

# THE LIVING WELL

*Canterbury Diocesan Centre  
for Healing and Wholeness*



Programme 2024



## The Living Well Prayer

God of Healing, we commit into your hands  
the work and ministry of The Living Well;  
May its door be wide enough to receive all  
who seek your healing grace;

May it be a place of rest,  
laughter and forgiveness;

Bless all whom you call  
to your ministry of healing;

May The Living Well be a gateway to that  
wholeness which is your desire for all people.  
We ask this through Christ our Lord. Amen

The Living Well charity has a particular call upon its offering to serve in Canterbury Diocese – we are charged and commissioned to encourage and develop Christ’s healing and wholeness ministry amongst us.

What does that look like? Well, anything from enabling you as guests to find a place of peace, reflection, harmony, hope and healing through individual or group retreat at The Living Well; to connecting with you personally to seek God for His healing over past or present traumas, hurts, worries or illnesses; to encouraging the local church to offer prayer and ministry that brings hope, help, healing and wholeness right into the heart of the community. This call is our call.

As we prepare the programme for 2024 we recognise that each of us has unique ways in which we meet with God; and so we offer a variety of events and types of ministry in the hope that you will find something that suits your needs, including varying the days of the week that events are held - see the back inside page for a simplified listing.

We also recognise that faith flourishes and diminishes, germinates in the darkness, leans into the light, begins sometimes miraculously, sometimes painfully slowly, and other times seems to slope off or never have been present. All of that is OK with us, wherever you are spiritually, emotionally, physically, mentally you are welcome and we accept you. Just as our loving and generous God accepts you.

You do not need to book if you want to come and find us on a Thursday morning for worship in the chapel with healing prayer available which starts at 10.30am weekly. For this you can simply come, there is adequate parking on the drive and always refreshments afterwards. All other events and prayer appointments do require booking.

Please do enquire by email or phone if you are not sure what event, regular or irregular, might be the most helpful to you right now. Please note that whilst we ask for a ‘suggested donation’ to support our ministry, we hope that nobody feels unable to come due to financial concern and we will always be open to offer assistance and apply for a bursary if necessary. Please just ask...we want to remove any stumbling blocks for you that we can...

With real Trinitarian hope in Christ Jesus, love from God and the inspiration of the Holy Spirit we welcome you and look forward to meeting you in the year ahead.

Every blessing be yours, Lorraine



Lorraine  
Chaplain



Hilary  
Assist. chaplain



Ray  
Assist. chaplain



Helen  
Assist. chaplain



Annelise  
Administrator



Martin  
Warden

# General Information

## ◇ **Deeper Healing Days —Lunch and refreshments provided**

A Deeper Healing Day enables us to be listened to and prayed with in order to bring release and peace through prayer. It is not counselling but is an opportunity to be listened to, listen to ourselves and God in a safe and welcoming place where confidentiality will be respected. Numbers are limited.

## ◇ **Quiet Days —Lunch and refreshments provided**

Quiet Days on different themes include worship, some input and silence to enjoy the space in the house and garden.

## ◇ **Use of the House and grounds for individuals or groups:**

Individuals or groups (up to 16) are welcome to spend time in the house or garden rooms, for retreat and quiet space, groups can also request facilitation by the chaplain. Spaces for individuals are available every week day except Thursday mornings; Spaces for groups are available on the same days and on Saturdays.

## ◇ **Prayer appointments with two chaplains:**

These can be booked via our administrator for **Thursday afternoons**. A time to be listened to and prayed with for 45 minutes, followed by a time of reflection in one of our garden cabins. Available online if necessary.

## ◇ **Clergy Oasis Days, Readers Refreshment Days and Anna Chaplaincy Days — Lunch and refreshments provided:**

Led by a chaplain, with opportunity to be still, to share, to be heard ....

## ◇ **Archdeaconry Ministry Days and Healing Days**

Themed days led by the Chaplaincy and Wider Team at different venues in the diocese .

## ◇ **Courses**

Two 5/6 week courses will be run this year on Tue afternoons: 'Christ's Healing Ministry' 30th April—28th May, and 'Navigating Trauma' 22nd Oct—26th Nov.

## Suggested donations:

Deeper Healing Days	£40 pp
Themed facilitated Quiet Days	£28 pp
Individual use of the house	£20 pp
Group use of the house	£20 pp
With lunch OR facilitation	£28 pp
With lunch AND facilitation	£35 pp
Clergy Oasis, Readers Refresh <sup>t</sup> , Anna Chaplaincy Days	£28 pp
£3 diocesan discount for those from the Canterbury Diocese	£25 pp
Courses (for the 5 or 6 sessions)	£35 pp
Prayer appointments	at your discretion

**All days need to be booked.**  
**Please ask for a bursary help if need be.**

## Contact Information

Website:	<a href="http://www.the-living-well.org.uk">www.the-living-well.org.uk</a>
Administrator's email:	<a href="mailto:contact@the-living-well.org.uk">contact@the-living-well.org.uk</a>
Annelise Matharu	
Chaplain's email	
Rev Lorraine Apps-Huggins	<a href="mailto:Lorraine@the-living-well.org.uk">Lorraine@the-living-well.org.uk</a>
Assistant chaplains' emails	
Hilary Hills	<a href="mailto:Hilary@the-living-well.org.uk">Hilary@the-living-well.org.uk</a>
Ray Horton	<a href="mailto:Ray@the-living-well.org.uk">Ray@the-living-well.org.uk</a>
Helen Jones	<a href="mailto:Helen@the-living-well.org.uk">Helen@the-living-well.org.uk</a>
Telephone:	01304 842 847
Address:	The Living Well Vicarage Lane Nonington, Kent CT15 4JT

## January

**Thursday 4th January**

**10.30 am : Healing Service, also streamed via Zoom—**  
please contact administrator for link

**Monday 8th January**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins.

**Thursday 11th January**

**10.30 am: Healing Service —All welcome**

**Thursday 18th January**

**10.30 am: Healing Service —All welcome**

**Thursday 25th January**

**10.30 am: Healing Service —All welcome**

**Friday 26th January**

**Clergy Oasis Day 9.30 am—4.00 pm**

For clergy holding a licence.

## February

**Thursday 1st February**

**10.30 am : Healing Service, also streamed via Zoom—**  
please contact administrator for link

**Saturday 3rd February**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

**Thursday 8th February**

**10.30 am : Healing Service —All welcome**

**Thursday 15th February**

**10.30 am: Healing Service —All welcome**

**Thursday 22nd February**

**10.30 am: Healing Service —All welcome**

**Saturday 24th February**

**10am—4pm: Healing Day at Queenborough  
'Anxiety, Worry, Doubt and Self-Worth'**

Please book via the administrator or Rev Paul Kite  
revkite@btinternet.com (£10)

**Wednesday 28th February**

**Quiet Day 10.00 am—4.00 pm**

**"Graves into Gardens"**

Led by Aileen White

Please book via Eventbrite or the administrator.

**Thursday 29th February**

**10.30 am: Healing Service —All welcome**

## March

**Friday 1st March**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

**Thursday 7th March**

**10.30 am : Healing Service, also streamed via Zoom—**  
please contact administrator for link

**Thursday 14th March**

**10.30 am: Healing Service 10.30 am — All welcome**

**Thursday 21st March**

**10.30 am: Healing Service —All welcome**

**Thursday 23rd March**

**10.30 am: Healing Service —All welcome**

**Wednesday 27th March**

**10am—4pm: Healing Day at St Peter's Greatstone**  
**'Healing Loneliness and Rejection with the Joy of Easter'**

Please book via the administrator or Les Carter lesin-  
lydd@btinternet.com (£15 suggested donation)

**Thursday 28th March**

**10.30 am: Healing Service —All welcome**



## House Closed

**Fri 29th March — Sun 7th April inclusive**

### April

*5 sessions (1.30-3.30pm) on “Christ’s Healing Ministry” - Tuesdays 30th April, 7th, 14th, 21st and 28th May, led by Rev. Lorraine Apps-Huggins and Ray Horton. Please book via Eventbrite or the administrator. Donation of £35 for the 5 sessions. Places are limited.*

#### **Thursday 11th April**

**10.30 am : Healing Service—All welcome**

#### **Friday 12th April**

**Readers Refreshment Day 9.30 am—4.00 am**

#### **Saturday 13th April**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

#### **Saturday 20th April**

**Quiet Day 10.00 am—4.00 pm**

**“Getting Close to God through Creative Bible Journalling”**

Led by Maggie Paddison

Please book via Eventbrite or the administrator

**Thursday 25th April**

**10.30 am : Healing Service**—All welcome

**Saturday 27th April**

**Archdeaconry Ministry Day 10.00 am—3.30 pm**

**St Faith's Church, Maidstone**

**'Faith, Hope, God, Anxiety and Self-Doubt'**

Led by the chaplaincy and Wider Team.

## **May**

**Thursday 2nd May**

**10.30 am : Healing Service, also streamed via Zoom**—  
please contact administrator for link

**Friday 3rd May**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

**Thursday 9th May**

**10.30 am : Healing Service**—All welcome

**Thursday 16th May**

**10.30 am : Healing Service**—All welcome

**Monday 20th May**

**Clergy Oasis Day 9.30 am—4.00 pm**

For clergy holding a licence.

# JUNE

**Thursday 23rd May**

**10.30 am : Healing Service**—All welcome

**Thursday 30th May**

**10.30 am : Healing Service**—All welcome

**June**

**Monday 3rd June**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

**Thursday 6th June**

**10.30 am : Healing Service, also streamed via Zoom**—  
please contact administrator for link

**Thursday 13th June**

**10.30 am : Healing Service**—All welcome.

**Thursday 20th June**

**10.30 am : Healing Service**—all welcome

**Friday 21st June**

**Quiet Day 10.00 am—4.00 pm**

**‘Enjoying God’**

Led by Roz Graham

Please book via Eventbrite or the administrator.

**Thursday 27th June**

**10.30 am : Healing Service**—all welcome



## July

### Thursday 4th July

**10.30 am : Healing Service, also streamed via Zoom—**  
please contact administrator for link

### Saturday 6th July

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

### Monday 8th July

**Readers Refreshment Day 9.30 am—4.00 am**

### Thursday 11th July

**10.30 am : Healing Service—All welcome**

### Thursday 18th July

**10.30 am : Healing Service—all welcome**

### Saturday 20th July

**Archdeaconry Ministry Day 10.00 am—4.00 pm**

**St Paul's Parish Centre, Canterbury**

**'Faith, Hope, God and ill health'**

Led by the Chaplaincy and Wider Team

### Thursday 25th July

**10.30 am : Healing Service—all welcome**

AUG

## August

### Thursday 1st August

**10.30 am : Healing Service, also streamed via Zoom—**  
please contact administrator for link

### Friday 2nd August

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

### Saturday 3rd August

**Quiet Day 10.00 am—4.00 pm**

**‘Food for Thought and the Soul’**

Led by Rev. Carol Morrison.

Please book via Eventbrite or the administrator.

### Thursday 8th August

**10.30 am : Healing Service—all welcome**

### Thursday 15th August

**10.30 am : Healing Service—all welcome**

### Thursday 22nd August

**10.30 am : Healing Service—all welcome**

### Thursday 29th August

**10.30 am : Healing Service—all welcome**

SEP

## September

### Thursday 5th September

**10.30 am : Healing Service, also streamed via Zoom** —  
please contact administrator for link

### Monday 9th September

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

### Monday 10th September

**Clergy Oasis Day 9.30 am—4.00 pm**

For clergy holding a licence.

### Thursday 12th September

**10.30 am : Healing Service**—all welcome

### Thursday 19th September

**10.30 am : Healing Service**—all welcome

### Thursday 26th September

**10.30 am : Healing Service**—all welcome

### Monday 30th September

**Anna Chaplaincy Day 10.00 am—4.00 pm**

Led by assistant chaplain Hilary Hills



OCT

## October

***Navigating Trauma” Course led by The Living Well Team on Tuesdays 22nd and 29th Oct, 5th, 12th, 19th, and 26th Nov, 1.30-3.30pm (6 sessions). Please book via the administrator.***

### **Thursday 3rd October**

**10.30 am : Healing Service, also streamed via Zoom—**  
please contact administrator for link

### **Saturday 5th October**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

### **Wednesday 9th October**

**10am—4pm: Healing Day at All Saints, St Mary’s Bay**

Please book via the administrator or Penny Lowe at  
pslowe9@gmail.com (£15 suggested donation)

### **Thursday 10th October**

**10.30 am : Healing Service—all welcome**

### **Saturday 12th October**

**2.30pm: St Luke’s Service in the crypt of Canterbury Cathedral—All welcome.**

### **Thursday 17th October**

**10.30 am : Healing Service—all welcome**

**Saturday 19th October**

**Quiet Day 10.00 am—4.00 pm**

**Title to be confirmed**

Led by Rev. Dr Emma Pennington.

Please book via Eventbrite or the administrator.

**Thursday 24th October**

**10.30 am : Healing Service**—all welcome

**Thursday 31st October**

**10.30 am : Healing Service**—all welcome

**November**

**Friday 1st November**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

**Saturday 2nd November**

**Archdeaconry Ministry Day 10.00 am—4.00 pm**

**St Mary's Church, Willesborough, Ashford,**

**'Faith, Hope, God, Grief and Loss'**

Led by the chaplaincy and Wider Team.

**Thursday 7th November**

**10.30 am : Healing Service, also streamed via Zoom—**

please contact administrator for link

**Thursday 14th November**

**10.30 am : Healing Service**—all welcome

**Thursday 21st November**

**10.30 am : Healing Service**—all welcome

**Saturday 23rd November**

**Readers Refreshment Day 9.30 am—4.00 am**

**Thursday 28th November**

**10.30 am : Healing Service**—all welcome

## **December**

**Tuesday 3rd December**

**Quiet Day 10.00 am—4.00 pm “Waiting on God”**

Led by Chris Chapman

Please book via Eventbrite or the administrator.

**Thursday 5th December**

**10.30 am : Healing Service, also streamed via Zoom**—  
please contact administrator for link

**Friday 6th December**

**Deeper Healing Day 10.00 am—4.00 pm**

Led by Rev. Lorraine Apps-Huggins

**Thursday 12th December**

**10.30 am : Healing Service**—all welcome

**Thursday 19th December**

**10.30 am : Healing Service**—all welcome



## Quiet Days

Wed 28th Feb

Sat 20th April

Fri 21st June

Sat 3rd Aug

Sat 19th Oct

Tue 3rd Dec

## Deeper Healing Days

Mon 8th Jan

Sat 3rd Feb

Fri 1st Mar

Sat 13th April

Fri 3rd May

Mon 3rd June

Sat 6th July

Fri 2nd Aug

Mon 9th Sept

Sat 5th Oct

Fri 1st Nov

Fri 6th Dec

## Courses at TLW

Christ Healing Ministry, Spring

Navigating Trauma, Autumn

## Clergy Oasis Days

Fri 26th Jan

Mon 20th May

Tue 10th Sept

## Readers Refresh<sup>t</sup> Days

Fri 12th April

Mon 8th July

Sat 23rd Nov

## Anna Chaplaincy Day

Mon 30th Sept

## Special events

*St Luke's Service,  
Canterbury Cathedral,  
12th Oct at 2.30pm*

## Outreach Ministry Days

Sat 24th Feb, Queenborough

Wed 27th March, Greatstone

Sat 27th April, Maidstone

Sat 20th July, Canterbury

Wed 9th Oct, St Mary's Bay

Sat 2nd Nov, Willesborough

# Days for individuals or groups at The living Well



Garden and cabins



Cabin "Trinity"



The "Upper Room"

For individual days, you can choose one of our four garden cabins or our 'Upper Room'.

**£20 pp per day**, incl. refreshments. Any day of the week except Thursday mornings.

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For groups (up to 16 people) looking for time for spiritual refreshment, training or simply being together .

On Mondays, Tuesdays, Wednesdays, Fridays or Saturdays.

**£20 pp** per day, incl. refreshments.

**£28 pp** per day **with facilitation** from a chaplain.

**£28 pp** per day **with lunch**, self-facilitated.

**£35 pp** per day **with facilitation** from a chaplain **and lunch**.

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Bursaries are available if needed.

**The Living Well**

Vicarage Lane, Nonington, Kent CT15 4JT

Tel: 01304 842847

Email: [contact@the-living-well.org.uk](mailto:contact@the-living-well.org.uk)

Website: [www.the-living-well.org.uk](http://www.the-living-well.org.uk)

Registered Charity No.: 1123792



Our Patron, the Rt Revd Rose Hudson-Wilkin,  
Bishop of Dover and Bishop in Canterbury

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