

Lay down burdens
 breathe out stress
 enter silence
 breathe in life
 embrace peace
 gaze on Christ
 you are safe

were the kind of words used and we spent ten minutes or so like this. The grace website explains that to spend time together in contemplation can create a depth of silence in which our busy thoughts and lives can be stilled. We may feel close to God during this time, or we may not. We are not asking for, or expecting anything. What matters is that we are placing ourselves before God, giving this time wholly to him, to use as he wills - knowing that his love surrounds us always.

Then Wisdom - reading the story of the temptations of Jesus from the bible followed by music and some modern drawings. I particularly liked the beginning which said "when I was 30 I decided to take some time out" then followed 40 Throughout the Conference we had the opportunity to meet in small groups of 6 or 7 which were called cell groups. The aim of these groups was to provide an opportunity for reflection, sharing, prayer and fellowship. We were asked to choose a group before the conference from the following: Children and Young People, the Family, the Community, Music and Musicians, Church Officers, Authorised Ministers such as Readers, Rural Ministry, Urban Ministry, clergy and finally a 'Mixed Group'.

I chose a 'Mixed Group', which didn't focus on anything specific. As well as discussing the issues of the Conference we had a time of sharing our personal faith journeys and on the last night a glass of wine. We were led by Joy Horton, the Chaplain at Burrswood Healing Centre (which our Healing Group has visited). Also the

drawings of Jesus in the wilderness, something visual to reflect upon.

Finally Movement - we had a Celtic creed, some prayers and a blessing. We all found the time very powerful. As someone remarked she wouldn't get her 23 year old to church but he would come to something like this.

God is all you need

by Theresa of Anvila

Do not let anything disturb you
 nothing frighten you
 all things are passing
 God never changes
 patient endurance leads to all things
 those who belong to God wait for nothing
 God is all you need.
 Amen.

Cell Groups

Alan Hughes

Director of Burrswood was in our group. Joy said that our cell group was a place to relax and share what we were learning.

From what I've heard some groups were more successful than others. I tend to find groups difficult although I found our group was particularly helpful. I felt I was just beginning to enjoy being in a group.

The Conference was very concentrated and I greatly benefited from it particularly through being with people. Although I found the workshops helpful I learnt more from being with people than through the talks themselves. The Conference was a constant opportunity to meet with interesting people from other churches in the Diocese. The cell group was a focus for this and I was able to contribute and share and it was a good experience for me.