



# SEE, LOVE, BE

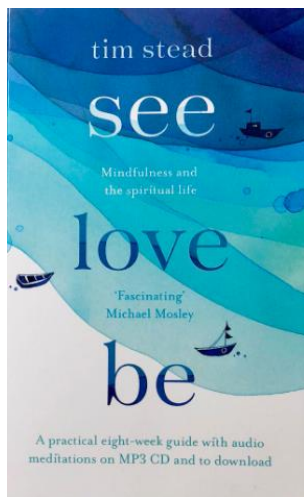
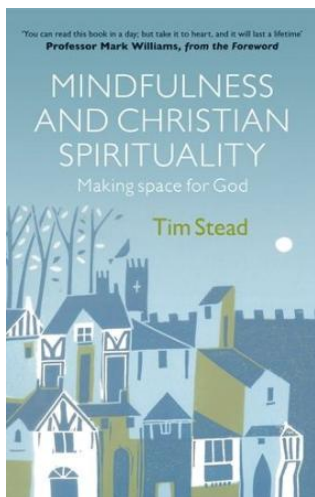
## Mindfulness and the Spiritual Life



**Sat: 5 October, 9:30 to 4**  
**Jordans Quaker Centre**

**£15 – Please Book at:**  
**01494 876594 or**  
***office@jordansquakercentre.org***

***Please bring a packed lunch***



**Tim Stead** will lead this day. He is an accredited mindfulness teacher and associate of the Oxford Mindfulness Centre. Tim was a Church of England vicar for 23 years and now operates as a freelance mindfulness teacher, leading retreats and quiet days. His books, *Mindfulness and Christian Spirituality* and *See, Love, Be – mindfulness and the spiritual life* are published by SPCK. He has also published a Grove Booklet: *Mindfulness and prayer*.  
[www.timsteadmindfulness.org](http://www.timsteadmindfulness.org)

**This Quiet day** is based on Tim's book, 'See Love Be – mindfulness and the spiritual life'. We will explore how mindfulness practices can be used to cultivate the spiritual life whatever our faith context. Spirituality is deliberately explored here in its generic sense with the hope that we might find something extraordinary in the midst of the ordinary simply by paying attention.