

Spirituality and Depression

November 11th 2012 after the service as part of
Eat and Meet.

In a recent talk the Archbishop of Canterbury said the Church needed to learn about mental health issues.

A member of All Hallows, Hannah, asked if I would do my presentation on “Spirituality and Depression.”

“Jackie delivers a poignant, deeply personal presentation that gives us all something to reflect on.” Hannah

The talk covers the different forms of depression and the spiritual and biblical insights of this painful experience.



“The Light shines in the darkness” John chapter 1.