

In the Basement

Talking About Things That Matter

Fear, Anxiety, Guilt and Shame:



How to use these sessions

These sessions were recorded with a live audience over four Tuesday nights in August 2018.

They aim to inform and facilitate discussion of the above topics within a Christian framework.

They do this in a way that opens up authentic relationships and deepens your understanding of your faith.

The venue was “the Basement”, which is just that: the basement of *Schaedel House*, one of the oldest houses still standing in the Barossa Valley, South Australia.

THE PRESENTERS: The presenters are *Dr. Noel and Dr. Kirsten Due*.

Noel has over thirty five years of ministry experience in Australia and overseas; and has taught in Bible and theological colleges in Australia and the UK. He has a long background in pastoral counselling and associated disciplines. Kirsten is a medical doctor with expertise in psychological medicine. She is interested in the connection between mind, body and spirit, and how our relationships, diet and community affect our mental health. As well as being a Specialist General Practitioner, she has an honours degree in psychology and training in interpersonal therapy and family therapy.

TOPICS: Each week deals with one topic: Fear, Anxiety, Shame and Guilt in that order.

While any one topic can be used as a stand-alone episode, the series is best used in sequence.

LEADING THE CONVERSATION: If you are leading a group to view this series we suggest the following:

Please pre-view each episode so you are familiar with its overall content, understand the timing of and material discussed at the table sessions, and to pre-arrange what you might need to facilitate those.

Use these videos flexibly to the best advantage of your group. Feedback from any one group will not be identical with the feedback sessions on the videos.

All of some of session: The supper break in the recordings acts as a natural marker for the group. Some may wish to view both parts of the evening in one sitting. Others may wish to split each session over two weeks.

Conversation starters: This material is not the last word on any of the topics. The episodes are designed to stimulate discussion and allow you to take that in directions that best serve the needs of the group.

THANKS: Noel and Kirsten wish to thank Pastor Adrian Kitson and St. Petri Lutheran Church, Nuriootpa, South Australia for inviting us to participate with them in this way.

And a special thank you to Holly McNamara (video editor and graphic designer *extraordinaire*) of Black Arrow Productions www.blackarrowproductions.com.au. Your patience, expertise and creativity have brought it all together.