

4. Sustaining **body, mind and spirit**

- A place of hospitality, welcome for all
- Particular concern for those who are struggling — stressed, disabled, unemployed, suffering poor health
- A support structure for those carrying out community service orders
- Gathering place for workshops, meetings, exploring and sharing of ideas on 'sustainable living'.
- A place of beauty, wonder and laughter that lifts the heart
- Workshops on sustainable living
- Opportunities for prayer and reflection.

