



**'God does not call the qualified, He qualifies the Called'.**

**Another Fundraising event**

**60s, 70s, 80s Nite**



at Mutley Baptist Church Hall on Saturday, 17 November 2012 at 7pm. Tickets £5—including pasty supper— available from

**SALT South West office.**

Limiting numbers— so book early!



**The Pot Supper held in May was a great success, with lots of fun and laughter. £192 was raised for SALT funds at that event.**

**Cards & Pictures (print/mounted and/or framed) are now available to buy, the proceeds of which are also adding to our funds.**

We cordially invite you to our

**OPEN DAY**

for any Church Leaders or people involved in ministry,  
on Wednesday 7th November between 11am to 3pm.

Please come and find out what we do  
and hear some of the stories of how clients have found freedom from  
their horrendous pasts and the ability to move on to fulfilling lives.

**SALT TRAINING**

The October training course has already been fully booked so we are planning to hold another in the Spring.

If you would like to let us have your name and address, a provisional booking can be made now, to ensure a place on the next course.

**On your marks!**

Here are some techniques taught at a TAG conference workshop on creative writing.

1. Relax from head to toe, eyes closed, for about 6 minutes in silence, being gently guided by the tutor. When completely calm, write down whatever comes to mind for about 5 minutes and all stop simultaneously. Participants then read out their efforts. (these ranged from being factual statements to very descriptive passages).
2. Visualise yourself in a safe place, concentrating on sights, sounds and feelings evoked by this. Again write down these experiences for 4-5 minutes. (It was remarkable how quickly the imagination transfers to the pen, and good to share, and hear the results of others).
3. With the alphabet in the margin of A4 paper, write a word or phrase next to each letter on a chosen theme. This results in a stream of consciousness, and can flow very impressively for some people who respond to structured approaches.
4. Relax and visualise all the impressions gained at the session. Choose one theme and write a few, separate lines about it. Each person then selects their best lines, cuts them out to incorporate in making a group poem pasted onto card. (this was fascinating, as we all had very differing impressions of the same basic experience). An amazing group poem was the result.

Happy Writing!  
May

**Minister and Clergy Sexual Abuse Survivors**

**MACSAS**

MACSAS is a support group for women and men from Christian backgrounds who have been sexually abused by Ministers or Clergy, as children or as adults. They support both survivors who have remained within their Christian communities and those who have left.

Helpline 0808 801 0340

Tuesdays 2pm to 5pm and Wednesdays 6pm to 9pm

**SALT South West**, 142 Union Street, Plymouth, PL1 3HL **Tel:** 01752 600599  
**Email:** email@saltsouthwest.co.uk **Website:** www.saltsouthwest.co.uk  
**Helpline** open Mon and Wed 10am to 1pm - otherwise answer machine operating  
**Council of Reference:** Rt Rev Christopher Budd, Rt Revd John Ford, Rev Andy Caldwell,  
Gary Streeter and Kerry Cole.  
**Charity No 1010424**