

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:	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 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

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

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 and 7th, 14th, 21st Oct, 1.30-3.30pm (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^t Days

Fri 21st Mar

Fri 2nd May

Fri 12th Sept

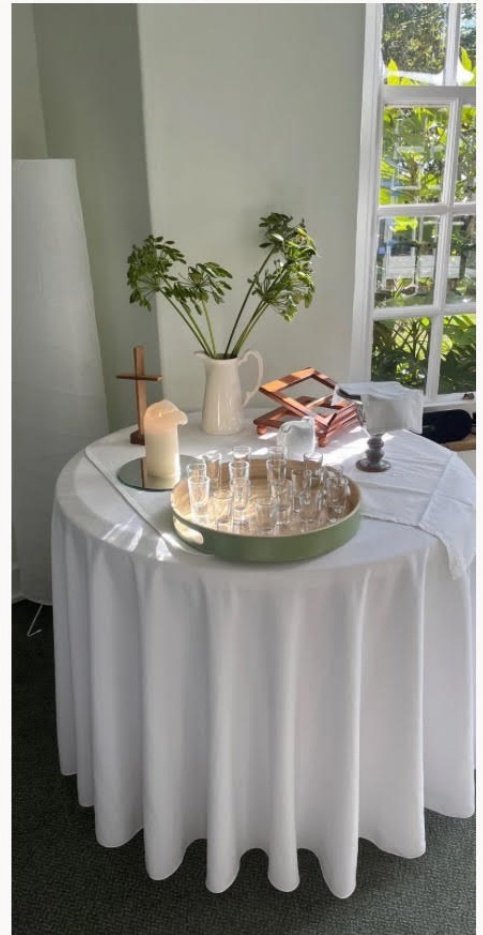
Special services

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

Outreach Days

Sat 29th March—Sheppey

Wed 9th April—Romney Marsh





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

The Living Well

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Tel: 01304 842847

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

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



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