



EDITORIAL

Anne Middleton

It has been a privilege to work on this edition of MET Connexion. I have been able to reconnect with my former life and passion as a (drama) therapist and manager of a therapeutic community for adults with mental illness. It has been great to engage with people who are doing important work in this field and trying to get rid of outdated stigma of anyone who is seen to be 'different'...

Gill Dascombe shows us how possibly the real miracle of the healing for the Gerasene would be the changing attitudes of his community. Ann Hall shares her story of how postnatal psychosis became her best qualification for being a Minister. Kate Sharma has written on behalf of the Cinnamon Network, who have just released their findings on research into the important role that churches can have in supporting those with mental health (and other) issues. Mike Jackson has enlightened us on being an introvert and an evangelical, humorously reminding us that we all have different needs and mustn't try to make anyone fit into an evangelical mould! Kathryn Taylor has shared her experiences of how it feels to be a single person arriving in a church for the first time and encourages us to be more aware of what we do - or don't do - to make people feel welcome. Fiona Fidgin, like me, has a passion for labyrinths and sees the value in taking time to reflect on our life journey in a mysteriously transforming space.

As a Christian therapist, I have always felt strongly that we cannot separate our mental and spiritual well-being. This edition represents universal needs and I have deliberately mixed more severe examples of mental illness and distress with the kind of situations that we can all identify with. We are emotional and spiritual beings and we all have certain needs to enable us to flourish as human beings. I hope that this edition encourages us, as individuals and as churches, not just to be more understanding and accepting of others, but also to recognise our own needs to take care of our mental and spiritual well-being...

The Bible Study is the first in a series of three, by Kevin Jones, focusing on Colossians 1. Kevin has also put a lot of research, as always, into Praying Always and has given us many areas to pray for, including mental health charities and people who work and live in quite stressful circumstances. Louise Gough has shared some of her moving prayers, also using the image of the labyrinth, to help us to reflect on and bring to God both the heights and depths of our life journeys. Sadly, Paul Wilson has shared his final letter as MET's Development Worker. I want to take this opportunity to thank him for his love and support as my Line Manager throughout my time as Editor of MET Connexion.

I hope and pray that we will continue to be more loving, more caring, more accepting and kinder to ourselves and others, as we plod, strive or limp along on our earthly journey! Our goal - to reach the perfection and beauty of our true spiritual home, when there will be no more suffering of any kind, for an eternity of wonder, reunited with our loving heavenly Father. Amen!

The Editor welcomes articles and Good News stories for future issues. The theme for the Winter edition will be Vocation. The deadline for submission is 1 October 2018, but please do let the editor know well in advance if you would like to submit an article for a specific issue, to ensure space is reserved, as the Editor commissions articles at the beginning of the process. To submit or to ask permission to reproduce anything, please email: editor@methodistevangelicals.org.uk

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By Kate Sharma
10. THE LABYRINTH OF LIFE
By Fiona Fidgin
12. THERE, BUT FOR THE GRACE OF GOD, GO I
By Ann Hall
18. INCLUDE ME - BUT DON'T OVERDO IT!
By Mike Jackson
20. THE POWER OF WELCOME
By Kathryn Parker

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Farewell from Paul Wilson
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