

# THE LIVING WELL

***Canterbury Diocesan Centre  
for Healing and Wholeness***



Programme  
2026



## 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 2026.

We are thrilled that God has led us to this point on the Living Well's journey and look forward expectantly to all He has in store for you as guests and us as team in the year ahead!

This year's programme has the familiar pattern of Thursday worship at 10.30am to which any and all can come without booking. There are monthly deeper healing days; days for clergy, readers and Anna Chaplains; themed days led by gifted facilitators and courses, all of which need to be booked via our administrator.

The Living Well operates as a charity and its needs are supplied through the generous gifts of those who come, our supporters and some churches who give us gifts as part of their mission allocation. Our team of volunteers bring a rich variety of gifts and it is exciting to witness how God weaves us together into a whole to facilitate the ministry at The Living Well.

In our beautiful grounds we have 4 garden rooms which can be booked for personal retreat. There is also a labyrinth to aid prayer walking, many benches to rest and a water feature as well as stunning views across the countryside to help us ponder the wonders of the God we are privileged to serve.

The Living Well is a thin place where the Spirit of God is pleased to dwell in the buildings and the grounds and our prayer is that whether you are in a garden room, the upper room, the lounge, the chapel, the library, the kitchen or the gardens, you will draw close to God and find your healing and wholeness in Him as He transforms you. We look forward expectantly to meeting with you in the coming year.

Every blessing for 2026

Ray, Helen and Hilary



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 an optional time of reflection in one of our garden cabins. Available online if necessary.

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

Led by the chaplaincy, with opportunity to be still, to share, and 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 6 or 7 week courses will be run this year: a Bereavement Course in the Spring (dates to be confirmed), and 'Healing the Wounds of Trauma' in the Autumn 15th Sept—20th Oct .

## **All days need to be booked. Suggested donations (per person):**

<b>Deeper Healing Days</b>	<b>£40-£50</b>
<b>Themed facilitated Days</b>	<b>£32</b>
<b>Individual use of a heated garden room</b>	<b>£20-£25</b>
<b>the 'Upper Room'</b>	<b>£25</b>
<b>Group use of the house</b>	<b>£21</b>
<b>With lunch OR facilitation</b>	<b>£28</b>
<b>With lunch AND facilitation</b>	<b>£35</b>
<b>Clergy Oasis and Readers Refreshments Days</b>	<b>£28</b>
<b>Anna Chaplaincy Days</b>	<b>£30</b>
<b>Courses (for 6 –7sessions)</b>	<b>£50</b>
<b>Prayer appointments</b>	<b>at your discretion</b>

### **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 .

<b>Website:</b>	<a href="http://www.the-living-well.org.uk">www.the-living-well.org.uk</a>
<b>Administrator's email:</b>	
Annelise Matharu	<a href="mailto:contact@the-living-well.org.uk">contact@the-living-well.org.uk</a>
<b>Assistant chaplains' emails</b>	
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>
<b>Telephone:</b>	01304 842 847
<b>Address:</b>	The Living Well Vicarage Lane Nonington, Kent CT15 4JT

## January

**Thursday 8th January**

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

**Thursday 15th January**

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

**Monday 19th January**

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

**Thursday 22nd January**

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

**Friday 27th January**

**Readers Refreshment Day 10.00 am—4.00 pm**  
For licensed readers.

**Thursday 29th January**

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

FEB

## February

**Monday 2nd February**

**Themed Day 10.00 am—4.00 pm**

**Prayer Through Art**

Led by Primrose Northtropp

Please book via Eventbrite or the administrator.

**Thursday 5th February**

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

**Prayer appointments in the afternoon**

**Tuesday 10th February**

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

Led by a chaplain

**Thursday 12th February**

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

**Prayer appointments in the afternoon**

**Thursday 19th February**

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

**Thursday 26th February**

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

**Prayer appointments in the afternoon**

## March

### Thursday 5th March

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

### Friday 6th March

**Clergy Oasis Day 10.00 am—4.00 pm**  
For clergy holding a licence.

### Wednesday 11th March

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

### Thursday 12th March

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

### Wednesday 18th March

**Anna Chaplaincy Day 10.00 am—4.00 pm**  
A day for Anna Chaplains

### Thursday 19th March

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

### Thursday 26th March

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

**Tuesday 31st March**

**Themed Day in Holy Week 10.00 am—4.00 pm**

Led by Rev Sarah Williams

Please book via Eventbrite or the administrator

## **April**

*Bereavement Course led by The Living Well Team on  
Wednesdays 15th, 22nd, 29th April, 6th, 13th, 20th, 27th  
May 10am-12pm. Please book via the administrator.  
Donation of £50 for the 7 sessions.*

**Thursday 2nd April**

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

**Prayer appointments in the afternoon**

**House Closed**

**Fri 3rd April — Tue 13th April inclusive**

**Thursday 16th April**

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

**Thursday 23rd April**

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

**Prayer appointments in the afternoon**

**Friday 24th April**

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

Led by a chaplain

**Thursday 30th April**

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

**Prayer appointments in the afternoon**

**May**

**Thursday 7th May**

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

**Prayer appointments in the afternoon**

**Thursday 14th May**

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

**Saturday 16th May**

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

Led by a chaplain

**Thursday 21st May**

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

**Prayer appointments in the afternoon**

**Thursday 28th May**

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

**Prayer appointments in the afternoon**

## June

**Wednesday 3rd June**

**Themed Day 10.00 am—4.00 pm**

**Disguises of Love—a Potpourri of Music, Silence and Meditation** Led by Roz Graham

Please book via Eventbrite or the administrator

**Thursday 4th June**

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

**Prayer appointments in the afternoon**

**Thursday 11th June**

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

**Prayer appointments in the afternoon**

**Friday 12th June**

**Readers Refreshment Day 10.00 am—4.00 pm**

For licensed readers.

**Thursday 18th June**

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

**Monday 21st July**

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

Led by a chaplain

**Thursday 25th June**

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

**Prayer appointments in the afternoon**

JULY

## July

**Thursday 2nd July**

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

**Thursday 9th July**

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

**Thursday 16th July**

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

**Tuesday 21st July**

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

**Thursday 23rd July**

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

**Thursday 30th July**

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

AUG

## August

**Thursday 6th August**

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

**Friday 7th August**

**Themed Day 10.00 am—4.00 pm**

**Praying the Parables**

Led by Chris Chapman

Please book via Eventbrite or the administrator

**Wednesday 12th August**

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

Led by a chaplain

**Thursday 13th August**

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

**Thursday 20th August**

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

**Thursday 27th 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 15th, 22nd, 29th Sept, 6th, 13th, 20th Oct 1.00-3.00pm (6 sessions). Please book via the administrator. Donation of £50 for the 6 sessions.***

### **Thursday 3rd September**

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

### **Friday 4th September**

**Clergy Oasis Day 10.00 am—4.00 pm**  
For clergy holding a licence.

### **Wednesday 9th September**

**Themed Day 10.00 am—4.00 pm**

#### **New Beginnings**

Led by Aileen White

Please book via Eventbrite or the administrator

### **Thursday 10th September**

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

### **Friday 11th September**

**Anna Chaplaincy Day 10.00 am—4.00 pm**  
A day for Anna Chaplains.

SEP-OCT

**Thursday 17th September**

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

**Thursday 24th September**

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

**Prayer appointments in the afternoon**

**Friday 25th September**

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

Led by a chaplain

## **October**

**Thursday 1st October**

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

**Prayer appointments in the afternoon**

**Saturday 3rd October**

**Themed Day 10.00 am—4.00 pm**

**A Floral Harvest (£40 including materials)**

Led by Nessie Fairbrass and Hilary Hills

Please book via Eventbrite or the administrator

**Thursday 8th October**

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

**Prayer appointments in the afternoon**

**Saturday 10th October**

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

Led by a chaplain

**Thursday 15th October**

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

**Thursday 22nd October**

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

**Prayer appointments in the afternoon**

**Saturday 17th or 24th October (tbc)**

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

**Thursday 29th October**

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

**Prayer appointments in the afternoon**

## **November**

**Thursday 5th November**

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

**Prayer appointments in the afternoon**

**Thursday 12th November**

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

**Prayer appointments in the afternoon**

**Thursday 19th November**

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

**Monday 23rd November**

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

**Thursday 26th November**

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

**Prayer appointments in the afternoon**

**Monday 30th November**

**Themed Day 10.00 am—4.00 pm**

**God's Song of Love**

Led by Janet McDonald

Please book via Eventbrite or the administrator

## **December**

**Thursday 3rd December**

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

**Prayer appointments in the afternoon**

**Tuesday 8th December**

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

Led by a chaplain

**Thursday 10th December**

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

**Prayer appointments in the afternoon**

**Thursday 17th December**

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

**House closed**

**Fri 18th Dec 2026— Sun 3rd Jan 2027 inclusive**

## Themed Days

Mon 22nd Feb

Tue 31st March

Wed 3rd June

Fri 7th Aug

Wed 9th Sept

Sat 3rd Oct

Mon 30th Nov

## Courses at TLW

Bereavement Course, in the Spring

Healing the Wounds of Trauma, in the Autumn

## Clergy Oasis Days

Fri 6th March

Fri 4th Sept

## Deeper Healing Days

Mon 19th Jan

Tue 10th Feb

Wed 11th Mar

Fri 24th April

Sat 16th May

Mon 22nd June

Tue 21st July

Wed 12th Aug

Fri 25th Sept

Sat 10th Oct

Mon 23rd Nov

Tue 8th Dec

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

Tue 27th Jan

Fri 12th June

## Anna Chaplaincy Days

Wed 18th Jan

Fri 11th Sept

## Special services

*St Luke's Service,*

*Canterbury Cathedral,*

*Sat in late Oct at 2.30pm*

*(date tbc)*





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

## The Living Well

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