

MINDFULNESS AND CHRISTIAN SPIRITUALITY

Saturday 22nd October 2022

9.30 for 10.00am - 4.00pm

At Crowe Hill Methodist Church

Led by Tim Stead



Cost £20 per person. Refreshments included. Please bring a packed lunch.

See attached programme and information sheet for more details.

We are pleased to offer this course led by Tim Stead an accredited mindfulness teacher, an associate of the Oxford Mindfulness Centre, and an Anglican priest.

The day will be divided into various sessions of teaching, practice and discussion, interspersed with breaks for refreshments and leg-stretching. Please bring a cushion or back support if it would help you.

Prebooking is required. Bookings and requests for further information to Mike Shrubsole. Tel: 01425 473407. Email: mshrubsole@gmail.com

MINDFULNESS AND CHRISTIAN SPIRITUALITY

9.30	Reception and refreshments
10.00	INTRODUCTIONS
10.30-11.30	SESSION 1: 'A SHIFT IN PERSPECTIVE ' Waking up The prodigal son
11.30-11.45	Coffee/tea
11.45-12.45	SESSION 2: 'ON NOT ACHIEVING' Being with God Mary & Martha/'I am the vine'
12.45-1.30	Lunch + tea/coffee
1.30-2.30	SESSION 3: 'MAKING SPACE/AWARENESS' Spiritual seeing/insight Elijah on Mt. Horeb
2.30-2.45	Tea/coffee
2.45-3.25	SESSION 4: 'INTRODUCING COMPASSION ' Loving others as you love yourself Love your enemies
3.25-3.30	Stand up break
3.30 – 4.00	SESSION 5: 'REVIEW AND WHERE FROM HERE?'
4.00	Depart

MINDFULNESS AND CHRISTIAN SPIRITUALITY DAY

Crowe Hill Methodist Church

DESCRIPTION OF THE DAY

Mindfulness has been shown to be enormously supportive for people working with chronic health conditions or mental health issues such as anxiety and depression. It can also be very helpful for anyone seeking to find a sense of stillness and focus in a busy life or a sense of connection and ease in an isolated life.

But how does mindfulness relate to Christian spirituality?

This day of teaching, practice and discussion will serve both as an introduction to mindfulness itself and also as a way of linking mindfulness practice to the great biblical themes of: waking up; being with God; spiritual seeing; and compassion.

We will explore the core mindfulness practices of anchoring attention, being not doing, awareness of thoughts and feelings, and compassion and how these link with the story of the prodigal son, Jesus' image of the vine and the branches, Elijah's experience on Mt. Horeb and Jesus' injunction to love even our enemies.

It will be a practical day where we will focus mainly on guided mindfulness practices but there will also be space to reflect on these together and then to relate them to the biblical themes.

LEADER

Tim Stead was a vicar in the Church of England for 25 years and trained to teach mindfulness with the Oxford Mindfulness Centre. He now teaches mindfulness courses, days and retreats in both church and in secular contexts. In recent years he has taught days and retreats to both Anglican clergy and Methodist lay preachers, spoken at Greenbelt festival and run a number of days on Mindfulness and Christian Spirituality in churches. He also offers mindfulness sessions to those on the fringes of church life and beyond who are seeking to link their mindfulness practice with their spirituality.

He has published two books with SPCK, 'Mindfulness and Christian spirituality' & 'See, love be' and also a Grove booklet, 'Mindfulness and prayer'.

Tim introduces himself and the day here:

<https://drive.google.com/file/d/1oEzjzbiEqhsEXXW3bvjUknOTCnGqKSf0/view?usp=sharing>

CROWE HILL METHODIST CHURCH

Crowe Hill has a long reputation for supporting the healing ministry of Jesus Christ through its monthly healing services on first Monday evening and third Thursday afternoons. We also promote the use of our church facilities for church retreats and other small or quiet meetings. We organise this mindfulness day as part of our concern to offer stillness, healing and wellbeing through the practice of mindfulness to all who want to discover what a Christian approach to mindfulness can offer.

PRACTICALITIES

Please bring a packed lunch. If you would like help sitting comfortably please bring a cushion and/or back support.

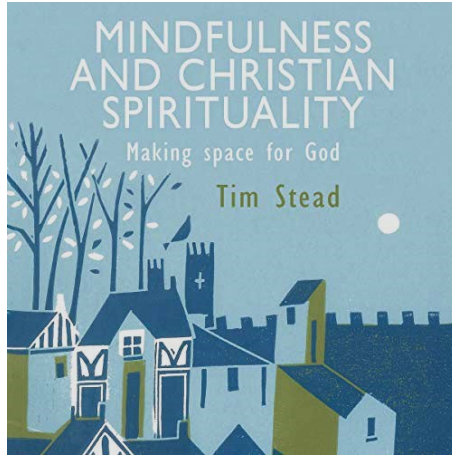
Car parking - please park on the grass verges on Barrack Lane above the church. See our website for directions: <https://www.crowehill.co.uk/find-us>

Please prebook in advance.

Booking Form

Crowe Hill Methodist Church

Mindfulness and Christian Spirituality Day - 22nd October 2022



Please complete one booking form per person.

NAME:

ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

I am booking onto the Mindfulness and Christian Spirituality Day. I am paying £20.00 in advance by cheque / cash / bank transaction. *Please delete as appropriate.*

Bank transfer details:

Crowe Hill Methodist Church Bank: HSBC Sort Code: 40-38-21 Account Number: 31013629

Your personal information will be held according to Crowe Hill Methodist Church GDPR policy. It will only be held for the purposes of this event and will be deleted afterwards.

Please tick the box if you would like us to keep your contact details so that we can send you information about other events at Crowe Hill Methodist Church.

Please send your booking information and payment by post, or hand, or cut and paste into an email, to:

Revd Mike Shrubsole: Address: 20 Top Lane, Ringwood, BH24 1LF Email: mshrubsole@gmail.com