



Tuesday 25-February  
 Saturday 4-April  
**LENT 2020**

# FORTY DAYS OF MINDFULNESS



*From Pancakes to Palm Crosses*

*Mindfulness. A Practical Guide to Finding Peace in a Frantic World*  
 Danny Penman and J. Mark G. Williams

Tuesdays at 7pm in St Wulstan's Church, Cranham Drive, Worcester WR4 9PA

*All are welcome, none are excluded.*

There is no charge for taking part in this challenge

We begin with a pancake party on Tuesday 25-February (RSVP)

**Please register by texting 074 838 074 32**

Shrove Tuesday sees the launch of Forty Days of Mindfulness, using the book MINDFULNESS: FINDING PEACE IN A FRANTIC WORLD, available as a book, e-book, CD and an audiobook. There are links to everything on our website saintwulstans.online. There are eight tools that we will try out gradually over the forty days, focussing on one tool for a five days at a time, for a forty day period through Lent. The framework is supported by weekly gatherings, a free resource book and the website. This is for absolute beginners or those wanting a refresher course.

<b>Tuesday 25-February</b>	Ash Wednesday 26-February	Thursday 27-February	Friday 28-February	Saturday 29-February
1 Body & Breath --- free resource from <a href="https://youtu.be/fUeEnkjKyDs">youtu.be/fUeEnkjKyDs</a>				
1 <sup>st</sup> Sunday in Lent 01-March	Monday 02-March	<b>Tuesday 03-March</b>	Wednesday 04-March	Thursday 05-March
2 Body Scan --- free resource from <a href="https://youtu.be/CyKhfUdOEgs">youtu.be/CyKhfUdOEgs</a>				
Friday 06-March	Saturday 07-March	2 <sup>nd</sup> Sunday in Lent 08-March	Monday 09-March	<b>Tuesday 10-March</b>
3 Mindful Movement --- free resource from <a href="https://youtu.be/oz_qHrZjY10">youtu.be/oz_qHrZjY10</a>				
Wednesday 11-March	Thursday 12-March	Friday 13-March	Saturday 14-March	3 <sup>rd</sup> Sunday in Lent 15-March
4 Breath & Body --- no free version available for copyright reasons				
Monday 16-March	<b>Tuesday 17-March</b>	Wednesday 18-March	Thursday 19-March	Friday 20-March
5 Sounds & Thoughts --- free resource from <a href="https://youtu.be/OfEttGl_wAI">youtu.be/OfEttGl_wAI</a>				
Saturday 21-March	Mothers' Day 22-March	Monday 23-March	<b>Tuesday 24-March</b>	Wednesday 25-March
6 Exploring Difficulties --- free resource from <a href="https://youtu.be/nIEFKxGNPHK">youtu.be/nIEFKxGNPHK</a>				
Thursday 26-March	Friday 27-March	Saturday 28-March	Passion Sunday 29-March	Monday 30-March
7 Befriending --- free resource from <a href="https://youtu.be/pLt-E4YNVHU">youtu.be/pLt-E4YNVHU</a>				
<b>Tuesday 31-March</b>	Wednesday 01-April	Thursday 02-April	Friday 03-April	Saturday 04-April
8 Breathing Space --- free resource from <a href="https://youtu.be/rOne1POTKL8">youtu.be/rOne1POTKL8</a>				