



*An open temporary community, exploring continuity and tension between the world and church, nature and grace, psychology and theology.*

#### Newsletter

##### Introducing our speakers

*Our speakers tell us about their experience and interests.*

Page 2

##### And our entertainment...

*Harry Bird and the Rubber Wellies travel to Swanwick to entertain us.*

Page 2

##### Book review

*Julie Nevitt reviews Roger Hurdings book: Five Pathways to Wholeness*

Page 3

##### Interview with...

*Tim Haggis, new member of the planning group talks about his reality.*

Page 3

##### Exploring reality through the arts

*Karen Stallard introduces a workshop for 2016 alongside a poem by Jane Foley*

Page 4

##### Date of next Conference

*25th April - 29th April 2016 in Swanwick. Put the date in your diary today!*

## Introducing the 2016 conference

### Rummaging for reality

What is reality? The dictionary tells me it is 'the state of things as they actually exist', but what shapes my reality and how do I understand the 'actually' part of that statement? How do I see myself and the world I live in – I am an Essex girl, what does that mean?! How do I respond to others, to events, to the media and ultimately to God? Is reality subjective or objective? As a churchwarden in an evangelical Anglican environment and as a psychotherapist I'm surrounded on a daily basis by what I fondly describe as hot potatoes: whether that's issues around gender, sexuality, ecclesiastical law, disability or here in Tower Hamlets the impact of fundamentalist teaching on teenagers. In my therapy room and pastorally I meet with the brokenness created by different realities clashing and the questions around am I safe; is the world scary; and am I allowed to be me?



In our next conference we want to carefully rummage for reality, to acknowledge the world we live in and the impact of news and media stories, events that affect us personally and real life stories that we have to make sense of. To ask what is my reality, is God within that, do I create that reality myself and how do I respond to those whose views or lifestyle are different? What choices do I or we make in order to make sense of

reality or to cope with it? What happens when we, or those we work with, can't cope with the realities that they are facing or have faced? Is God the ultimate reality?

My hope as Chair is that conference will once again be a safe place to acknowledge and hold difficult subjects in order to better understand ourselves and those with whom we work. I invite you to journey together with us.

**Kim Gooding**

*Chair of planning group*

*'Since we cannot change reality let us change the eyes which see reality.'*

**Nikos Kazantzakis.**

## Introducing our speakers for 2016.....

*Each conference we have the pleasure of inviting four speakers to join us for the week. Between them they cover theological, therapeutic, pastoral, and biblical perspectives around the conference theme.*



### Nicholas King SJ

is currently teaching at St Mary's University, Twickenham. He was previously a Visiting Professor at Boston College School of Theology and Ministry, after 13 years teaching NT and Greek at Oxford University. Before that he taught NT for many years in South Africa. He has recently published his own fresh translation of the Bible (Kevin Mayhew 2014).



### Carla Grosch-Miller

is an ordained minister in the United Church of Christ (US) currently serving the United Reformed Church in two churches in Oxford and as Chaplain to the Moderator of General Assembly. Also a theological educator, she teaches short courses on sexual maturity in ministry for ordinands and speaks broadly on the topic of sexuality and spirituality. Her doctoral work on sexual-spiritual integration in theological education is an exercise in poetic practical theology. Theopoetics informs her practice and her being. She is the author of *Psalms redux: Poems and Prayers* (2014, Canterbury Press) and articles in *Theology and Sexuality* (2015-2016) and the *Journal of Adult Theological Education* (2008).

### Elisabeth Ross

is a BACP accredited Forensic Psychotherapist and Counsellor specialising in working with extreme, satanic, ritual and spiritual abuse and mind control. An expert in working with victims of organised crime, Elisabeth is also a specialist in working with sex offenders, and with victims of abuse who go on to abuse others. She is a Consultant Psychotherapist and Restorative Justice Officer for the Irish Catholic Church counselling service, Towards Healing, in London. She is also a Group Leader of the Colin Ross Trauma Recovery Programme for survivors of clerical, religious and institutional abuse in Ireland during the 1950's, 60's and 70's. A former Chair of the Forensic Therapists Association and former Director of One in Four UK, a charity for survivors of sexual abuse, Elisabeth has a clinical interest in working with the survivors of any abuse by spiritual leaders.



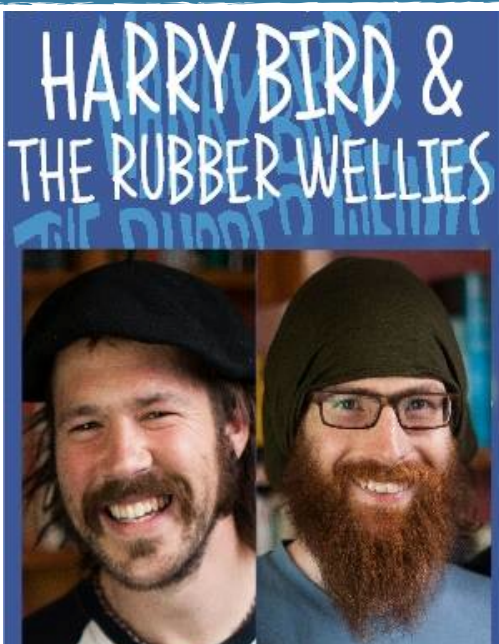
### David Runcorn

is or has been a parish priest, a Lee Abbey chaplain, diocesan Director of Ministry, theological college tutor, spiritual director and conference speaker. His books include *Choice, Desire and the Will of God*, *The Spirituality Workbook* and *Fear and Trust - God-centred leadership*. *Dust and Glory*, a Lent book for 2016 will be published in November.

After a number of years working freelance in ministry and theological training he is now a Director of Ordinands and Warden of Readers in the Diocese of Gloucester. You can meet him on his website: [www.davidruncorn.com](http://www.davidruncorn.com).

## Introducing our entertainment for 2016.....Harry Bird and the Rubber Wellies!

Travelling folksters Harry Bird and the Rubber Wellies present their intimate cabaret of joyful sing-a-long choruses and general participatory fun. Pirates, lizards, cracks in the wall and Basque cyclists all inhabit the songscape. And let's not forget that Beard Snood....



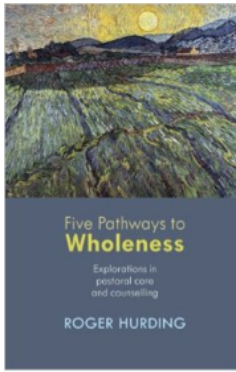
Based in Bilbao and Dublin they have spent the last five years touring Ireland, the UK and mainland Europe playing bars, cafes, theatres, circus galas, festivals and folk clubs alike.

Their debut album, "Long Way to Be Free", appeared in 2009 on Hot Drop Records followed by "The Bones on Black" in 2012. A third album is due for release in 2015, all being well.

Sounds like we are going to have a fantastical folksy evening of fun!



## Julie Nevitt reviews Roger Hurding's book: *Five Pathways to Wholeness*



This is an engaging book which explores different approaches to pastoral care and counselling. Hurding begins by looking at various definitions of pastoral care, then explores practical and pastoral theology, showing how each pathway is often associated with a particular theological position.

The five pathways travelled are biblical counselling, healing ministries, pastoral counselling, spiritual direction and social change.

The book looks at the historical background, development and tensions within each approach. It explores how they fit together, where they complement one another and where there is discord. He explores the use of scripture, the focus, the metaphors for 'helper' in each approach, the spirituality and the theology most often underlying them.

The chapter on biblical counselling traces how it developed particularly amongst Evangelicals in response to the growth and acceptance of psychology and secular therapies. Biblical counselling ranges from those who exclude all secular theories and developments within psychology to those who seek to integrate theology and psychology. The healing ministries chapter explores their recent growth within the mainstream churches from the early 1960s alongside the charismatic renewal. He looks at our understanding of health and healing, including sacramental healing. He goes on to consider inner healing and deliverance, alongside an exploration of suffering.

Hurding looks at different definitions of pastoral counselling, whether by lay or ordained people, its context within the church or beyond, and the growth and development of different bodies within pastoral counselling including Westminster Pastoral Foundation, Continuing the Journey, Clinical Theology Association and British Association for Counselling and Psychotherapy. He describes spiritual direction as a "ministry of presence". He explores its background in mystical spirituality, and the metaphors used of

'desert-dweller', 'soul-friend' and 'midwife', considering how each provides a slightly different model of spiritual direction.

Finally he looks at social change and how social inequality, political causes and injustice undergird and sustain many of the issues that people bring to pastoral care. In each area Hurding uses examples from his clinical work, and often his personal experiences of travelling the various pathways faced with illness, suffering and blindness. He looks for ways forward where the different approaches can find common ground and understanding, without losing their distinctiveness and difference.

I personally learned a lot reading this book, and have a greater understanding of the background and development of different approaches to caring for hurting people, and how they may contribute to a more holistic understanding of pastoral care.

## Tim Haggis shares his reality of how he ended up joining the Continuing the Journey planning group.

*"Please could you write us a short piece for the newsletter," they asked, "and talk about your reality..."* Hmm. Happy to try, but which reality might we be talking about? Tricky blighter, reality...

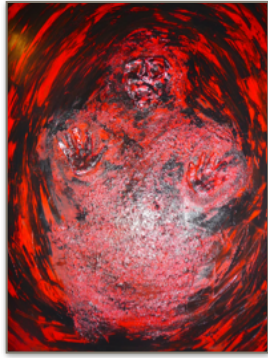
There's the one that began in 1952 with my birth (and subsequent very happy childhood) in Scotland. There's another that began on 1st September 1979 with my marriage to Ruth Layzell, without whom so much of what followed

would never have been possible. Then there was the appearance on the scene of the Reverend Tim Haggis, the Anglican priest, who came into being in October 1982, who has taken some getting to know, but who has been fundamental to life since then. Not least professional life, of course, as the ordained ministry took me into 12 years of parish work (which was slightly longer than it took me to work out that that line of work wasn't really 'me'), and 17 years of school chaplaincy, which very definitely was. Then there was retirement 4 years ago, which was a whole other reality, of course.

And all through this I've been a bit of a sucker for committees. Can't seem to keep my nose out of the running of things, whether it's the school common room or the national school chaplains' association, the local wine tasting group, or - now - the CTJ planning group: great fun, and particularly valuable at this stage of life when I no longer have a group of professional colleagues to whom to relate.

So there I was, just beginning to think that my life had a bit of shape to it, and that the future might afford a bit more time and space than had hitherto been possible, when, at the beginning of this year, the arrival of our first grandchild, born to our younger daughter, was swiftly followed by the discovery that our elder daughter was suffering with a malignant brain tumour and nothing was ever going to be quite the same again. Like I said: tricky blighter, reality...





## Exploring reality through the arts...

The three images above show the process towards the final image below, it is fascinating how the process of art making can reveal different realities of the self. Often we layer different feelings on top of one another in order to cover up unbearable things. These layers are all valid and real, and they make us who we are, but sometimes we are so ashamed of our layers and so we send them into the shadows.

I have found that through art making I am able to really explore these layers, but it is a process. Sometimes I get stuck and leave a piece unfinished, sometimes I quickly cover up something which feels too exposed.

At our 2016 conference I will be running an art workshop where we can spend some time allowing different realities of ourselves to be revealed through the art making process.

I look forward to working with some of you then!

**Karen Stallard**



*The Lost Boy by Karen Stallard  
Sand and acrylic on canvas, January 2015*

## Spread the word...

Are you someone who uses social media? Please do tell folk about our next conference

**25<sup>th</sup> April - 29<sup>th</sup> April 2016**

Further details about the conference can be downloaded from our website

[www.continuingthejourney.com](http://www.continuingthejourney.com)

CTJ Conference Office: [admin@continuingthejourney.com](mailto:admin@continuingthejourney.com)

Tel: 0115 871 8564

## Reality bites !

And when it does it's painful,

My reality is rejection.

My reality is that I can't fix it....

For you.

You don't let me in,

You've got your walls up again.

The love & care I want to give you

Lie in tatters at my feet.

I will pick them up & pack them away.

My reality is my truth.

Your reality is your truth.

Is reality really true ?

Yesterday's reality is now an illusion....

Will today's reality prove to be a lie tomorrow ?

*by Jane Foley*