

Embracing Ministries



An initiative of the Anglican church of Canberra and Goulburn

Embracing Ministries Caring for Families & Friends

On Tuesdays Rev Andrea will be available to make home and hospital visits. This is for anyone who would like to connect pastorally either in person or over zoom.

Ladies Day Retreat

I have a hundred reasons why I convince myself that I shouldn't go to the Women's Day retreat. Last time the voices won, and I stayed home. Later, when I heard the glowing reports from other Mums about how wonderful it was, I feel a pang of regret. "Oh well," we say, "maybe next time." This Sunday I made the extra effort, and I am one of the ones sharing happy stories and sharing how glad we are that we attended. I loved all the speakers, especially Tenille. She helped me to rethink things and to reflect when I got home. Thank you Embracing Ministries, I had an amazing relaxing day. Looking forward to the next one.

Embracing Ministries
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Anglican Investment
Development Fund
(AIDF)

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Art for

Heart and Mind



An amazing day, with wonderful women! The Gathering was a peaceful place to retreat. I set up my "Art for Heart and Mind" gear: Visual diaries of all sizes, a variety of pencils, textas and crayons. I also had a range of activities set up to allow each woman to find the best mindful and relaxing type of drawing for them. As I observed women sitting and colouring and drawing all around, I smiled. Women in the garden; in the main meeting room and others in my art room. My dream for "Art for Heart and Mind" was realised! It was so precious for me to be able provide a safe space for women to engage so keenly with their drawing materials. Thank you, Embracing Ministries, and Andrea, for inviting me to join the retreat for women who are raising a child, or more, with numerous disabilities. A super special day.

with love from
Deirdre Herrmann

We are excited to introduce Tenille Abell. She is the Senior Manager for Therapeutic Services at Anglicare South, West and ACT (she also oversees the implementation of the Sanctuary Model – an evidence-based model for trauma-informed care provision).



Tenille has a Master's degree in Clinical Family Therapy, and post graduate qualifications in developmental psychiatry and adult learning. Tenille presented at the Women's Day Retreat about 'The Importance of Self-care'. When we are in caregiving roles we need to replenish ourselves – physically, psychologically and spiritually – so that we can continue to do the important work we do. Self-care practices are not necessarily big gestures, but daily 'micro-habits' and routines that enable us to remain healthy and resilient in the face of stress. Self-care is not self-indulgent – rather it is recognising that we need to put the oxygen mask on ourselves, before we can support others to do the same. For more information on self-care you can go to Anglicare | Sanctuary