



Looking for Hope

'Looking for Hope' is a sharing group for people who are seeking mutual and pastoral support in challenging circumstances. It aims to create companionship for those who would like to slow down and pause for a moment and those who are struggling with an illness, pain, bereavement, stress, transition, depression and other mental challenges, are dealing with the after-effects of trauma, or simply unable to find peace for whatever reason. This sharing group will **meet in the Parlour from 12:00nn to 1:00pm on Thursdays**, starting on October 3rd. Please refer this group to anyone you know that might find it helpful.