



LONDON Christian Mindfulness Day Conference

Hosted by

Christian Mindfulness

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This Christian Mindfulness Day conference is for Christians and anyone interested in the area of mental health and spirituality. In particular the focus is to enable Christians to engage with mindfulness for health and mindfulness of God in an informed way. The keynote speakers are all experts in this field and will bring psychological, biblical and historical perspectives to the cultural phenomenon of mindfulness. See website for more details.

Saturday 23rd November 2019

Venue: Stanmore Baptist Church, 87 Abercorn Rd, Stanmore , HA7 2PH

9.30am to 4.30pm

www.christianmindfulness.co.uk

London Christian Mindfulness Day Conference Programme

9.30-10.00am	Arrivals, Registration, Tea & Coffee
10.00—10.15am	Welcome and announcements [Shaun & Rich]
10.15 – 11.00 am	Speaker 1 - Rev Shaun Lambert - Mindfulness: It's time for Christians to engage
11.00 - 11.45pm	Speaker 2 - Richard H H Johnston - Mindfulness of Christ with us
11.45 -12.15pm	Tea/Coffee
12.15-1.00pm	Speaker 3—Belinda Norrington - Non-judgement and Christian Mindfulness
1.00 – 2.00pm	Lunch
2.00-2.15pm	Mindful Worship [Shaun??]
2.15-3pm	Seminars Round 1—Choose from A, B, C or D below
3.00 - 3.15pm	Comfort Break
3.15-4.00pm	Seminars Round 2—Choose from A. B, C or D below
4.00 – 4.30pm	Panel - Q & A
4.30pm	Finish

Seminar Options

- Rev Shaun Lambert—Mindfulness and Stress—Seminar **A**
- Richard H H Johnston—Mindfulness and Depression — Seminar **B**
- Belinda Norrington— Mindfulness and your inner critic —Seminar **C**
- Holly Sprink— Sobremesa: Mindfully bringing others to the table - Seminar **D**

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 someone with a Prayer Team badge.