

the wellbeing journey

The Wellbeing Journey is a new Christian course that seeks to help churches, communities and individuals address the challenges of our times.

Following the Covid pandemic, local churches are in a unique place to lead communities on this holistic journey to physical, mental and spiritual wellbeing.

HOPE Together and KingsGate Church, Peterborough, have developed a video journey drawing on Dave Smith's book: 'God's Plan for Your Wellbeing'.

Run over Zoom, it uses videos presented by TV personalities Simon Thomas and Joanna Adeyinka-Burford, plus contributions from leading experts in different fields, followed up by discussion and conversation.

The eight video sessions are:
Week one: Introduction;
Week two: A wellbeing mindset;
Week three: Physical wellbeing;
Week four: Emotional wellbeing;
Week five: Spiritual wellbeing;
Week six: Relational wellbeing;
Week seven: Financial wellbeing;
Week eight: Vocational wellbeing.

It's open for anyone to share in;
those involved in church life, or
those exploring faith.

Meeting over Zoom on Monday
evenings, beginning at 7:00pm
commencing on
Monday 24th October.

To attend and/or get more details,
contact Cameron on 01943 463258
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thestirks@tiscali.co.uk

financial
spiritual
emotional
relational
vocational