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**Spring Conference 13 March 2021**

**Theme: Similarities in Mental Distress and Spiritual Crisis**

**Speaker: Nuala Graham**

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| **Time** | **Programme** |
| 9.50am |  Log on time and opportunity to ask questions about using zoom, if help needed  |
| 10.00am  | Welcome and outline of the morning*Zoom etiquette, confidentiality, using the Chat box for comments*  |
| 10.05 (approx)  | Break Out groups A time to meet, greet connect and catch up  |
| 10.25 | Opening Prayer  |
| 10.35 | Similarities in Mental Distress and Spiritual Crisis Nuala Graham  |
| 11.10 | Individual reflection time - questions in chat box for Nuala to address later  |
| 11.15 | Coffee Break  |
| 11.30 | Welcome back and briefing to the whole group for Small group sharing  |
| 11.35 | Small Group Sharing on 3 questions: 1(a) What experiences have you had in becoming aware of and containing, physical and  psychological distress in prayer guiding? 1(b) What might some of the challenges be for you as a prayer guide? 2. How might holding awareness of the three dimensions of the Church be helpful in  prayer guiding? 3. Discuss the power of creative and destructive expectations  |
| 12.05 | Feedback from small groups Q and A  |
| 12. 4012.45  | Concluding prayer.Announcements End - with open invite to stay on to chat until zoom meeting closes at 1pm  |
| Nuala’s Phd Thesis  |  <https://ethos.bl.uk/OrderDetails.do?uin=uk.bl.ethos.496697> |