

How to reach our hurting communities – Guest speaker Ruth Rice

Renew Wellbeing <https://www.renewwellbeing.org.uk/>

Simple, safe and sustainable places where it's OK not to be OK. Ruth told her own story of how Renew Wellbeing started.

Renew Wellbeing is really a prayer movement with activities.

1. Prayer

A quiet area, room or outside space (even a zoom room) as places of prayer. Punctuate social time with regular prayer slots across your session. Beginning, middle and end. Invite people to join for prayer but no pressure.

What habits of prayer help you with your wellbeing?

Do you have good habits to share with your friends or neighbours?

2. Present

Be there, turn up on time. Chat and journey with people as they talk whilst doing their hobbies, or learning a new one. Groups evolve depending who is there. You can run a wellbeing space with a few volunteers for a short time the extend as it evolves. Invite the church to come along - the church needs wellbeing as much as the general population! They can then invite a friend.

In what ways are you being present for your community?

How is this working for folk with mental ill health?

3. Partnership

Partner with the local authority mental health groups. They are delighted that the church can give low level but a regular point of contact. You can easily signpost people to appropriate help when they need it. The church is NOT the 4th emergency service. We point people to God, pray, offer support and interaction.

Connect – through the website - get resources & regular support from Ruth

Learn - free online webinar 3 sessions training course (this morning has been session 1)

Get Active – link into the training with others who will work with you (2 or more)

Take notice – connect with the Renew Wellbeing area co-ordinator

Give – become part of the Renew Wellbeing family

(Book – Ruth Rice – ‘Show up, slow down and pray’)

Looking after your wellbeing is a way of life so share it. Be authentic. It's not just an activity but good habits for people. Prayer can lead them to Jesus.

WELLBEING and the GOSPEL

Cup image – based on ‘**The Cup of our life**’ book by Joyce Rupp.

<https://www.eden.co.uk/christian-books/spiritual-growth/the-cup-of-our-life/>

Hold a cup and imagine God holding you as you hold the cup. He holds you, whether it is empty or full. Be still – He is God, you are not. Let Him fill you with His shalom. Meditate on a Psalm every morning and keep those verses in mind all day. Worry is just negative meditation – keep the Psalm in mind. Establish a rhythm of prayer throughout the day – morning, noon and night.

As 1 in 4 people in UK have a mental health issue, Ruth wanted to share this shalom of God with them through her own painful experience. Her church set up a café and prayer room in a shop (Renew 37) but you use what you have.