



Introduction to Mindfulness and Christian Spirituality

A group book-study course exploring Mindfulness Based Practices (MBCT) and Christian meditation.*

8 session course

**Weds 7.15 - 9.00 pm or Thurs 10.30 - 12.15 am
25/26th Jan – 22/23rd March**

**Taster session: Weds pm/Thurs am 18/19th
(1 week break 22/23 Feb)**

Each week will include suggestions of different styles of Christian prayer, e.g., centering prayer, Ignatian prayer, intercessory prayer and more.



*For further details and booking please contact
Christine Goddard or Lyn Tonks before
Sunday 15th January 2023*

*Christine Goddard
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What is mindfulness?

Practicing mindfulness has many benefits

- *it helps us to focus and pay attention on the now. How often are our minds full of 'to do's' or 'ought to's'? As someone once said, mindfulness helps us to be a human being rather than a human doing!*
- *it gives us a toolbox to cope with busy 21st century life*
- *in the church context it helps us to make a space for God*

What do I need to attend a course?

- **A course handbook: *Mindfulness: a practical guide to Finding Peace in a Frantic World* by Mark Williams and Danny Penman – available at good bookshops or online**
- **The course will run at Wilmslow Methodist Church in the Upper room**
- **A willingness to keep an open mind to explore new ways 'to be' whilst we explore the discipline of silent meditation and prayer in a group situation**

Do I need to come every week or can I just drop in when I'm free?

- Mindfulness and prayer are practices. Therefore to get full benefit from doing the course, it is better if you can commit fully to the 8 sessions (apart from emergencies or illness of course).
- Each week there will be recommended daily practices to do during the week (between 15-30 mins a day). To practice meditation and prayer takes time. Even 5 mins a day can make a difference! Can you promise yourself to make that time in your day?

How much?

- The course is offered as part of our WMC Learning and Caring programme. A small donation towards WMC work and ministry would be gratefully appreciated. Suggestion: £3- 5 per week (however, this is entirely optional).

Polite Disclaimer: The mindfulness part of the course is based on a group book study, readily available to buy in bookshops, and is led by Mrs Christine Goddard and Mrs Lyn Tonks. They wish to advise that they are not fully certified mindfulness teachers. However, Chris has attended a 7 Day Teacher Training Retreat Level 1, delivered by Bangor University's Centre for Mindfulness Research and Practice, as well as a training course for working with the study book. Lyn has an MA in Counselling and regularly uses mindfulness and meditation in her work. They lead the course as enablers for a group study to provide an introduction to mindful practice, alongside an exploration of Christian Meditation.