

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 and Readers Refreshment Days — Lunch and refreshments provided:**

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

◇ **Living Well Outreach Days**

Themed days led by the Chaplaincy and Wider Team at different venues and deaneries 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 'Healing the Wounds of 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, and Readers Refreshments Days—£3 diocesan discount for those from the Canterbury Diocese (£25)	£28 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:	www.the-living-well.org.uk
Administrator's email:	contact@the-living-well.org.uk
Annelise Matharu	
Chaplain's email	
Rev Lorraine Apps-Huggins	Lorraine@the-living-well.org.uk
Assistant chaplains' emails	
Hilary Hills	Hilary@the-living-well.org.uk
Ray Horton	Ray@the-living-well.org.uk
Helen Jones	Helen@the-living-well.org.uk
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

FEB

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

Living Well Outreach Day

‘Faith, Hope, God, Anxiety and Self-Doubt’

At the St Faith’s Centre, Maidstone - 10.00 am—3.30 pm

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.

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

Living Well Outreach Day

‘Faith, Hope, God and ill health’

At the St Paul’s Parish Centre, Canterbury - 10am-3.30pm

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

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

October

“Healing the Wounds of 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.

OCT

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
'How God can help us with changes in our community'

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

'Love was his meaning': Exploring the Love of God with
Julian of Norwich.

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

Living Well Outreach Day

‘Faith, Hope, God, Grief and Loss’

St Mary’s Church, Willesborough, Ashford - 10am-3.30pm

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

House closed

Tue 24th Dec — Mon 1st Jan inclusive

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
Healing the Wounds of Trauma,
Autumn

Clergy Oasis Days

Fri 26th Jan

Mon 20th May

Tue 10th Sept

Readers Refresh^t Days

Fri 12th April

Mon 8th July

Sat 23rd Nov

Special services

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

Outreach 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.

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**.

Bursaries for individuals available if needed—please ask.

The Living Well

Vicarage Lane, Nonington, Kent CT15 4JT

Tel: 01304 842847

Email: contact@the-living-well.org.uk

Website: www.the-living-well.org.uk

Registered Charity No.: 1123792



Burrswood
Health and Wellbeing 



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

The Living Well

Vicarage Lane, Nonington, Kent CT15 4JT

Tel: 01304 842847

Email: contact@the-living-well.org.uk

Website: www.the-living-well.org.uk



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