



*Fresh Light is an expression  
of God's love for the world  
shown through the life  
of His people in the church.*

Further details about how to make a first appointment to explore the type of help on offer and the process leading to ongoing support can be made by telephoning +44 (0)28 9261 0586.

More information can be found at:  
[presbyterianireland.org/freshlight](http://presbyterianireland.org/freshlight)



Life is not always the way it is supposed to be...

**In the dark times, we can all benefit from fresh light being cast on our circumstances and struggles.**

**Often, this comes through others drawing alongside and giving us space and support to explore the situation we are going through.**



**Fresh Light** is a ministry of the Presbyterian Church in Ireland to adults, available to all faiths and none. Operating from a Christian understanding of life and the world, volunteers are committed to standards of best practice and ethics in their counselling.

The ministry we offer seeks to bring comfort, strength, peace, hope and transformation in difficult seasons of life. **Fresh Light** is an expression of God's love for the world shown through the life of His people in the church.

Its ministry is offered primarily as a supplement to the pastoral care of the local church, but may also be provided independently of any church link. The wishes of those seeking help will be fully respected. Enquiries can be made by individuals, ministers of congregations, friends or relatives.

If this is the kind of ministry from which you feel you, or a friend or family member might benefit, we invite you to contact Fresh Light.

