

Wychert Vale Benefice

FOCUS groups



Wychert Vale is a network of Christian communities that connect together. Church is about building relationships, worshipping God, sharing the ups and downs of life, growing and sharing our faith, and reaching out to a world in need. Focus Groups are a way of getting together in smaller, informal settings and exploring these issues.

Autumn 2017: Weeks beginning 25 Sept, 9th, 23rd Oct, 6th, 20th Nov, 4th Dec

What time of the week will these groups happen?

They can be: evenings, daytime, midweek; weekdays and at weekends. Some may vary. You can find a group that will fit your own free time.

I'm already in a homegroup, can I join a focus group as well?

Yes! Focus groups are similar to homegroups but are time limited and have a specific focus. If you are new to church, you may like to try a focus group for a term and then try a homegroup, or continue with another focus group. If you are already in a homegroup, you may like to try a focus group alongside for a term.

How do I book?

You can fill out the booking form and give it into the benefice office. You can also book by writing to: office@wychertvale.org or phoning: 01844 291108. Please give your name, contact details and which group you would like to join.

Focus Groups in Autumn 2017

The following groups are running this Autumn

Alpha Course: Explore life, faith and meaning

Weekly on Saturday mornings starting 23 September

Leaders: Graham Stoney and Andy Hardy

Location: St Mary's Centre, Station Road, Haddenham

We believe that everyone should have the chance to explore the Christian faith, ask questions and share their point of view; wherever they are in the world.

Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.

Alpha is run all around the globe, and everyone's welcome. It runs in cafés, churches, universities, homes—you name it. No two Alphas look the same, but generally they have three key things in common: food, a talk and good conversation.

Drawing and Painting

Fortnightly on Fridays 1.00-3.00pm starting 29 September

Leader: Caroline Stonham

Location: St Nicholas Church, Cuddington

This focus group is based on the practical activity of drawing or painting from observation; 'seeing is believing'- whether you are a complete beginner or have some experience of using different media. Line, tone, colour, textures and composition will all be introduced but there will be plenty of scope for people to pursue their own interests. There will be a time of reflection based on a Bible passage and opportunities to discuss and pray quietly or together. 'Still Life' can have many meanings in this context but in the stillness new ways of looking at truths will be revealed.

Pastoral Care

Fortnightly on Monday evenings at 8.00pm, starting on 25 September

Leaders: Nadine Rose and Jonathan Hawkins

Location: St Nicholas Church, Cuddington

What is pastoral care? How do we support people through the ups and downs of life? This Focus group will look at different issues each evening and work through ways of supporting others. It is a great introduction to pastoral care and also a brilliant refresher for long term supporters. There will be visiting speakers, discussion and prayer.

Big Questions

Fortnightly on Wednesday/Thursday evenings starting 27/28 September

Leaders: Karen and Richard Fisher

Location: Stokes Croft, Haddenham

Description: Would you like a chance to consider, from a Christian perspective, some of the big questions we face in our lives? Come and explore them with us. We don't have all the answers, but we do want to create an opportunity for open and honest discussion in a safe space. We'll meet fortnightly for supper and address a different topic each session. We'll decide as a group what we're going to tackle each time and the format will be very flexible and informal.

Parenting

Fortnightly starting in week beginning 25 September - exact times to be arranged around the group.

Leaders: Tricia Stradling and Loraine Milmer

This is especially for parents of 0-6 year olds. Parenting is the most amazing role in the world and is always a learning process! This group will give an opportunity to think about how we think and feel as parents and whether there are some tips to help us over bumpy times. It will look at values, communication, listening and discipline. It is for all parents whether you have one child or several. Babies do not come with an instruction manual and, no matter how prepared you may try to be, the reality is often different and certainly changes your life forever. We promise it will be great fun.

So what makes a Focus group special?



There are 6 Essentials for each of our Focus Groups:

1. The overall aim for each group is for people to grow in faith. People will be at all sorts of stages in the Christian faith. Some may have been Christians for ages and want to look at their faith in a fresh way, and discover new things. Others may have got so far on the journey and want to go deeper. Some groups may well have some people who would not call themselves Christians. In this case the leader enable them to explore faith through conversations and relationships.
2. There will be easy opportunities to pray with people in a natural way.
3. There will be something from the Bible. This might be the focus of some groups. For others it might be a short reading at the start or end of the session with a brief thought to connect to the activity focus of the group.
4. Sharing food. This could be as simple as bringing cakes to share together when you meet. This could mean choosing to have a shared evening meal or even Sunday lunch together a couple of times while the focus group is running. Some groups may decide to eat together each week. Meals are very prominent in the Bible and really help people to relax and belong.
5. The groups will be time limited – typically six sessions over 12 weeks and then a break before groups start again. This will correspond roughly with terms with a longer break over the summer.
6. Each group has a special focus. Some might be on a practical focus such as painting or bike maintenance. Others might have a biblical or prayer focus. Some might be on pastoral care or parenting. All sorts of ideas are possible and so let your imagination go a bit!

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Focus Groups Booking Form



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Focus Groups in Autumn 2017:

Please tick to indicate the group you would like to join

Alpha Course:	
Drawing and Painting	
Pastoral Care	
Big Questions	
Parenting	

Your details

Name _____

Address _____

Telephone _____

email _____