



St Chad's Extension 8-9pm

Each session is totally independent of the others.

So choose which ones you want to come to.

You are of course welcome to come to all of them!

Wed 5th June - Wide-awake dreams

This session challenges us to think about our dreams, what our motivation is for pursuing them, and who or what it is that is influencing us as we try to achieve them.

Wed 12th June - Be my best friend

What does it mean to have a good friend. And what does it mean to be a good friend? This session looks at how to be “real” in our relationships.

Mon 17th June - Difficult People

We all come across people whom we find difficult to deal with. This session helps us to identify those who are truly on our side and gives us the opportunity to discuss the best ways to handle difficult characters.

Wed 3rd July - Love is something you do

Is love simply something you feel, or is there more to it? We explore what it means to love with actions even when feelings aren't present. The material in this session relates to relationships in all areas of our lives.

Wed 10th July - Forgiveness

Is it always right to forgive? Is forgiveness a reaction or a choice? Here we look at what true forgiveness is, what it is not, and what effect forgiveness may have on a person's life.

Mon 15th July - Living a life true to yourself

At times we can find ourselves trying to be somebody that we just can't be. This session encourages us to recognise when we are living our lives in an attempt to meet someone else's expectations and encourages us to play to our strengths.

Wed 31st July - The long walk home

The story of the prodigal son will prompt discussion on jealousy between siblings, forgiveness from parents, and whether it is always right to welcome the 'wanderer' back. It also explores the idea of God as a Father waiting for us to come home.

Wed 7th August - Thieves of Joy

Hankering after the past or longing for a better future - both will steal your present joy. This session looks at finding contentment and grasping happiness now.