

# Continuing the Journey



"I came as an impostor - and within the first few hours had been warmly welcomed. I have felt an overwhelming love here. I have been able to explore my depths. I have received healing, sanctuary and space. I have forged new friendships."

## Conference office

**23 Park Road, Ilkeston Derbyshire DE7 5DA**

Tel: 0115 871 8564

email: [admin@continuingthejourney.com](mailto:admin@continuingthejourney.com)

website: [www.continuingthejourney.com](http://www.continuingthejourney.com)

## What is Continuing the Journey?

The **Continuing the Journey** Conference was born in the 1980s, in an era when counselling, psychotherapy, social and community work were viewed as secular disciplines, and practitioners with a Christian faith found few places where they could articulate the connections which they wanted to make between their profession and their faith. At the same time there were those within the ministry of the church who wanted to discover how their pastoral practice could be enriched by the insights coming out of these relatively new professions.

In our post modern era the issues have shifted. There is much more openness to spirituality and it no longer seems ridiculous to talk about faith and counselling in the same sentence. Yet

"I was not sure what I was coming to and now I am not sure what I have been to! I have felt held and fed (in every sense!)"

still – perhaps because some of the impact of the Church has been negative – there can be suspicion in therapeutic circles of a specifically *Christian* spirituality which has left Christians often less articulate about the connections between their faith and therapeutic practice than those from other spiritual traditions. On the other hand, there continues to be a degree of suspicion of the therapeutic disciplines from within a church which can sometimes seem naïve both in its pastoral practice and its understanding of the complexity of human experience.

"I enjoyed being with fellow travellers, kindred spirits."

In the face of these tensions, the **Continuing the Journey** conference has provided a place of sanctuary both for those whose vocation is focused within the church and those whose main work is outside it. Many have found space at the conference to examine the territory in which we work in the context of Christian faith; to ask questions about both faith and experience, without the pressure to come too quickly to conclusions; and to discover – sometimes quite unexpectedly – companions on the journey.

## Who is the conference for?

Over the years, **Continuing the Journey** has sought to bring together those who want to affirm both the continuity and the tension between world and church, nature and grace, psychology and theology.

"It has been the bringing together of my two worlds (faith and work), which I have not really been able to do in any other context, which has been so very enabling, empowering."

The **Continuing the Journey** conference is for pastoral carers, counsellors, psychotherapists, psychologists, social and community workers, pastoral theologians, carers, priests and ministers from all parts of the church who want to deepen both our faith and our callings through creative engagement with each other and with God.

"This is a week that runs quite deep, connections with others go to deep places."

## Who runs it?

**Continuing the Journey** is not run by any single organisation and only continues its journey because conference participants give a planning group the mandate to do so. It is a 'trans-denominational' conference, supported by a number of Christian trusts and counselling centres. It exists because it speaks to the range of needs described above. It seeks to address where we are at this moment on our journeys in the challenges of our daily lives.

## What can I expect if I come?

The **Continuing the Journey** conference aims to weave together the following strands during each day and through the week:

"A wonderful blend of mental, spiritual, and psychological stimulation, reflection, silence, worship and free time."

- Learning through input from conference speakers and workshops
- Time for personal reflection, alone and through corporate worship
- The opportunity to meet others in small groups and social time

In addition, the four speakers are chosen to give a balance between the following perspectives:

- theological/biblical
- social/pastoral
- spirituality
- psychology/therapy

"Enjoyed the variety, the vast experience, expertise and humour of the speakers."

We do not ask *speakers* to make an integration between the different elements which are part of the conference, but invite *participants* to make that integration themselves through a combination of individual journalling, processing in a small group, participation in workshops and reflection in the times of worship.

## A typical day

The conference runs from Monday afternoon to Friday lunchtime. Full days follow the pattern below.

"The balance of worship, study and rest was very good."

8.00am	<i>Breakfast</i>
9.00am	Morning worship including time for silence
9.30am	Plenary session: input from speaker and time for questions
10.30am	Individual reflection
10.45am	<i>Coffee</i>
11.30am	Small groups, including time
-12.45pm	to process the impact of the themes introduced by the speakers

"All our senses - the whole has been engaged, body, mind, emotion, soul, spirit."

1.00pm	<i>Lunch and free time</i>
3.45pm	<i>Tea</i>
4.30-6.15pm	Workshops
6.45pm	<i>Supper</i>
8-9pm	Evening worship and introduction to the next day's speaker

## Accommodation

The Hayes Conference Centre is set in beautiful Derbyshire countryside with easy road, rail and air links. The Centre's own grounds provide a restful setting with scope for short walks, and there is free time built into our programme in which you could explore further afield. The **Continuing the Journey** Conference has reserved attractive en suite accommodation with lift access in the Alan Booth and Lakeside Centres.

## Continuing the Journey...?

**Continuing the Journey** is an open temporary community whose purpose is to serve as a way-station, offering companionship and support. Many have found it to be a place of refreshment and nourishment. We hope that you will too, and look forward to welcoming you at the next conference which will take place from **3rd-7th May, 2010**. To make a booking, please contact our conference office.

"It has given me far more than I expected...I am now ready to re-launch myself after self-imposed exile."

"This week is important for some and essential for me..."  
"...an integrated, integrating, gentle, challenging experience"