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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. 40  12.45 | 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> |