



They Say...

- Feelings signal our spiritual condition and tell us a great deal about what we really believe deep within.
- Expressing and listening properly to our feelings can be the doorway to spiritual growth.
- Emotions can tell us where the questions, mis-beliefs and weak points are in our faith.

Your Emotions are a Gift

- **WHOLENESS AND FREEDOM ARE POSSIBLE BY THE POWER OF THE HOLY SPIRIT.**
- "Jesus died for your wounds, whether physical, spiritual or emotional and He provides the necessary power for healing. But what is hidden must be brought out into the light." (Wardle)

For More Information Contact:

Dr. Sharon Siler

or

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The Healing Place

New Life Ministries of VA

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* Groups are also

Available at

The Healing Place-South

New Canaan Worship Center

4712 Forest Hill Avenue

Richmond, VA 23225

804. 233-6026

For More Information Contact

About Groups at The Healing

Place South:

Dr. Blanche Murphy

The Healing Place Center for Counseling and Spiritual Formation

Small Group Ministry



THP SMALL GROUP MINISTRY ORIENTATION MEETING Monday – March 9, 2020 6:30PM

First Shiloh Baptist Church
Youth Center
8150 Walnut Grove Road
Mechanicsville, Virginia

REGISTRATION FORM

(Cut and return this portion with payment.)

Name: _____

Address: _____

Email Address: _____

Phone Number: _____

Church: _____

I am registering for:

Sixteen Weeks Small Group

___ Women's Group

___ Men's Group

Twelve Weeks (*End the Silence*)

Twelve Weeks Small Group

___ New Canaan Location

___ Mechanicsville Location

Grief Small Group

___ New Canaan Location

___ Mechanicsville Location

Spiritual Direction Group

ICP Couples Group

Enclosed: Registration Fee

Check

Credit Card

Acct # _____

Exp. Date _____ CVC _____

THP Small Groups

We all have had some traumatic experience(s) somewhere in our growth that tend to run our lives. The emotions that we deem too scary or embarrassing don't just go away. Some people try to forget about them through behaviors that make things worse. It is called "pain killing". We all can attest to the destructive impact of drugs or alcohol as "pain killing" but what about, overeating, gambling, or shopping therapy. The Healing Place is committed to your wholeness and wellbeing, offering several life-changing small group opportunities.

All groups will be offered at New Life Ministries. Groups with asterisks will also be offered at New Canaan Baptist Church.

***The Sixteen-Week Group** helps those who are struggling with emotional and spiritual brokenness. The group offers a safe and confidential place to heal from deep wounds, false beliefs, damaged emotions and dysfunctional behaviors. Women's: Thursdays 6:30pm – 9:00pm
Men's: Tuesdays 6:30pm – 9:00pm
Registration \$25.00; weekly fee - \$15.00

The Twelve-Week Group (*End the Silence*) is for those who have experienced or been affected in any way by sexual or domestic violence. The group will offer a tender look through a compassionate window as we investigate the dysfunctional patterns we have developed as a result of traumatic experiences.
(Meets Mondays 6:30 -9:00 pm)
Registration \$25.00; weekly fee - \$15.00

***The Twelve-Week Group** is about your attachments. The focus is on helping you understand why you feel, act and relate the way you do. The goal is to identify unhealthy patterns rooted in childhood attachments, learn how to steer away from negative patterns, and learn to maintain healthier relationships.
(Meets Tuesdays 6:30pm – 9:00pm)
Registration \$25.00; weekly fee - \$15.00

***The Grief Small Group** is all about the needs of persons who are grieving past and present losses such as the death of a loved one, divorce, loss of health, etc. A 12-week format will be used walk through the tasks of grief.
(Meets Mondays 6:30pm -9:00pm)
Registration \$25.00; weekly fee-\$15.00

Spiritual Direction

Spiritual direction is about responding to God's invitation to draw closer in relationship. Participants learn how to be attentive to God's presence and action and to support others in the journey. Groups meet for 1 ½ hours per week for 8 weeks.
-Thursday Group -9:30 – 11:00 am
Registration \$25.00; weekly fee - \$15.00

ICP Couples Group – Growing in Intimacy, Connection, and Purpose is the focus of our ten-week Couples group. The group provides a safe place for couples to explore their relationship, to expand their self-awareness, and live into their hopes and dreams together. It is a supportive group of friends traveling together.
(Meets Thursdays 6:30pm – 9:00pm)
Registration \$25.00/couple; weekly fee - \$25.00/couple