

RenewWellbeing

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord’s favour and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendour.”

Isaiah 61:1-3 NIV

These words are again spoken over Jesus as he started his ministry here on earth and now they are poignant for us as the body of Christ, the Spirit of the Sovereign Lord is on us!

For me personally these words from Isaiah 61 resonate profoundly with the vision of Renew Wellbeing the charity I work for and we as a church are connected with. That heart of binding up the broken hearted and comforting all who mourn. The central message of Renew Wellbeing is creating safe spaces where it is okay not to be okay. There are now 50 Renew spaces across the country, with another 20 places showing interest at the time of writing. I am entering my second year of working for the charity as a Training and Development officer, my role is to encourage, train, resource and support existing centres.

Last Sunday I was asked about Renew Wellbeing here in Battle, where are things currently at? My time with Renew Wellbeing is taken up with my paid role, for us here in Battle that would mean I could train, encourage and support a wellbeing space as I would other wellbeing spaces. In terms of pushing forward with setting up a space here locally, a small team of 4/6 would be needed to get things moving, with someone other than myself at the helm. This would include getting together to look at potential locations and opening hours for a Renew Wellbeing space.

One of the core values of Renew Wellbeing is working in partnership with others. I believe that setting up a Renew Wellbeing space in Battle would be a great opportunity to work together with other churches and community groups.

Over the next year, may we continue to see more places across our nation where we can say ‘it is okay not to be okay.’ Knowing that in all things God is constant, loving and always by our side

Shalom

Emma