


## Healing & Wholeness Newsletter March 2024

**Welcome** to March's Newsletter from the Diocese of Sheffield Healing & Wholeness Group. This is our quarterly Newsletter to keep you up to date on recent events, our plans, and upcoming events.

**'Are you tired? Worn out?  
Burned out on religion?  
Come to me. Get away with me and  
you'll recover your life.  
I'll show you how to take a real  
rest.  
Walk with me and work with me  
—watch how I do it.  
Learn the unforced rhythms of  
grace.  
I won't lay anything heavy or ill-  
fitting on you.  
Keep company with me and you'll  
learn to live freely and lightly.'**



*Matthew 11:28-30 The Message*

John Mark Comer's book 'the Ruthless Elimination of Hurry', which I read recently when I had a few much needed days off, asks if any of us feel tired and worn-out, exhausted with a 'bone-deep' tiredness not just in our mind or body but in our soul? Could that be you?

I certainly think it might have been me before my holiday...

John Mark goes on to say, 'what if the secret to a happy life is simply to slow down and pause to encounter Jesus where he already is in our lives?'

To sit like Mary, perhaps, at the foot of our rabbi and learn to be anointed with the oil of joy.

Lent is a time to pause and sit at the foot of our rabbi, to be anointed with the oil of joy and to watch the bulbs pushing up through the soil.

Can we, too, find time to delight in the beauty of each flower, to keep company with God and let them speak to us about that which seems dead or withered but actually has the potential to grow again and flourish?

'The desert shall rejoice and blossom; like the crocus it shall blossom abundantly and rejoice with joy and singing.' *Isaiah 35:1*

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**The healing and wholeness team are blessed by you all getting involved and shaping our healing ministry together. Please read on to discover ways for you to get involved and how to get in touch with your ideas!**

## Guest speaker for our Newsletter!

The Healing and wholeness team are experimenting with asking a 'guest speaker' to write a paragraph on 'What does healing look like for you?' from their perspective in the newsletter. Let us know what you think and whether you have any suggestions for guests!

This month we asked Dr Mary Wren, an experienced GP and counsellor, who has attended several of our healing services at St Mark's Broomhill, to do just that. Mary's interesting reflection on 'What we do with life's mole hills' is at the end of this newsletter. Thank you Mary!

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## ***Future Events and this year's Healing and Wholeness programme:***

### **An Exploration of Healing Day:**

**Saturday 22nd June 2024 9:30 – 2:00**

**At the Vine, St Barts, Primrose Hill, Langsett, Sheffield S6 2UW**

A day to explore what healing looks like, for ourselves, those we minister to and others...

An experiential day to explore Wellbeing, Healing and Wholeness in more depth. The day will be both inspirational and practical and will include:

**Sacred Space to Pause** ...Opening worship from Adrian Scott, poet, writer, photographer, spiritual director and retreat leader.

**The Theology of Healing..** The Diocese's new Spirituality Advisor, Rev Dr Julian Raffay will explore what the bible says about healing and why it is an important, integral part of all our ministry. Julian has extensive experience as a mental health chaplain, a parish priest and a postgraduate programme director.

### **A choice of 2 from the following Workshops:**

- **An Introduction to Listening:** Learn about the power of listening, the growing need for it and some tips on how to do it well. Linda Gascoyne, Co-CEO of South Yorkshire Chaplaincy and Listening Service.
- **Creating Sacred Space** How to use Art and Creativity in your ministry. Adrian Scott.
- **Practical skills for prayer ministry** Skills and Guidelines for the laying on of hands. Rev Chris Low and Rev Louise Yaull, from the Healing Team.

**Safe practice and Questions** :An opportunity to feedback and ask Questions

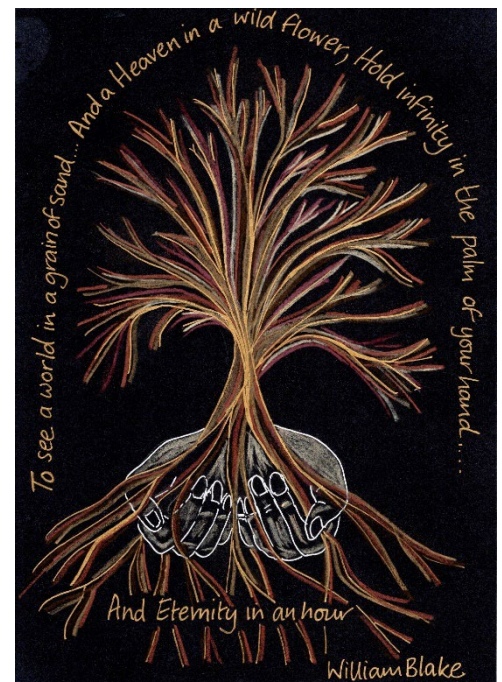
**A Healing and Anointing Service to finish:** We will use interactive prayer stations to model different types of healing ministry.

Meet the Healing and Wholeness team, ask questions and find out how we can resource you!  
For more information contact [healing.ministry@sheffield.anglican.org](mailto:healing.ministry@sheffield.anglican.org)

**All welcome!** Refreshments provided Please bring your own lunch

**Book now to make sure you get a place!**

Booking Free via the Diocesan Website: please [CLICK HERE](#)



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**For your diaries:**

**Trauma Informed ministry Day:**

**An interactive workshop by Rev Hilary Ison 9.30-2**

**Saturday 19<sup>th</sup> October 2024 at St Mark's Church Broomhill S10 2SE**

Come and equip yourself to deal with the stresses and strains of daily life better. An interactive workshop exploring how understanding ourselves and our body's reaction to trauma better can enable us to build resilience for the future. Hilary will help us learn how to check in on ourselves and respond in a more considered and creative way, enabling us to look after ourselves and accompany others better in pastoral ministry through difficult times. We will look at how we can respond in a helpful, healthy way, both individually and collectively as congregations and communities, and the biblical and faith resources available to help. We will finish with an optional healing service.

Refreshments will be provided but please bring your own lunch.

*Hilary is a great speaker who is experienced in all kinds of church leadership and teaching and a trustee for St Lukes for Clergy Wellbeing.*

*For more information and to book [Click Here](#)*

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**News from around the Diocese**

**More Healing Services from the Healing and wholeness team to inspire and refresh you....**

Why not bring your healing team to be renewed and prayed for?

**Regular Healing services at the Cathedral:**

**On the 1<sup>st</sup> Saturday of the month**

**at 3.30pm in the Cathedral Crypt.**

A Service of Healing and Wholeness for our Wellbeing

**Next dates: 6/4/24, 4/5/24 and 1/6/24**

There will be no service in July because of ordinations.

**A quarterly H&W service for Rotherham churches or**

**anyone in need of prayer at Rotherham Minster S60 1PD**

**4.30pm Sunday, July & 13/10/24: 'Holy Space: space to 'be'**

**and spend time with God: A Service to explore Wellbeing, Healing and Wholeness'**

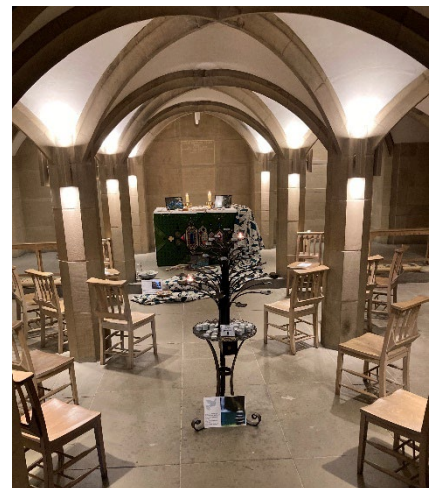
**7pm Sunday 30/6/24 and 29/9/24 St Mark's Broomhill S10 2SE**

**Holy Ground: A Service to explore Wellbeing, Healing and Wholeness**

Reflective services with space to simply 'be' with God and receive anointing for healing & prayer.

An opportunity for all of us involved in ministry of one sort or another to pause and be refreshed or to collect ideas for your own service. All welcome! No need to book.

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Let us know about your healing services so we can advertise them for you.  
Or if you would like help setting one up please contact:  
[healing.ministry@sheffield.anglican.org](mailto:healing.ministry@sheffield.anglican.org)

## **STOP PRESS!**

### **1. Presenting Sheffield's first Renew Wellbeing space:**

#### **Renew S6 at St Polycarp's Malin Bridge**

*The team from St Polycarp's were presented with their certificate in person by Ruth Rice at the Renew Wellbeing retreat day held at St Polycarp's on 24<sup>th</sup> February. 15 of us representing 4 prospective Renew Wellbeing teams had a lovely retreat day together led by Ruth. Please pray for the St Polycarp's team as they launch, and all the other plans being hatched around Sheffield to create a network of Renew Wellbeing spaces around the Diocese...*



Quiet shared spaces  
where it's ok not to be ok

\*Light refreshments \*Time to chat or space to be quiet  
\*Shared hobbies and crafts available  
\*Separate reflective space to be still or pray

**Fridays 10.30am -12.30pm**

St Polycarp's Church Foyer  
Wisewood Lane, Sheffield, S6 4WA

Contact email: [administrator@stpolycarpchurch.org.uk](mailto:administrator@stpolycarpchurch.org.uk)

**Please pray for the St Polycarp's Team  
as they get going with this ministry!**

\*See Rachel Brown's article on the H&W page.

### **2. Healing Prayer School held at St John's Goole, Fri & Sat 11-12 Jan**

**\*Please see our new article on the H&W page,  
written up by Karen Saxton their Church Administrator**



**News and Resources for your ministry are  
all on our Healing and Wholeness page of the diocesan Website:**  
[Healing & Wholeness](#)

- **Distilled guidelines for healing ministry- the 10 commandments for healing ministry**

- ***A new resource for you on our H&W page is a direct link to our Healing and Wholeness Prayer Station Resources which Julia Fall is starting to collect for us to use at Church House***  
***Thank you Julia!***

***Please have a look on:***

**[Healing & Wholeness Prayer Station Resources](#)**

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## ***Get in touch!***

We are always keen to hear what is going on in your Healing and Wholeness Ministry around the Diocese, so if you have held a healing service or event, have set up a wellbeing space or resource or are planning to do so, please get in touch with us so we can share ideas and let people know. We can help with resources and communications. Please join our Facebook group to share ideas and resources: [Healing & Wholeness in the Diocese of Sheffield | Facebook](#), and we have a dedicated webpage too, [Healing & Wholeness](#)

**You can contact me, Rev Dr Louise Castle, by email:**  
**[healing.ministry@sheffield.anglican.org](mailto:healing.ministry@sheffield.anglican.org)**

**God Bless you all,  
Louise**

***Bishop's Advisor in Healing and Wholeness  
Diocese of Sheffield***

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## **What do we do with Life's Mole hills?**

***By Dr Mary Wren***



I am writing this during January in the UK and I have noticed that the moles are on the move. Mole hills seem to be everywhere. There must be a massive, unnoticed

underground community, tunnelling away, having babies, foraging for food - if you observe all the external evidence of the mole hills.

Our lives can be a bit like this. We have things that can pop up, maybe sudden emotions such as anger, sadness or anxiety, or physical symptoms such as headaches, gut problems, or inflammation somewhere. It is easy to focus on the presenting problem and try and get relief for it-see a health worker or get prayer - and sometimes that works. Many patients get well through medical care in my surgery.

But more often, in my experience, there is something burrowing away under the surface that is the real problem. Maybe we have an imbalance of things in our life and need more rest, fun or exercise. Maybe we are hiding our worries, when talking to someone would really help. Or holding onto resentment or bitterness inside when forgiveness could set us free. Maybe we work hard at loving others but find it hard to love ourselves, or we feel shame and guilt about mistakes and bad choices and find it hard to believe God still loves us whatever.

The only way to get rid of mole hills is to get rid of the moles. Anything else is just a sticky plaster and up they will pop again. When we risk a deeper look, healing can come to the real problem and the surface things fade away. Jesus said to love God (who loves us first), and love others as we love ourselves, and that sums up everything. Maybe receiving God's love, loving ourselves and letting others help would heal more than we can imagine. Sometimes we focus on the wrong things.

*Dr Mary Wren has worked as a GP in Sheffield for 30+ years, always focussing on roots of illness and bringing together faith and medicine to enable wholeness for people.*