

Please make payment by cheque, payable to The Well Christian Healing Centre.

If you cannot afford the full price for a place, please provide a letter to support your application.

Please note, refunds cannot be given within 14 days of the event.

We will keep your details secure and will not pass them onto other organisations.

If you already receive information from us, we will continue to send it unless you tell us otherwise by email or letter (our details are below).

If your details have changed, please tick the correct boxes and we will update our records for contacting you based on the information you have provided.

PLEASE SEND THIS FORM AND YOUR PAYMENT TO THE WELL OFFICE

The Well Christian Healing Centre,
20 Augusta Place
Leamington Spa
CV32 5EL

For further details, call us on: 01926 888003
Or email: office@wellhealing.org

 www.twitter.com/well_centre

 www.facebook.com/wellchc

The Well Christian Healing Centre is an independent charity funded by donations.

For more information about The Well, go to our website: www.wellhealing.org

Registered charity: 1097443
A company limited by guarantee: 04664030



WHEN ANNE LED AN ANXIETY QUIET DAY IN 2018, WE ASKED PEOPLE WHAT THEY ENJOYED MOST ABOUT IT. HERE ARE SOME OF THEIR COMMENTS

“A tremendously helpful combination of teaching, Biblical and personal reflection from Anne that spoke right to my heart, together with quiet time for reflection, prayer ministry. A sacred space – what a gift!”

“To be able to relax and leave to one side all my worries and anxieties – to learn about why I have them!”

“Teaching was very practical and inspiring. Real life testimony and examples really helpful. Space to be with God. Food was amazing, thank you.”

“The opportunity to take time out of my normal busy life and rest and relax and spend time with God. And my prayer time was Amazing!”

“Space in a pressured life to be refreshed. Really encouraging.”



The Well invites you to a Quiet Day

Do Not Worry

**Thursday 17th October 2019
10am - 4pm**

**At The Well Christian Healing Centre
20 Augusta Place
Royal Leamington Spa
CV32 5EL**

*“Can any one of you by worrying add a single hour to your life?”
Matthew 6:27*

www.wellhealing.org

WHY HEALING QUIET DAYS?

The Well is about creating a place for people to encounter the healing power of God. We have discovered the various elements at a Well Quiet Day of worship, teaching, ministry and personal reflection help people do just this!

The day will be led by Rev Anne Hibbert, The Well's Founder and Director of Ministry.

Anne led a Quiet Day on Anxiety in October 2018, and it was very popular as worry and anxiety are such common themes in many people's lives.

THEME AND REFLECTION TIME

Worry is a very common emotion which can often dominate and overwhelm our lives. It affects our relationship with God, family and others. Often anxious thoughts lead us into a place of fear. These emotions can stop us from being the men and women God has called us to be.

Jesus was well aware of how crippling these two emotions can be. He said to His followers *'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?'* **Matthew 6:25** and when He walked on the water, He exclaimed to his fearful disciples *'Fear not, it is I.'* **Mark 6: 50.**

During the morning Anne will be teaching from Bible passages that will help us to trust God and practically suggest ways in which we can deal with fear and anxiety.

There will be two talks in the morning and one in the afternoon.

Each session will be followed by silent prayer and reflection times. Following the afternoon talk there will be an optional creative activity on the theme.

Throughout the day, members of The Well Christian Healing Centre will be available to offer short times of individual prayer.

WHO IS THIS DAY FOR?

- Those who often worry about things
- Those wanting to retreat for a few hours away from the busyness of life.
- Those who have run out of inner resources.
- Those who have never been on a quiet day before.

VENUE

The Quiet Day will be at **20 Augusta Place, Leamington Spa, CV32 5EL.**

There is a paid car park nearby at St Peter's Multi-Storey car park. Bedford Street car park across the road isn't suitable as it is only short-stay.

COST

The Quiet Day costs £20 per person and this includes hot drinks and homebakes.

There is an option to have a lunch. This will cost £5 per person and consists of a choice of two delicious homemade soups with bread and rolls, cheese, a selection of fruit and homemade cakes.

QUIET DAY BOOKING FORM

Thursday 17th October 2019

OR BOOK ONLINE AT:

www.wellhealing.org

Name _____

Address _____

Postcode _____

Home phone : _____

Mobile phone: _____

E-mail address: _____

I'm happy for you to keep me updated

By email By post By phone

KEEPING IN TOUCH

If you're new to The Well, we'd love to keep you updated with ministry news, stories of healing, forthcoming events, new resources and opportunities to support us through prayer, volunteering and donating. If you're happy for us to do so, please ensure you've completed your details and tick the appropriate boxes above.

The Quiet Day price is £20 per person.

Please make payment by cheque, payable to The Well Christian Healing Centre.

I Place @ £20 per person = _____

and

I Lunch @ £5 per person = _____

Total payment = _____

