

If you're interested in the course, please contact Steven by email at micl2025@gmail.com. He could always phone you if there are things you'd like to discuss.

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Endorsements from people who've done the course:

I'm happier now. I'm much kinder and more generous.'

My daughter says I've changed, and my doctor says I seem almost like a different person.'

'I'm coping much better with life's ups and downs.' ...

'My family say that I'm easier to live with.'

In short: God is at work, at work for our good, and we can change!

...

***May you know ease and peace and fullness of life — God's love,
God's blessings. ... That fullness of life he promises,
he offers and he is ever at work to enable***



Mindfulness in Christian Life

Website: micl.online

email: micl2025@gmail.com

Mindfulness in Christian Life (MiCL)

An Introductory Course: Lent and Eastertide 2025

'Growing in Faith and Hope and Love.'

This eight-week MiCL course will begin on Saturday 8th March and run through to Saturday 26th April. The sessions will be on Zoom, beginning at 10.30am and lasting two hours. There will be no charge for the course.

The course is designed as an introductory course for people new to mindfulness but will work equally well for anyone looking to refresh or deepen their mindfulness practice.

What is mindfulness and what part can it play in Christian life?

Mindfulness looks to nurture (or help us recover) our ability to be fully present, moment by moment, to the world around us, to the people we're with, and to what we're doing. Mindfulness looks to help us respond more wisely to what's going on in us and around us.

Of course, Jesus himself was always fully present to those he was with and fully present, of course, to the promptings and leadings of the Holy Spirit. (And of course, he lived his whole life in troubled times, and a very difficult world, with many challenges pressing in on him.)

As for us, as followers of Jesus, our Christian life will involve a whole range of activities: worship with others, prayerful study of the Scriptures and of Christian tradition, practical ministry to the marginalised and those who are suffering. Quiet prayer and meditation can play a key part in all of this, and mindfulness practices can help to support both our quiet prayer and all the other activities that are part

of Christian life. It can help to move our faith and beliefs about God from our heads and into our hearts — and on, into our lives. The course will be linked with the promises of Scripture and to Christian traditions of quiet prayer.

Many of us will be familiar (perhaps all too familiar) with the way that unhelpful, negative patterns of thoughts and feelings can overwhelm us and drag us down. As part of our Christian life, mindfulness can help us discover and develop better ways to relate and respond to these challenges. It can help us find new freedom and ease in our life, so that life becomes richer, deeper, more as God wants it to be.

The journey is not always easy and it's rarely quick; but transformation, change and growth are possible. Mindfulness is something very practical. It is something *that we do*, a set of skills that we learn. It is not just something we simply study or learn about. Taking up mindfulness will not see all our problems suddenly disappear, but in time we will find that we can relate to these problems more wisely, so that they become less of a problem for us — which, we might say, is pretty much the same thing as them not really being a problem for us anymore. The NHS has been recommending mindfulness practices for many years. It is known to help with such things as anxiety, stress, depression, addictions, and chronic pain. (You can find the NHS introduction to mindfulness if you google: 'NHS-mindfulness-Spelman'.)

Our MiCL course will cover all the basics included in any standard introduction to mindfulness. But we will focus on two areas which lie right at the heart of Christian life: on the one hand, nurturing kindness and compassion, and on the other, cultivating gratitude and generosity. And we'll also explore how these, working together, can help us grow in faith and hope and love – receiving them as gifts of God.

Who is the course for? The course is open to anyone, young or old, and whether or not you have experience of things like quiet prayer or meditation. Why not give it a try? But one note of caution ... It is

usually not a good idea to take up mindfulness if you are enduring an episode of something like deep depression or if you have recently suffered an emotional trauma, such as a serious bereavement. As an analogy, for the sake of our physical well-being it might be an idea to join something like an exercise group or a dance class, but it wouldn't be a good idea to begin either of these if we've recovering from a major operation or a slipped disc. (Though our time may come!) Similarly, if you are living with the kind of mental health issues that mean you're under the care of a psychiatrist, this is probably not the time for you to begin a mindfulness course. (Ask your doctor or healthcare specialist for advice.)

If you are curious about the course and wonder whether it might be for you, send an email to the address below and I can arrange to phone and talk things through.

What is the commitment? The course runs for eight weeks. Ideally, aim to attend the Saturday morning sessions, and then between sessions, try to commit to giving 10 or 20 minutes each day to practise on your own. Week by week, I'll share recordings of guided sessions that you can use at time to suit you. (If for whatever reason you miss a session, you'll be able to catch up using the website.) After the course has finished, you'd be more than welcome to drop in at our regular sessions (again, all free of charge.) These run every Wednesday and Saturday. Come regularly or just every now and again.

Who is leading the course? The course will be led by the Revd Dr Steven Underdown, an Anglican priest. Helping Steven will be Liz Smith. Both Steven and Liz are accredited advanced level teacher with Breathworks. Both will be available for telephone support while the course is running.

A website will be linked to the course: micl.online. Please note, however, that the site is being revised. The new version will be available by the time the course begins