

# THE LIVING WELL

*Canterbury Diocesan Centre  
for Healing and Wholeness*

*Programme 2025*



## 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

Welcome to our programme for 2025.

I am always excited to consider all that God may bring to pass in the year ahead, and all that we are able to offer you as guests. We love greeting you at The Living Well and we seek to provide a variety of opportunities for you to join us: to rest, reflect, pray....receive...

This year our programme will include our weekly worship on a Thursday morning at 10.30am (you can just turn up), monthly Deeper Healing Days, individual retreat, group retreat, Prayer Appointments, Themed Days led by numerous gifted facilitators, and a selection of days for those in ministry, plus outreach from the chaplaincy to the diocese and parishes—See the back page for a concise listing and booking details.

As a charity our ministry is greatly supported by volunteers who having recognised a calling within themselves and with discernment by the chaplaincy now serve at The Living Well – we value their input and I see how, like a flourishing garden, each one adds to the flora and fauna that is present within the Trustees, Core, Hospitality and Wider Team – the garden is verdant!

Our actual garden is also a joy – with the Labyrinth for times of prayer, many benches and the much-loved swing seat; the vegetable plot and greenhouse, rose garden, water feature and cabins. The cabins provide an outside/inside space that can be used all year round so that you can commune with God, connect with nature, and find peace within yourself whilst looking out across the garden or the fields beyond.

The presence of the Spirit of Christ rests upon us and we are blessed in the Chapel, the Upper Room, the Library, the Lounge, the Kitchen and in our working relationships – in fact we hope that each one of you who visits over the coming year will also be blessed by the beautiful presence of Christ, finding healing and wholeness as we all work out our salvation, grow in holiness, and deepen our faith, seeking and searching as we travel onward...in His name.

Every blessing for 2025

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.

## ◇ **Themed 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 members of the team:**

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 the chaplaincy, 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: 'Christ's Healing Ministry' 18th March—15th April, and 'Healing the Wounds of Trauma' 2nd Sept—21st Oct (no course on 23rd and 30th Oct).

## All days need to be booked. Suggested donations:

|                                             |                    |
|---------------------------------------------|--------------------|
| Deeper Healing Days                         | £40-£50 pp         |
| Themed facilitated Days                     | £30 pp             |
| Individual use of the house                 | £20-£25 pp         |
| Group use of the house                      | £21 pp             |
| With lunch OR facilitation                  | £28 pp             |
| With lunch AND facilitation                 | £35 pp             |
| Clergy Oasis, and Readers Refreshments Days | £28 pp             |
| Courses (for the 5 or 6 sessions)           | £40 pp             |
| Prayer appointments                         | at your discretion |

### Cancellation Policy:

All days are payable in advance.

Charges are fully refundable if cancellation is made up to 3 days prior to the event for individuals or 7 days for groups. Thereafter no refunds will be payable. This includes individual no shows within groups .

|                             |                                                                                      |
|-----------------------------|--------------------------------------------------------------------------------------|
| 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<br>Vicarage Lane<br>Nonington, Kent<br>CT15 4JT                      |

JAN

## January

### **Thursday 2nd January**

**10.30 am : Healing Service —All welcome**  
**Prayer appointments in the afternoon**

### **Thursday 9th January**

**10.30 am: Healing Service —All welcome**  
**Prayer appointments in the afternoon**

### **Thursday 16th January**

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

### **Thursday 23rd January**

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

### **Thursday 30th January**

**10.30 am: Healing Service —All welcome**  
**Prayer appointments in the afternoon**

### **Friday 31st January**

**Clergy Oasis Day 9.30 am—4.00 pm**

For clergy holding a licence.

FEB

## February

**Saturday 1st February**

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

**Thursday 6th February**

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

**Prayer appointments in the afternoon**

**Thursday 13th February**

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

**Thursday 20th February**

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

**Prayer appointments in the afternoon**

**Saturday 22nd February**

**Themed Day 10.00 am—4.00 pm**

**An Introduction to the Psalms**

Led by Roz Graham

Please book via [Eventbrite](#) or the administrator.

**Thursday 27th February**

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

**Prayer appointments in the afternoon**

## March

*Course “Christ’s Healing Ministry” - 5 sessions on Tuesdays 18th, 25th March, 1st, 8th, 15th April , 10.00am – 12.30pm, led by Rev. Lorraine Apps-Huggins and Ray Horton. Please book via the administrator. Donation of £40.*

### Thursday 6th March

**10.30 am : Healing Service —All welcome**  
**Prayer appointments in the afternoon**

### Friday 7th March

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

### Thursday 13th March

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

### Thursday 20th March

**10.30 am : Healing Service —All welcome**  
**Prayer appointments in the afternoon**

### Friday 21st March

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

### Thursday 27th March

**10.30 am: Healing Service —All welcome**  
**Prayer appointments in the afternoon**

### Saturday 29th March

**10.00 am—3.30 pm Living Well Outreach Day**  
**Queenborough Church Hall, Sheppey**



## April

**Thursday 3rd April**

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

**Prayer appointments in the afternoon**

**Friday 4th April**

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

**Wednesday 9th April**

**10.00 am—3.30pm Living Well Outreach Day**

**St Peter's Church, Greatstone**

Please book via Les Carter [lesinlydd@btinternet.com](mailto:lesinlydd@btinternet.com)

**Thursday 10th April**

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

**Prayer appointments in the afternoon**

**Friday 11th April**

**Themed Day 10.00 am—4.00 pm**

**Getting Close to God through Creative Bible Journaling**

Led by Maggie Paddison

Please book via [Eventbrite](#) or the administrator

**Thursday 17th April**

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

**House Closed**

**Fri 18th April — Mon 28th April inclusive**

## May

**Thursday 1st May**

**10.30 am : Healing Service—All welcome  
Prayer appointments in the afternoon**

**Friday 2nd May**

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

**Tuesday 6th May**

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

**Thursday 8th May**

**10.30 am : Healing Service—All welcome  
Prayer appointments in the afternoon**

**Thursday 15th May**

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

**Thursday 22nd May**

**10.30 am : Healing Service—All welcome  
Prayer appointments in the afternoon**

**Thursday 29th May**

**10.30 am : Healing Service—All welcome  
Prayer appointments in the afternoon**

## June

**Thursday 5th June**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Friday 6th June**

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

**Tuesday 10th June**

**Themed Day 10.00 am—4.00 pm**

**The Cloud of Unknowing**

Led by Rev. Canon Emma Pennington

Please book via [Eventbrite](#) or the administrator

**Thursday 12th June**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Thursday 19th June**

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

**Thursday 26th June**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

## July

### **Thursday 3rd July**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

### **Saturday 5th July**

**Deeper Healing Day 10.00 am—4.00 pm**  
Led by a chaplain

### **Tuesday 8th July**

**Clergy Oasis Day 9.30 am—4.00 pm**  
For clergy holding a licence.

### **Thursday 10th July**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

### **Thursday 17th July**

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

### **Saturday 24th July**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

### **Thursday 31st July**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

AUG

## August

**Monday 4th August**

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

Led by a chaplain

**Thursday 7th August**

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

**Prayer appointments in the afternoon**

**Thursday 14th August**

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

**Wednesday 20th August**

**Themed Day 10.00 am—4.00 pm**

**Through the Door of Hope**

Led by Chris Chapman

Please book via [Eventbrite](#) or the administrator

**Thursday 21st August**

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

**Prayer appointments in the afternoon**

**Thursday 28th August**

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

**Prayer appointments in the afternoon**

SEP

## September

*'Healing the Wounds of Trauma' Course led by The Living Well Team on Tuesdays 2nd, 9th, 16th Sept, 21st, 28th Oct, and 4th November 1.00-3.00pm (6 sessions). Please book via the administrator. Donation of £40 for the 6 sessions. Places are limited.*

**Thursday 4th September**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Saturday 6th September**

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

**Thursday 11th September**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Friday 12th September**

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

**Thursday 18th September**

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

**Thursday 26th September**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

OCT

## October

**Thursday 2nd October**

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

**Prayer appointments in the afternoon**

**Friday 3rd October**

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

**Thursday 9th October**

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

**Prayer appointments in the afternoon**

**Saturday 11th October**

**Themed Day 10.00 am—4.00 pm**

**'God's Great Harvest Provision - A Time for Gratitude'**

Led by Rev. Carol Morrison

Please book via [Eventbrite](#) or the administrator

**Thursday 16th October**

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

**Thursday 23rd October**

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

**Prayer appointments in the afternoon**

**Saturday 25th October**

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

**Thursday 30th October**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

## **November**

**Monday 3rd November**

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

**Thursday 6th November**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Thursday 13th November**

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

**Monday 17th November**

**Clergy Oasis Day 9.30 am—4.00 pm**

For clergy holding a licence.

**Thursday 20th November**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Thursday 27th November**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**



DEC

## December

**Thursday 4th December**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Friday 5th December**

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

**Monday 8th December**

**Themed Day 10.00 am—4.00 pm**

**'Waiting Well—An Advent Retreat for Those who Find  
Waiting Hard!'**

Led by Aileen White

Please book via [Eventbrite](#) or the administrator

**Thursday 11th December**

**10.30 am : Healing Service—All welcome**  
**Prayer appointments in the afternoon**

**Thursday 18th December**

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

**House closed Tue 23rd Dec — Thu 1st Jan inclusive**

## Themed Days

Sat 22nd Feb

Fri 11th April

Tue 10th June

Wed 20th Aug

Sat 11th Oct

Mon 8th Dec

## Deeper Healing Days

Fri 3rd Jan

Sat 1st Feb

Fri 7th Mar

Fri 4th April

Tue 6th May

Fri 6th June

Sat 5th July

Mon 4th Aug

Sat 6 Sept

Fri 3rd Oct

Mon 3rd Nov

Fri 5th Dec

## Courses at TLW

Christ Healing Ministry, in the Spring

Healing the Wounds of Trauma, in the Autumn

## Clergy Oasis Days

Fri 31st Jan

Tue 8th July

Mon 17th Nov

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

Fri 21st Mar

Fri 2nd May

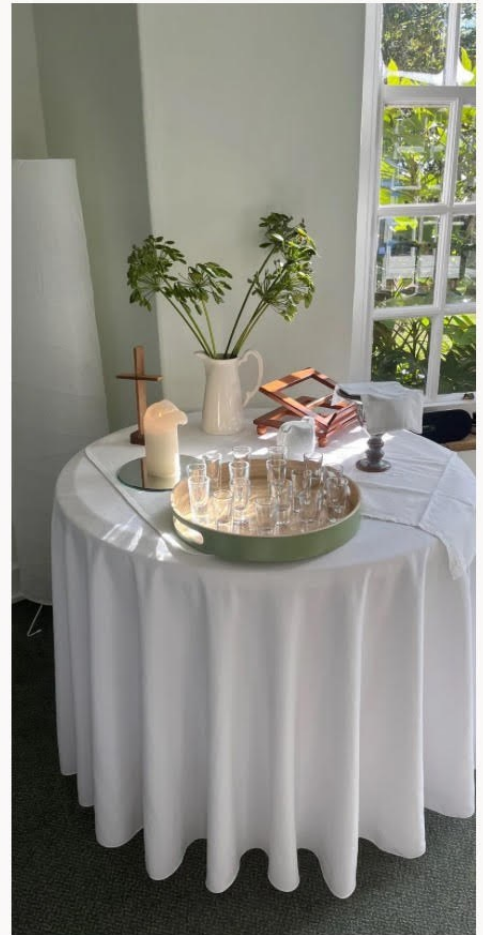
Fri 12th Sept

## Special services

*St Luke's Service,*  
Canterbury Cathedral,  
25th Oct at 2.30pm

## Outreach Days

Wed 9th April—Romney Marsh





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

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



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