



SOULCARE

Every person has a story and in a broken world, our stories are often marked by pain. Soulcare aims to care for people in the midst of their trials by helping them to see their story through the lens of God's Word and in light of the gospel. Our prayer is that those who are hurting will find hope and healing in the gospel and become mature followers of Christ.

WHAT WE DO:

- ▶ We equip believers to provide *circumstantial* care. This is the provision of practical care for one another in community groups and ministry settings;
- ▶ We facilitate *collaborative* care through running group facilitated courses designed to help individuals through specific struggles;
- ▶ Finally, we equip Soulcarers to journey with those in need through a *customised* care model. This involves one to one biblical counseling offered by the pastors and Soulcarers. When it is necessary we work with and are able to refer to other professionalised health care providers that enable to person to be cared for in a more holistic way.

All courses will run from 19:00-21:00 (unless stated otherwise) on Tuesday evenings at Rosebank Union Church

Introduction to Soulcare

24th February; 12th May and 15th September

Facilitator: Kerry Sinclair

This is a two hour talk that is targeted at any member of the church who would like to participate in the Soulcare ministry. These talks will be held three times a year and will be an opportunity to find out about the vision of the ministry and how you can participate with your gifting.

Count50

10th February – 31st March and 1st September - 20th October

Facilitator: Daniël Maree together with guest speakers

Cost: R400



Count50 is a structured 7-Week Depression & Anxiety Support Programme. The Count50 Programme is based on an approach of simultaneously discovering and addressing the primary sources of depression through straightforward cognitive, lifestyle and spiritual practices. These practices are based upon well-established research, personal experience and the truth of Scripture. This, all applied in a focused and systematic programme run over the course of a condensed 7 week period in community with others.

In its essence the programme consists of two components:

- Understanding the “10 hits” (primary categories of causation) of depression and starting to uncover the causal factors of depression in your unique case.
- Following a plan to tackle your personal “hits” from multiple directions simultaneously.

Please note that all sessions are educational and peer-support based and are not a substitute for medical advice, therapy, pastoral care or professional counselling.

REGISTRATION

Please contact **Daniël Maree** on **danmaree@gmail.com** to register for this course.



DivorceCare

17th February to 26th May and 18th August to 24th November

Facilitator: Phillipa Rudolph

Cost: R400

DivorceCare is a safe, welcoming, Christ-centered support group where caring people come alongside you as you heal from the pain of separation or divorce.

It's a **15-week**, video-based program that offers emotional support, practical tools, and hope for the future. It's non-denominational and welcomes people of all faiths and backgrounds. Many participants who are not Christian find the program helpful. It's led by facilitators, not therapists, who have experienced separation or divorce themselves. They know the pain first-hand, and want to walk with others in healing. It affirms the sanctity of marriage, but realises that in some cases divorce may occur. It recognises that reconciliation may not be possible and can take different forms.

What to Expect: Each weekly session includes three key parts, designed to support healing and growth.

- 1)** 30-minute video seminar containing the views of Christian counsellors, pastors, and experts on divorce recovery.
- 2)** Small-group discussion - a safe time to talk through what the video brought up, or just listen if you don't want to share.
- 3)** Participant workbook containing practical exercises, and tools to help you navigate emotional, practical, relational, and spiritual aspects of divorce and separation.

Topics Covered: Sessions address a wide range of issues people commonly face in separation/divorce, including: emotional pain, grief, anger, loneliness, fear, depression, practical issues, conflict, parenting, single living, forgiveness, hope for the future and moving forward.

REGISTRATION

To register go to Find a Group on **divorcecare.org** and sign up for one of the courses being run at Rosebank Union Church or contact **Phillipa Rudolph** on **phillipa@ruc.org.za**

15th February to 24th May and 16th August to 22nd November

Facilitator: Phillipa Rudolph

Cost: R400

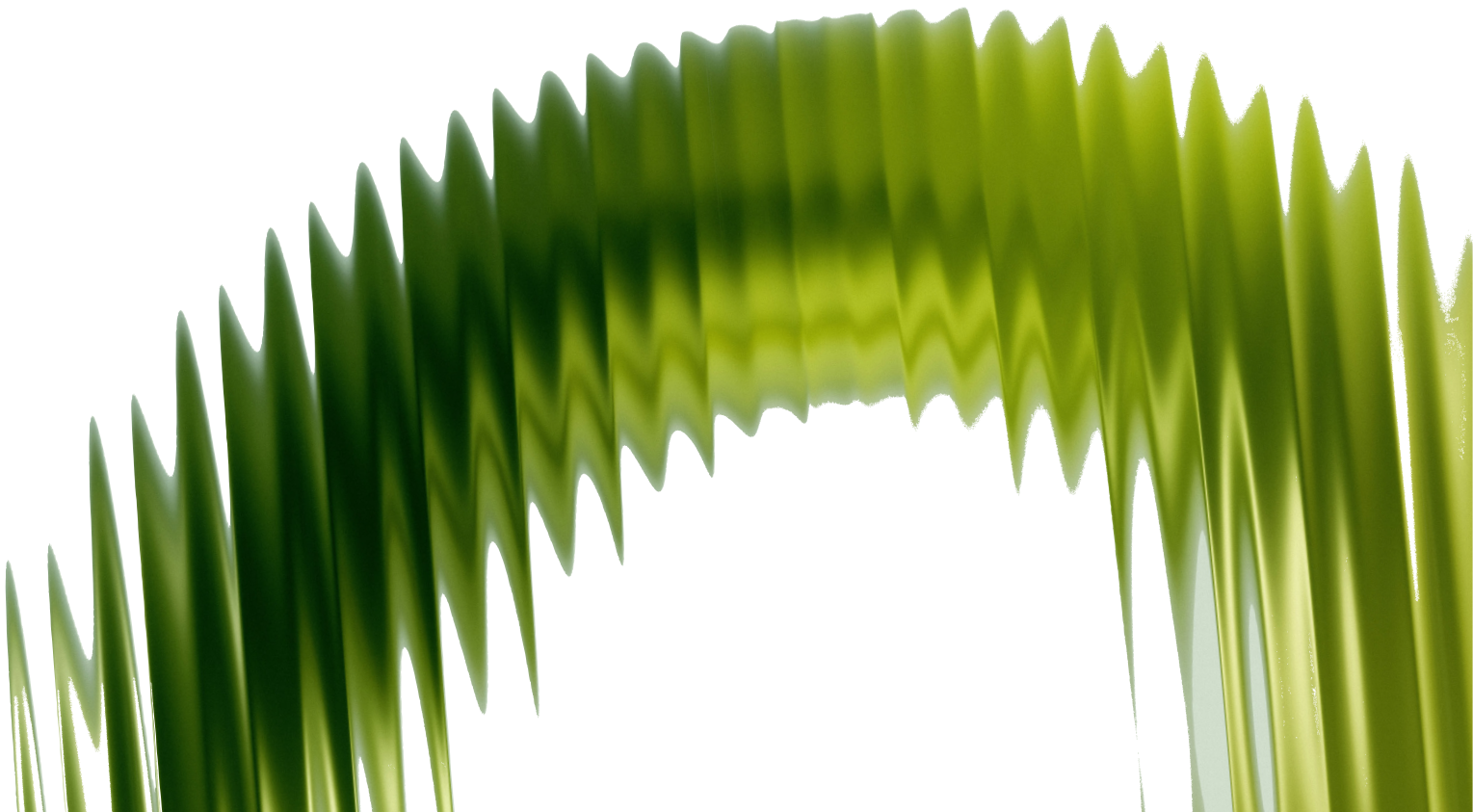
A GriefShare support group is a safe, welcoming place where people can work through the difficult emotions of grief. Through this **15-week** course, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability, and gain solid support each step of the way.

What to Expect: Each week you'll view a 30-minute video on a grief-related topic, featuring valuable insights from counselors, pastors, and others who've lost a loved one. Then your group will discuss the video and how it applies to your lives. You'll also receive a book with helpful tips and exercises for personal support throughout the week.

Topics Covered: Sessions address a wide range of issues people commonly face when grieving such as loneliness, fear, anger, regret, relationships and hope.

REGISTRATION

To register go to Find a Group on griefshare.org and sign up for one of the courses being run at Rosebank Union Church or contact **Phillipa Rudolph** on phillipa@ruc.org.za



Recovery Group

Facilitator: Mark Vanderwagen

Cost: R400

This is a 15-week course that will be run at RUC. The Recovery Course is based on the 12-step programme, incorporating Christian principles, and designed solely for anyone seeking to break an addiction. We welcome all onto our courses, regardless of ethnicity, religious beliefs, sexual orientation and/or gender identity. Some people do the course to intentionally invest in their recovery, others to address more specific challenges. Either way, the course offers essential tools and practical ideas and support to help understand addiction and help people find lasting recovery. The Recovery Course is all about becoming free of addiction, compulsive behaviours and secret habits.

Who is the course for? The course is open to anyone struggling with any addiction or compulsive behaviour, including drugs, alcohol, gambling, internet, sex, food, pornography, smoking, and self-harm.

What's involved? The course runs for fifteen weeks and each session includes a teaching video and testimony, and quality time in single-sex groups to explore the twelve steps and gain knowledge and skills about addiction and how to beat it.

REGISTRATION

Please email **Mark Vanderwaggen** to secure your place or to ask any further questions. mark@ruc.org.za | More details on therecoverycourse.com

Journey Information Evening

10th February, 19:00-21:00

Strength in Weakness: Are you feeling stuck? Does it feel like your life is a struggle, like no one cares? Does it feel like God has left you alone in all of this? For many of us there is a disconnect between our understanding of God and our experiencing of God. We are taught that God loves us, but we can't always sense that love. We learn that the Holy Spirit lives within us, but we don't always understand how we can connect with that reality. We learn from Scripture that God speaks, but we only hear silence. Join us at RUC for a time of teaching, stories, and prayer, exploring the struggles and the hope of how God meets us in these difficult places.

REGISTRATION

Contact us on soulcare@ruc.org.za to register for this course.

Journey Discipleship Course

12th May – 20th October

Facilitator: Craig Groome

This is a **20-week** course for people to talk about their lives, struggles, and pain, and find hope through experiencing God's love and support through Jesus and others.

Who's it for? This course is for anyone willing to be open with others about their life struggles, and who desires to deepen their relationship with Jesus.

What's involved? Each week, we will spend time in worship, teachings, personal stories, and confidential gender-specific small groups for honest sharing and prayer. You will be given weekly reading assignments for reflection, study, and prayer. Please note there is an application and interview process for this course. We will explore several topics, such as: Our need for love and affirmation; Confession; Being empowered by the Holy Spirit; Understanding addiction and temptation; Security in our identity; Understanding abuse; Forgiveness; Living as healthy men and women; Finding Christ in community; Healthy friendships.

For more information go to journeysouthafrica.org

REGISTRATION

Please contact **Kerry Sinclair** on kerry@ruc.org.za if you have any queries or want to register for the course.

Venue allocations will be according to number of registered attendees.

The cost for all our short courses is R400. This covers the costs of materials, facilities and refreshments. Our facilitators may also recommend further reading, which will be at the attendee's own expense.

Sponsorships are available, so please contact us to apply. We don't want any interested attendee not to have an opportunity to participate due to financial constraints!



ruc.org.za/soulcare



ROSEBANK UNION CHURCH