

Voices of Mercy: Visiting the Sick

Visiting the sick is one of the Corporal Works of Mercy which Pope Francis has asked us to remember this year. At our most recent "Voices of Mercy" session, Dr Kathryn Mannix, who has specialised in palliative care for around 30 years was joined by Emmeline Barmston who talked about her work of visiting the elderly and frail - and particularly those with dementia. Emmeline spoke of the importance of finding the "key" that unlocks the door into a person's memory/self. For many, this can be things such as a favourite hymn - or the Sign of the Cross in their own language - many different ways but all leading to the person re-engaging with themselves and others.



Reflecting together at St Cuthbert's, Chester-le-Street

Kathryn then invited us to reflect on dying and death. She brought her wide and compassionate experience of accompanying thousands of people on this last great journey - and also their families to help us to understand a little more about the process of dying. She shared some of the "Good News" about this. She explained that dying is accompanied by fairly predictable stages - and that, on the whole, it is not in itself uncomfortable (though the underlying cause can be - though this can be managed). And, also, on the whole, death is not frightening - quoting several people who had been surprised by how peacefully a loved one died as if they thought they had just been lucky. As Kathryn pointed out, the media tends to focus on the extraordinary and frightening rather than the day to day reality of a normal death being a privileged and gentle process. She then invited us to think about whether this could be part of our mission - to share this good news with others - as individuals, parishes and as a diocese. Much food for thought!

There will be another opportunity to hear about and discuss this issue in October but Kathryn is open to invitations to explore it with parishes, groups and schools. If interested, please get in touch through the Department.

The Healing Power of Forgiveness

In May, the Bishops' Conference of England and Wales hold two days which are open to people interested in spirituality around the country. This year's were led by Fr Jim McManus who is known to many people in the diocese for his work in parish missions and retreats.

One theme Fr Jim addressed was that of the healing power of forgiveness—not just of being forgiven but of doing the forgiving. He recalled a course he attended during which he asked about the place of forgiveness in the journey of healing following abuse. He was shouted down at the time. But seeds may have been sown as courses are being developed around the world on "Forgiveness Studies".

What has surprised people is that it is not just at the level of emotional or spiritual healing but of physical well-being too.

Fr Jim was keen to point out that forgiving is not the same as condoning the wrong that has been done—or excusing the other person. In fact, by saying you forgive someone you are acknowledging that they *have* hurt you but also that you are exercising your right not to allow them to continue doing so.

Forgiveness cannot be hurried—but it was a good reminder of Jesus' teaching about forgiveness—and that the process of forgiving does us as much good as it does for the one forgiven... and possibly even more.

Celebrating God's Mercy



These liturgies celebrating God's love and mercy continue in the following churches over coming months:

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|------------------|--------------------------|
| Thursday 9 June | St Patrick's, Consett |
| Thursday 23 June | St Joseph's, Sunderland |
| Thursday 7 July | St Bede's, Jarrow |
| Thursday 21 July | St Edward's, Whitley Bay |

Contact Details

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Upcoming Events in the Diocese and Local Centres

DIOCESE OF Hexham & Newcastle

VOICES OF MERCY "SHELTER THE HOMELESS"



Housing Justice is the national voice of Christian action to prevent homelessness and bad housing. Human dignity is challenged by the lack of a decent home, and Housing Justice aim to mobilise Christians united in their determination to work with and for homeless and badly housed people.

Wednesday 15 June 2016

7.00pm

(Refreshments from 6.30pm)

St Mary's, Hencotes, HEXHAM. NE46 2EB



FOR FURTHER INFORMATION PLEASE CONTACT DEPARTMENT FOR SPIRITUALITY
Telephone 0191 243 3302 | email spirituality@diocesehn.org.uk
www.diocesehn.org.uk

Minsteracres

3 - 5 June

Parish Retreat

Open to parishes or individuals.

22 June

Walking Retreat

A walk of seven to ten miles through the beautiful countryside around Minsteracres, with time for prayer, reflection and sharing of the beauty of creation.

11 - 17 July

Songs of Love and Life

with Monique van den Hoogen

A singing workshop with a variety of songs that touch the heart and speak of life. Monique van den Hoogen has conducted choirs for over 30 years and has led many successful workshops at Minsteracres.

18-25 July

Six day Individually Guided Retreat

Anne McCarthy, Anne Rennie and Minsteracres team lead this six day individually guided retreat.

There is a daily personal meeting with your retreat guide to reflect on each day and help you to see where and how God is working in your life.

19-21 July

Walking Retreat

Enjoy three days of walks between eight to ten miles through the beautiful countryside around Minsteracres. Every day starts with time for prayer, reflection and sharing of the beauty of creation. You will need suitable walking boots and warm, weatherproof clothing.

More information from Minsteracres
01434 673 248
info@minsteracres.org

DIOCESE OF Hexham & Newcastle

DEPARTMENT FOR SPIRITUALITY

LORD, TEACH ME TO PRAY

For those people wishing to explore and experience contemplative and creative ways to pray.

Tuesday 21 June, Tuesday 28 June

Tuesday 5 July, Tuesday 12 July

Tuesday 19 July

10.00am to 11.30am

St. Andrew's Parish Room
9 Worswick Street
Newcastle NE1 6UW

Booking and further information from
Department for Spirituality
Tel: 0191 243 3302
email: spirituality@diocesehn.org.uk

Centre for Prayer and Mission, Seaham

Reflections for the Year of Mercy

7 June Mercy is greater than prejudice

14 June Cleansed by God's Mercy

21 June No meeting

28 June Mercy and New Life

5 July From Gift to Duty

12 July Taizé Prayer Service

Exploring Scripture

Monday afternoons – 1.30 -3.00 for those who wish to go deeper into understanding the Word of God

More information from Sr Michael
marymichael.lee7@googlemail.com
(0191) 581 3249

Saturday 25 - Sunday 26 June Diocesan Festival 2016

'Limitless Love: Making All Things New'



A weekend of talks, music, conversation and good company!

With Karen Kilby, Steve Murray and Barry and Margaret Mizen.

More information from
Diocesan Festival bookings
Emmaus Youth Village, Allensford,
Consett, DH8 9BA
festival@diocesehn.org.uk
01207 592244

DIOCESE OF Hexham & Newcastle

DEPARTMENT FOR SPIRITUALITY

VOICES OF MERCY "SHELTER THE HOMELESS"



Housing Justice is the national voice of Christian action to prevent homelessness and bad housing. Human dignity is challenged by the lack of a decent home, and Housing Justice aim to mobilise Christians united in their determination to work with and for homeless and badly housed people.

Wednesday 20 July

7.00pm

(Refreshments from 6.30pm)
St Joseph's Parish Hall, Wallsend Road,
North Shields. NE29 7AA

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Spiritual Accompaniment Formation

St Antony's Priory in Durham is offering a year-long course in Spiritual Direction starting in October.

This course offers training in skills and practice to accompany others on their faith journey. It also provides an important opportunity for personal and spiritual development for the participants.

The course is recognised by the major denominations and is led by an ecumenical team. It introduces spiritual direction as a specific discipline within Christian pastoral care.

The course is experiential and practical and is rooted in the Ignatian tradition. The process of formation includes input, personal reflection and working in a variety of groupings, individual mentoring and the compilation of a portfolio of resources.

It includes areas such as

- Theory and Practice of Spiritual Direction
- Contemplative Listening
- Images of God
- Ignatian discernment
- Myers-Briggs Personality Type Indicator
- Sexuality and Spirituality
- Good Practice and Supervision
- God in the dark times
- Tools for personal and spiritual development.

More information from the Department or direct from St Antony's, 0191 3843747 / info@stantonyspriory.co.uk