

1. Next Spiritual half-day retreat – Our Lady and the Earthquakes with Fr Rick Loughnan, click [here](#) for more info
2. Parenting Week – Aug 11-18. Click [here](#) for more details.
3. Wellbeing Research paints complex picture – [more](#) information here
4. [Volunteers needed](#) for Addington Action
5. Wellbeing workshops – more info [here](#)

“Our Lady and the Earthquakes” half day retreat

Following on from the recent retreat on interior peace, I have organised a half day retreat on seeking the help and protection of the Blessed Virgin Mary. The statue of the Blessed Virgin Mary, turning 180° and facing the city after the earthquakes of 22 February, 2011, reminded us that the Mother of Our Lord was looking after us, offering comfort and protection. Two years on Our Lady still offers us her help and intercession in recovering from the impact of the earthquakes. Come to this retreat run by Fr Rick Loughnan VG; take the opportunity to reflect and pray before the statue now in St Mary’s Pro-Cathedral. The retreat includes Mass, Adoration and Reconciliation on Saturday 25 May, from 9.00am - 12.30pm.

Contact me for more details or to RSVP

Parenting Week

This is coming to Christchurch in mid-August and features a whole range of presentations, workshops and guest speakers. Check it all out [here](#).

Well-being Research

This research was done as part of the all right? campaign. It presents an interesting picture of what is happening in the community post-earthquake. Read the summary [here](#).

Volunteers needed for Addington Action

Are you handy with a hammer or saw? Maybe with a trade background or your just keen to learn? Mike Peter needs volunteers to carry out a number of urgent repairs on uninsured homeowners houses (and have meet their qualifying criteria). The work will start in early May so if you are interested or may know somebody who may please register your interest by emailing Mike at info@addingtonaction.org.nz

Wellbeing Workshops

Recovery from earthquakes takes not only months, but many years. These workshops aim to assist individuals and communities to manage the on-going challenges associated with the Canterbury earthquakes. They will allow participants to recognise and develop their own and other people's strengths and resources and become aware of what our changing situation brings us in terms of prospects, potential and growth.

Sessions are being run in April, May and June for each of the following groups:

- [Community Support Workers and Volunteers](#)
- [Social Work Agency Staff and Mental Health Professionals](#)
- [NGO Managers](#)
- [Community Leaders](#)

Recognise and develop you own and other people's strengths and resources, while managing uncertainty and challenges in the wake of the Canterbury earthquakes.
Spaces are limited so reserve your place now. Click [here](#) for more information

Remember the Christchurch Diocesan Earthquake Recovery Fund is available to help you meet whatever post-earthquake needs you continue to find.

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