



E-News



The General Conference of the New Church

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paul.crone@generalconference.org.uk

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Rise and Shine Radio Show

Revd Jack Dunion broadcasts his own online radio show every Sunday at 9am on Lomond Radio (formerly River Radio):
<https://lomondradio.co.uk/shows/rise-and-shine>

The link below allows you to catchup Rise & Shine programs:
www.mixcloud.com/RevJack/



Capacitar - Overcoming Stress, Pain and Trauma

Ray and Carolyn Kennion write:

Capacitar is a Spanish word which means 'To Empower'. The Capacitar program has been developed over more than 35 years to empower people who have experienced, or are experiencing, stress, pain and trauma both extreme and minor. (Even minor things can incapacitate us at times.)

Recognising, as would anybody familiar with Swedenborg, that mind and body are one system, the Capacitar program incorporates simple practices from many sources to empower healing, wholeness and peace, both in the individual and in the world. It aims to give people skills to heal themselves by relieving stress, pain and trauma, and to enable them to pass these skills on to others. It has been taught and used effectively with and by people of various age-groups and cultures throughout the world.

On 26th and 27th February thirteen people from a variety of locations and backgrounds gathered at Wellspring House for the first of four, two day modules of Capacitar training. At the start of day one the three course-leaders gave us some background information about Capacitar, which was originally developed by Patricia Cane working in South America.

During the two days we were invited to participate in wellness practices including Tai Chi, hand massage, acupressure, emotional freedom tapping and finger holds to manage emotions. Some of the group had previous experience of these practices but to others they were new. We found that giving or receiving a wellness practice was a special and moving experience, particularly those involving touch, such as hand massage. Towards the end of Day 2 we each had the opportunity to practise sharing a technique with others in a small group. This experience proved to be encouraging.

Over coffee breaks and lunch-times we enjoyed getting to know the other participants more. It was a very harmonious group in which everyone was accepted, valued and enabled to share with others. This was partly due to the clear, calm and encouraging style of the leaders.



We are very grateful for being given the opportunity to take part in this training. With the strife and stress of the present world these wellness practices are much needed. Already we are beginning to put what we have learned so far into practice and we are looking forward to reconnecting with the group for future modules over the spring and summer.

Ray and Carolyn Kennion

Welcome: Our New Marketing and Media Coordinator

We are delighted to announce the appointment of Richard Cawood as the new Marketing and Media Coordinator for the General Conference of the New Church.

Richard will begin his full-time employment with the Conference on Tuesday 7th April 2026.

Many of you will already be familiar with Richard's work, in recent months, he has been working closely with the Conference to support our social media presence and ongoing digital projects, including the development of our new website. He brings significant experience in marketing strategy, digital communications, and brand development, having held senior roles across the food & drink, engineering, and veterinary sectors.

We look forward to the contribution Richard will make in strengthening engagement across our community and beyond. We are excited for him to work alongside our Ministers and Church workers to help our Church reach out as the Lord calls us to do.

You can reach Richard on the Contact Details below:

- Marketing & Media enquiries: marketing.media@generalconference.org.uk
- General/Personal communication: richard.cawood@generalconference.org.uk



A Message from Richard

"I'm very pleased to be writing to you following my appointment as Marketing & Media Coordinator for the General Conference.

Over recent months, I've had the privilege of supporting the Conference in a consultancy capacity, particularly in developing our social media presence and reviewing our wider communications approach. I'm grateful for the trust placed in me to now take this work forward in a more formal role.

Clear and thoughtful communication is increasingly important—not simply in terms of visibility, but in ensuring that what we share reflects the spirit, integrity, and purpose of the Church. My aim is to help present our message in a way that is accessible, consistent, and faithful to our values, while making good use of the digital tools available to us.

A significant focus in the coming year will be the launch of our new website, which we hope will better serve members, enquirers, and the wider public. Alongside this, I look forward to supporting ministers, societies, and committees in communicating their work more effectively.

I'm very much aware that the Church's strength lies in its people and its shared sense of purpose. I look forward to working with you all and welcome your ideas, encouragement, and support as we continue to develop this area of our work."

Richard Cawood

Upcoming Events

22nd March	<u>Zoom service of worship – Jenny Jones</u>
14 th March 10am-4pm	<u>Adventure into Lower Earth – Wellspring House</u>
26 th March	<u>Meet The Minister</u>
27-29 th March	<u>Declutter & Discover - Purley Chase</u>
29 th March	<u>Zoom service (Palm Sunday) - Revd Becky Jarratt</u>
3 rd April *11am	<u>Zoom Service (11am Good Friday) – Gwendolen Rowe</u>
5 th April	<u>Zoom Service (Easter Sunday) – Revd Jack Dunion</u>
12 th April	<u>Zoom service of worship – Anne Clarkson</u>
7-10 th April	<u>13-18 Easter Rally - West End Outdoor Centre</u>
24 th April	<u>Meet The Minister</u>
18 th April 10am-4pm	<u>Angels - Discovering the gifts they bring -Wellspring</u>
30 th April	<u>From Clowes to Wilderspin – Online Talk</u>
9 th May 10am-4pm	<u>Sex & Gender Workshop - Wellspring House</u>

Full details www.generalconference.org.uk/new-church-events/