

This National Mindfulness Day for Christians is hosted by

Christian Mindfulness & Shaun Lambert

The Free Running Mind

In partnership with

THE FORWARD FOUNDATION

CWR

mind & soul foundation

Saturday 23rd March 2019

Venue: Central Hall, 2 W Tollcross, Edinburgh,

9.15am to 5pm

www.nationalmindfulnessday.co.uk

National Mindfulness Day For Christians
Edinburgh 2019 Programme

8.45-9.15am	Arrivals
9.15—9.45am	Welcome and announcements R Johnston & S Lambert Worship led by Maxine Hemman and band
9.45 – 10.30 am	Speaker 1 - Rev Shaun Lambert - Mindfulness: It's time for Christians to engage
10.30 - 11.15am	Speaker 2 - Richard H H Johnston - Mindfulness, Compassion and Christian Contemplative Practice
11.15 -11.45am	Tea/Coffee
11.45-12.30pm	Speaker 3—Dr Rob Waller— Mindfulness and Mental Health for Christians
12.30 – 1.30pm	Lunch
1.30-2.15pm	Speaker 4 – Heather Churchill (CWR) – How and Why does Mindfulness Help?
2.15-3pm	Speaker 5—Rev Ray Simpson—Mindfulness, Contemplation and Spiritual Formation
3.00 - 3.30pm	Tea/Coffee
3.30-4.15pm	Speaker 6—Rev Kenny Borthwick— Mindfulness, Christian Meditation and Intimacy with God
4.15 – 4.45pm	Panel - Q & A
4.45pm	Closing worship—Maxine Hemman and Band
5.00pm	Finish

Although the format of the talks is mainly psychological and spiritual education there will be an opportunity for some experiential work, through short informal mindful awareness practices. If you are unsure whether to do the practice because of an existing mental health condition then please just observe or take some time out. If you feel you would like to talk to someone about your experience please approach a volunteer who is wearing a Prayer Ministry badge.