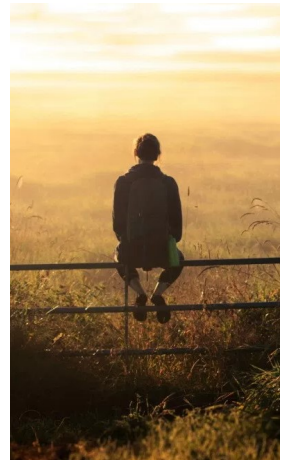


Mindfulness and Christianity Day

Saturday, 17 March 2018
10:30am – 4:00pm. Doors from 10am
Katherine House FCJ

The day will introduce the concept of mindfulness and why it is essential for Christians. We will look at mindfulness in tradition & scripture and look at practical ways you can live a more peaceful & mindful life.



Karen Openshaw is a Christian woman with over 20 years of counselling, mentoring and wellbeing coaching experience

To book contact Katherine House

26 Singleton Road, Salford, M7 4WL
email: khousefcj@hotmail.com
website: www.katherinehousefcj.org
telephone: 0161-708 9744 or
mobile: 07428 481 494



Mindfulness and Christianity Day

Saturday, 17 March 2018

The day will

- Introduce the concept of mindfulness
- Suggest why mindfulness is essential for Christians
- Look at 'Mindfulness and Meditation' in the Christian tradition
- Look at 'Mindful' examples of Scripture
- Examine your current ways of living and help you find strategies to combat stress
- Outline Mindful practices for Christian Living
- Offer practical 'tools' to live a more Mindful life
- Show you that Meditation is for everyone .. Try it and see!
- Signpost you to further resources to become Mindful and Christian

Karen Openshaw runs a successful consultancy which offers coaching for leaders, 'The Listening Service' and introduction to mindfulness workshops. She qualified in person centred counselling, chaplaincy and in Mentoring & Personal support. She meditates and practices mindfulness which she believes complements her practice as a Christian Woman living in the busyness of 21st Century Britain.

