

Retro Rings Sound Sweeter..?

The absolutely beautiful wooden carving below left resides on a mantle piece in the offices of The Leprosy Mission in Peterborough. What an inspiration it is! How tender is the Christ, how anguished the appeal of the sufferer.

It might ring bells to readers because the ad men have 'translated it' into the more familiar two dimensional logo shown below.



Might there be a message here about how the divine is in the detail, and the need to (often) return to the original? 60's fans form an orderly queue here..!



(© The Leprosy Mission International; used with permission)



Being

January - February 2009

Alongside

The Bi-Monthly magazine of *Being Alongside* / APCMH



National Council Members Miriam and Sr Teresa - Being Alongside! - enjoy an Ice Cream during a break at the Turvey Abbey Away Stay in August. Part of the fruit of that occasion is the update of the organisation's name, logo, vision and aims and introductory leaflet. More inside pp 2 - 4.

The Barnabas *Drop-In Sessions*

'Joseph, a Levite from Cyprus, whom the apostles called Barnabas (which means Son of Encouragement)' Acts 4:36

St. Paul's Community Project in partnership with **APCMH**

Mondays 2pm - 5pm

Plus various activities: Table tennis, dominoes, scrabble, art / craft, poetry reading, tea / sandwiches / cakes and chat.

Wednesday 10am - 12pm

A more reflective discussion time with tea and biscuits, an opportunity to all share concerns or to receive one-to-one support (by appointment).

Free. All Welcome.

Venue: St Paul's Church Centre, 3 Rossmore Rd, NW1
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: Captain Mark Dadds, or Sister Theresa: 020 7724 8517

'When he arrived and saw the wonderful things God was doing, he was filled with excitement & joy, and encouraged the believers to stay close to The Lord whatever the cost. Barnabas was a kindly person, full of the Holy Spirit & strong in faith. As a result large numbers of people were added to the Lord. (Acts 11:19-24)

Mental Health Support Group (The Dymphna Group)

St Andrew's, Frognal, United Reformed Church NW3

2nd and 4th Friday of each month

10.00am-12noon

Aiming to provide friendship and mutual support for those living with mental health concerns, both sufferers and carers, where matters may be explored and discussion encouraged.

contact: The Rev'd Jonathan Dean: 020 7435 7920
or Jean Marsham: 020 8455 1240

Junction of Frognal Lane / West End Lane / Finchley Road.

near Finchley Rd Met / Jub;
113, 82, 13, 46, 268, 328, 139, C11 (West End Green);
Finchley Rd / Frognal (NL Metro),
Hampstead (Northern);
West Hampstead (First Capital Direct)



The Who & What of *Being Alongside*

Patron	Bishop Stephen Sykes	
Patron	Professor Andrew Sims	
Chair	Stephan Ball	0844 800 9744
Company Secretary	John Vallat	01483 428131
Membership Secretary	Capt. Mark Dadds	020 7724 8517
Co-ordinator	Pam Freeman	020 8647 3678
Web Master	Lionel Perkin	webman@pastoral.org.uk
Newsletter Editor	Steve Press	01303 277399
Printer	PrintInc	printinc2@btconnect.com

Being Alongside APCMH, is a Christian based, voluntary association of individual members and affiliated groups who recognise the importance of spiritual values and support in mental health. It has a network of supporters throughout the United Kingdom and it welcomes and encourages people whatever their own faith or belief system. Governed by its National Committee, APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.

For Specific Contacts, see above. For General Enquiries reach us:

c/o St Paul's Centre, 5 Rossmore Road, Marylebone, London NW1 6NJ

tel: 0844 800 9744 calls 5p / minute / net: www.pastoral.org.uk

registered charity: 1081642 limited company: 3957730

All submissions welcomed by the Editor.

e-mail: steve.press@pastoral.org.uk

post: 9 St George's Road, Folkestone, Kent. CT19 4BE

The views expressed in *Being Alongside* are
not necessarily those of the organisation.

Origination by BA; printed by **PrintInc**: 020 8255 2110

How to Stay Young

- 1 Throw out non-essential numbers. This includes age, weight & height. Let the doctors worry about them. That is why we pay them.
- 2 Enjoy the simple things.
- 3 Keep learning! Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle.
- 4 Laugh often, long and loud. Laugh until you gasp for breath.
- 5 The tears happen. Endure, grieve, and move on. The only person, who is with us all our life, is ourselves. Be ALIVE while you are alive.
- 6 Surround yourself with what you love: family, pets, keepsakes, music, plants, hobbies, whatever.
- 7 Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- 8 Don't take guilt trips. Take a trip to the precinct, to the next county, to a foreign country but NOT to where the guilt is.
9. Tell the people you love that you love them, every day.

Life is not measured by the number of breaths we take, but by the number of moments that take our breath away. We all need to live life to its fullest each day!!

George Carlin



Starter for Ten?

from Page 7.

Fred and Wilma Flintstone have the honour of being the first couple to be viewed in this way!

In This Issue

Happy New Year from the Chair	p 2
Vision and Aims - Update	p 3
Girl Power	p 5
A Way for the New Year	p 7
Moving On	p 8
Poem: Grateful	p 9
Poem: Then I Found the Lord	p 10
Course	p 12
A Prayer	p 13
Course	p 14
Work in Progress for 21 Oct	p 15

Copy for next issue - due March 1st - to the editor by February 1st please, but asap is always better! All contributions welcome!

Happy New Year from the Chair!

With the start of this New Year come one or two changes mentioned in the last newsletter. The most noticeable one is the change of name from APCMH to *Being Alongside*, not to be confused with the Newsletter itself! We intend to use the name with APCMH in brackets or after a slash, sometimes with the full name spelt out in smaller or different styled letters: *Being Alongside* (APCMH); *Being Alongside* / APCMH; *Being Alongside* – APCMH, *The Association for Pastoral Care in Mental Health*. This is partly to acknowledge that there are some who feel at home with the original name, and that change takes time to get used to (compare the transition from National Schizophrenia Fellowship – NSF – to Rethink, for example).

Others have come to feel it was time for a change to make it easier to relate to, as have many organisations over the past few years. We hope that you will agree that the new name is a good reflection of the core of our work with people with mental, spiritual and other needs whom we meet and work with at various levels (whether in informal conversations, befriending, drop-in groups, workshops or other events).

In many ways this reflects a wider sense of needing to clarify what we are about as an organisation that has evolved and changed over the years to being smaller than perhaps its potential. Hence, as mentioned last time, we have re-visited our Vision and Aims to bring them up to date. Although they have yet to receive Council adoption, the latest draft is on page 3.

They are also incorporated into the new leaflet, which we hope will be more widely available later in the year. What we have discovered are guiding principles and values that are still very much relevant and needed in our world today. This is also coming at a time when there have been some very generous legacies and donations, which give us new opportunities and responsibilities to explore and develop both our established ways and creative possibilities. This will be the focus of this year within the Committee. For this to be really effective we continue to value your suggestions and ideas!

With so many global and regional conflicts and financial crises, not to mention environmental and climate change challenges, as we cross the threshold in to a New Year, I pray that our faith and belief in a loving and

Work in Progress



National Council Member Jean Marsham, left, is working very hard to put together a Day Conference at St Andrew's, Frognal, United Reformed Church NW3 (Hampstead), to take place on 21 October, 2009.

The theme of the day is:
Alternative Methods of Dealing with Mental Disorders
and will be a chance to explore the contribution 'complimentary therapies' can make to help sufferers.

Keynote speakers will be:



1] homeopath Francis Treuherz, (left).
His website reports: 'Francis has been in practice since 1984. He currently works at the Letchworth Centre for Healthy Living which won the CAM 2003 prize for the best complementary and alternative health centre in the UK.'

He will be asking 'How Does a Homeopath Think and Feel?'

And

2] Deidre King, Autogenics practitioner, right.

Put it in your diary and Watch this Space for updates!



Staffordshire University's series of multi-faith symposia continues in 2009 with:

THE FLOURISHING CITY: The Role of Spirituality in Regeneration

The third national multi-faith symposium held under the auspices of the NIMHE Spirituality Project, Staffordshire University and the Spirituality and Mental Health Forum.

Date: Wednesday 7 January 2009
Time: 9.15 am to 4.30 pm
Venue: Staffordshire University, Ashley Building, Leek Road, Stoke-on-Trent, ST4 2DF

Registration fee: £80.00 (£10.00 for students and unwaged)

Keynote speakers: Malcolm Duncan, CEO Faithworks, and others TBA.


Workshops on a wide range of issues around regeneration and spirituality. Workshop leaders to include Peter Bates, Director of Mental Health for the NDT.

In November 2006 we considered the concept of Mental Health in relation to the nine major Faiths and Humanist thought: *Nurturing Heart and Spirit* (Monograph available).

In January 2008 the issues and challenges around older age and death were debated: *From the Cradle to Beyond the Grave?* (DVD available; Monograph in preparation).

This third symposium will consider what makes a city a good place for citizens to live in, with national and local perspectives.

Conference Convenors: Rt Rev Gordon Murray, Bishop of Stafford; Professors Peter Elliott and Bernard Hogg, Staffordshire University; Professor Martin Aaron, National Forum; Bhaji Singh Dr. Maninder Singh; Dr. Nishwan Hussain; Malcolm Rife and Jacqui Miller, NIMHE/CSIP; Lloyd Cooke (Saltbox); Abdul Hakeem; Peterwoodman@btinternet.



For further information or to request a booking form please contact:
Mrs Barbara Brown, Staffordshire University, Faculty of Health, Leek Road, Stoke-on-Trent, ST4 2DF. Tel: 01782 294025. Email: b.j.brown@staffs.ac.uk

compassionate God incarnated in a vulnerable baby may be a sign of hope and peace in the coming year.

May this Peace of God be with each of you as we journey together and alone!

Stephan Ball

Chairperson, Being Alongside / APCMH

Stephan, above, referred to the updating of our Vision and Aims. Please note the below is the latest draft of a 'work in progress' which hopefully will be finalised at the Council's January Meeting.

The Vision of Being Alongside / APCMH includes working towards a society:-

- that values and respects each person and their communities including people with mental health difficulties.
- where faith and spirituality are recognised and valued within the context of mental health well-being.
- where faith communities welcome, respect and value people experiencing mental or emotional distress.
- that enhances the quality of life, self respect and spiritual growth of those affected by mental or emotional difficulties.

The Aims of Being Alongside / APCMH are to facilitate and encourage:-

- the recognition of the importance of spiritual needs and inner resources in maintaining mental health and well-being;
- Christian and other faith communities to be alongside individuals with mental health difficulties as we journey together;
- the development and continuation of local initiatives reflecting our Vision;
- greater awareness and more positive attitudes towards mental health issues.

Being Alongside / APCMH Seeks to realise & achieve these Aims by:-

- publishing a bi-monthly newsletter *Being Alongside*;
- maintaining our website, www.pastoral.org.uk;
- supporting and encouraging local groups to provide such activities as befriending services, drop ins and support groups;
- producing our own 'Fact Sheets';
- gathering and sharing resources and information;
- networking and working in partnership with national and local forums, such as the National Spirituality and Mental Health Forum, as well as other interested groups and organisations.
- facilitating conferences and workshops;
- encouraging creative work including poetry and art (sometimes published in the newsletter or as a booklet);
- responding to requests for appropriate speakers or representatives willing to share their experiences to fulfil the aims of the *Being Alongside* / APCMH;
- supporting facilitators and volunteers.

And there's More...!

Elsewhere you will find a prototypes for a new logo. We have retained the 'hands' and brought them together to underline 'being alongside', and specially in a 'prayer' shape to show our commitment to spirituality. Also the wording is incorporated within the design to avoid the question 'what do the initials BA stand for?'

Meanwhile, the new leaflet introducing BA is nearing completion. It too will be offered for National Council's approval at their meeting later in the month.

A Prayer Before We Forget All About Christmas...

*Holy Spirit, giver of life,
Who didst overshadow Mary
That she might become the mother
Of Jesus Christ our Saviour,*



*Do thou likewise work silently
Within my heart
To form within me
The fullness of his redeemed
And redeeming humanity.*

*Give me a share in his loving heart
To burn with love for God And love
for people.*

*Give me a share in his joy And his
sorrow,
His weakness and his strength
his labour for the world's salvation.*

*May Mary, blessed among women,
Mother of our saviour, Pray for me
That Christ may be formed in me,
That I may live in union of heart and will With Jesus Christ
her Son Our Lord and Saviour. Amen*

Cheslyn Jones 1918-87

Wait for It..!

The next meeting of the **National Spirituality and Mental Health Forum** was arranged for the 10th December, but due to unforeseen circumstances it has had to be put back to **12th February 2009**.

The subject:- **THE SPIRITUAL POWER OF MUSIC.**

Music, more than any other medium, has perhaps the somewhat unique ability to express and balance with human emotions and consciousness. Music transcends race, religion and culture. It goes to the very heart of faith, it expresses pain, sadness, loneliness and joy. At times music gives expression to our moods.

Join us for this next meeting which will be chaired by Rev'd Peter J. Richmond, and will be held at:

**St Ethelburga's, Centre for Reconciliation and Peace
78, Bishopsgate, London, EC2. 2.15 to 4.30pm.**

We hope to have some interesting guests for this event
Full details will follow in the New Year.

Professor Martin Aaron,

Chairman - National Spirituality and Mental Health Forum (Multi-faith)

Help is at Hand

Samaritans:	08457 909090
Saneline:	08457 678000
Rethink Advisory Service:	020 8974 6814
Young Minds Parents' Information Service:	08000 182138
Carers in the Community:	01642 818332
MIND:	08457 660163
Maytree	020 7263 7070

Girl Power!

Longing for Healing —an Encounter with Jesus

(ed: Forgive the cheap sounding title, but always on my heart is the mission to help free the risen Christ from the sarcophagus of convention, tradition and respectability and make him accessible to those immersed (trapped?) in popular culture. Is Christ offended by such apparent vulgarity? Hardly, if he chose to be born in a stable and to die a criminal, naked on the public highway. I just hope this humble magazine is read beyond the confines of holy huddles. Pass it on when you've finished with it?)

In her book **I am my Body – New Ways to Embodiment** the theologian Elizabeth Moltmann-Wendel suggests that we read the stories about healing in the Bible as our own stories. She summarizes her ideas about the healing of the woman with an issue of blood which can be found in Matthew 9, Mark 5 and Luke 8:

'A woman is ill, and those who are ill often experience sympathy and help. This woman's disease, however, is different; she is isolated; rejected and impoverished. For twelve years she has been afflicted with continuous bleedings which, in the imagination of her environment, render her unclean. People avoid having anything to do with her. Her attempts to find a doctor who can cure her have eaten up all her savings, to no avail. Maybe she had been married once or there had been relatives who cared for her; now she is all alone, and on her own she approaches Jesus, the miraculous healer, who has healed many before. The author of the Gospel of Mark uses the same word for her sufferings that is also used for the suffering of Jesus in torture and crucifixion. A strong word with dramatic power which connects Jesus and the woman very closely. The story of

her suffering becomes a story of the passion.

But now the miracle happens that the woman leaves her passivity and becomes active. She talks herself into courage, touches Jesus' garment and realizes immediately how hitherto unknown power comes into her. Up to now all strength had been leaving her, every loss of blood had made her weaker, more afraid and more desolate. Now she experiences how something within her becomes stable: her fragile body. Energies begin to return and she begins to experience her body anew. The Bible says: "She sensed in her body that she had been healed from her plague." This word "to sense" contains something of pleasure and the joy to be alive, a sensual joy to exist. No longer streaming apart, being forced to dilute all the time! It is a wonderful process, entirely without words which is being described here: a woman becomes open to God's living power which restores the life within her and allows her to experience her own body as restored and whole again.

And Jesus? The living power which restored the woman to life came out of him. He was somewhat frightened by it as he began to realize the healing powers within him: healing powers which human beings need and can get from him. "Go in shalom," he said to the woman. "You will not only be happy and content in your body and your restored strength. You will reflect Shalom, salvation, well being, wholeness, peace from you into the whole world."

If we follow Elizabeth Moltmann-Wendel's suggestion and read the stories like this one as our own stories of healing, we recognize that the longing for healing will be fulfilled if we allow the divine power to enter into our bodies, an experience which women and men have even today, despite the fact that they remain chronically ill.

Hanna Strack

translated and adapted by Natalie K. Watson

By the end of the course - I wasn't surprised -
Something inside me said, "please be baptised."

Something wonderful happened on that special day,
The gift of the Holy Spirit came to me to stay.

I feel so much better, I don't feel so down.
Whenever I'm miserable or wearing a frown

I pray to the Lord, he helps me pull through,
I know He is with me, to help guide what I do.

I know my depression will still come and go,
I'll have good days and bad days, but now this I know...

... the Lord is with me. I just call on his name.
From now on depression will not be the same.

Linda West



Over 2 million people in the UK and 11 million worldwide have now attended an Alpha course, an opportunity to explore the meaning of life, running in tens of thousands of churches of all denominations across the world.

Alpha is an opportunity for anyone to explore the Christian faith in a relaxed setting over ten thought-provoking weekly sessions, with a day or weekend away.

www.alpha.org
0845 644 7544

Poem: Then I Found the Lord

She suffers depression I hear people say,
She's moody, she's tearful-stay out of her way.

Strange illness, depression, you don't know it's there,
Creeps up on you slowly, then gives you a scare!

Your symptoms don't notice, folks can't see your plight.
It's all in your mind, an ashamed fight!

You've good days and bad days, and no days at all!
Some days it's so bad, you just stare at the wall

You lose lots of friends - they don't understand.
They no longer have time, to lend you a hand.

Try this medication, my doctor would say.
Hope this one will work, and lengthen my day

So what caused my problem? I think I can see.
Divorce, a move, bereavement, I went through all three!

All at the same time, they hit me really bad!
The whole of my life became empty and sad!

Then a wonderful lady took me from my strife,
She introduced me to someone who changed my whole life.

I enrolled on the Alpha course. I'd always believed.
For the first time for ages my symptoms relieved.

As each week went by and I made lots of mates.
My faith grew much stronger, the Lord won my votes.

I knew I felt different. I wanted to see ...
How the Lord and Holy Spirit could come and help me.

A Way for the New Year

This ancient Sanskrit poem was submitted by Mandy Lelliott:

*Look well to this day
For it is life - The very best of life.*

*In its brief course lie all
The realities and truths of existence:
The joy of growth, The splendour of action,
The glory of power.*

*For yesterday is but a memory,
and tomorrow is only a vision.*

But today if well-lived makes
Every yesterday a memory of happiness
And every tomorrow a Vision of Hope.*

Look well, therefore to this day.

* Be and Give the best you can in all your tasks and relationships

Starter for Ten?

Q: Who were the first couple to be shown in bed together on prime time TV?

Answer on p16.

Moving On... & So Grateful

Below is a Poem of Thanksgiving from Wendy Hill, who, as part of her healing journey, stayed awhile at Crowhurst Christian Healing Centre near Battle in Sussex. She writes, well, emailed actually...

I am very pleased to say that I am fully recovered from my stress-related depression that struck in May 2007 with such force. My music, poetry and faith have all contributed towards my recovery. Crowhurst is a very special place, and I would like to visit again when the time is right.

I spent most of last year letting God work in my life, listening to doctors, gradually reducing my medication and finding alternative strategies to help me cope with the long-suppressed emotional turmoil in my life. I recognise that much of what I was doing was self-inflicted, because I was a 'human doing' not a 'human being' and that I was carrying the burden of guilt all by myself.

Thanks to Peter, Kay, and all at Crowhurst, as well as my family, friends and most of all, my daughter, Alexandra, back home here in Bedfordshire, I have accepted Jesus into my life, my heart and my world. He has, as He has for so many others, helped me to feel His peace in my life, taught me to like myself again, and brought me through that black tunnel of despair.



So, in grateful thanks to Him, and in the hope that my story might inspire others, please would you publish this poem, which I wrote in January 2008. It's just entitled *Grateful*.

Thank you in advance
Yours in Christ

Wendy Hill.

Poem: Grateful

*Lord, You have led me here.
As I sit and gaze at the view -
Time to reflect on Your Grace
And the rescue from my fear:
Grateful, I'm so grateful
Sometimes too deeply to express
You are my Saviour, Brother, Friend.
On You only do I depend.*

*As I explore the world around
I think upon Your love
Unconditional, everlasting
Peace in my heart, I have found
Grateful, I'm so grateful
Sometimes too deeply to express
You are my Saviour, Brother, Friend
On You only do I depend.*

*Now as this New Year starts
Hope in my heart fully restored
Trusting in You, Jesus, every day
Faith never more to be torn apart
Grateful, I'm so grateful
Sometimes too deeply to express
You are my Saviour, Brother, Friend
On You only do I depend.*

Wendy Hill