

# **Spiritual Wellness Ministry**

**A Christian spiritual support group for those who feel  
anxious, depressed, stressed, isolated**

Come join the Wellness Group. Since 2004, the Ministry for Wellness is a Christian based spiritual support group. Caregivers are also welcome to attend and participate.

The Ministry was established under the guidance of the Office of Disabilities of the Archdiocese of Hartford and is sponsored by Saint George Catholic Church located at 33 Whitfield Street, Guilford, CT.

The Wellness ministry is not group therapy but a support ministry in which members seek to help each other during times of need and to grow spiritually in their relationship with God. One does not need to be Catholic to participate but should have a Christian based faith due to the structure of the meetings.

The group usually meets on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of the month at St. George Church on the green, in Guilford, 33 Whitfield Street in the Deacon Ruiz Center adjacent to the rectory from 2:00 PM to 3:30 PM. Adjustments are made to accommodate holidays and special events. Meetings are held from September through June. There is a retreat day as well as several social activities throughout the year. Summer social activities are scheduled and participation in various parish social activities is also encouraged.

The meetings open with a prayer and the lighting of a candle. This is followed by individual sharing and support by the group members. Participants are encouraged but are not required to

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share experiences. All discussions are held in confidence and are not to be shared outside of the group. The second half of the meeting is spiritually based and can be reflections on scriptural readings or group recitation of a prayer like the rosary or the chaplet of Divine Mercy.

There is a prayer jar that members can add their own personal petitions which are not shared with the group but are prayed for on a daily basis. The meeting ends with a final prayer of petition and thanksgiving.

The requirements for participation for anyone under the care of a doctor or therapist or taking prescription medication are that they continue while participating in the group activities.

The 2016 Fall Meeting Dates through December are: September 18, October 9 and 23, November 13 and 27, December 4 (Christmas party) and 18.

For further information contact Deacon Adam Michaele at (203) 530-4466 or Rose Michaele at (203) 483-6307.

