

Mental Health Project

Diocese of Shrewsbury

Support Group Meetings

- ▶ Welcome
 - ▶ A few moments of silence
 - ▶ An opening prayer
 - ▶ The group prayer
 - ▶ Scripture reading
 - ▶ Reflection
 - ▶ Sharing
 - ▶ Closing prayer/reflection
- 

Let us pray together

Lord,
as we gather together to listen to your Word,
help us to listen to You
and to each other
with compassion and understanding.
Help us to respect and accept each other
just as we are.
Amen



When can I find time this week to 'play' like a child?

Who will need my support to get through each day?

Who will bring me closer to God today?

When, in your life, have you felt most in need of hope?

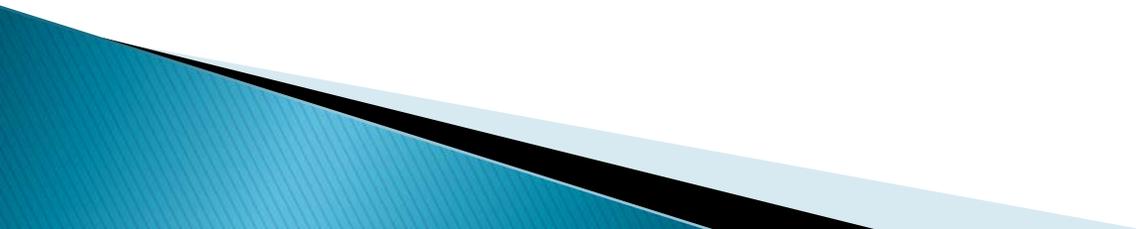


How do I share loving kindness with my family?

How can I be more aware of the presence of God in the messiness of my everyday life?

Where has my heart been moved with kindness and compassion?

Have I allowed myself to receive kindness, affection and praise?





Carers Support Group

Let us pray together,
Lord, as we gather together to listen to your Word,
help us to listen to you
and to each other with compassion and understanding.
Help us to respect and accept each other just as we are.
Amen.

The Lord is my shepherd;
There is nothing I shall want.
Fresh and green are the pastures where he gives me
repose.
Near restful waters he leads me
To revive my drooping spirit.

He guides me along the right path;
He is true to his name.
If I should walk in the valley of darkness
No evil would I fear.
You are there with your crook and your staff;
With these you give me comfort.

You have prepared a banquet for me
In the sight of my foes.
My head you have anointed with oil;
My cup is overflowing.

Surely goodness and kindness shall follow me
All the days of my life.
In the Lord's own house shall I dwell
For ever and ever.

A Reading from the Gospel of St John

I am the Good Shepherd. As the Father knows me and I know the Father, in the same way I know my sheep and they know me. And I am willing to die for them. There are other sheep which belong to me that are not in this sheepfold. I must bring them too; they will listen to my voice, and they will become one flock with one shepherd.

John 11:15-16

Reflection

Psalm 23 is well known and it is sometimes difficult to read it in a fresh way. Try to concentrate your thoughts on the Shepherd. Notice how he cares for his sheep. Notice how many times the first person pronoun occurs in this psalm (I, me, my).

How does this make you feel?
What are your recurring fears?



Lord

I stand before you

Weak and vulnerable

Fragile and fearful.

Strengthen my understanding

Of your love for me

Help me to hear

The voice of the

Good Shepherd

In my heart.

And lead me

Gently

Into your peaceful presence.

Feedback from the groups

- ▶ It is heaven sent
 - ▶ It's a place to share concerns where others understand
 - ▶ It's a prayerful meeting
 - ▶ ...the group seemed to come together with a real love of God as their protector and strength
 - ▶ ...a lot of deep feelings and sharing
 - ▶ We need to be loved
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