



Mindfulness In Our Church

People often describe churches as a place of solace. They are great places for practising mindfulness, trying to be just in the moment, slowing down and ‘just being’. This is always beneficial for the human spirit – especially in the modern world.

What is Mindfulness?

Mindfulness is deliberately pausing and paying attention to the present moment. It gives us time to connect with ourselves and the beauty of the world around us. It can help us to calm and still our minds and free us from the stress and worries of everyday life.

Relax: Give yourself permission to relax as you look at a stained glass window, a station of the cross, the beauty of the altar, wood carving on the roof, mosaics on the floor. Calm and focus your mind.

Breathe: Notice your breath as you breathe in and out. Don't try and change your breathing; just breathe as normal and become aware of it.

Release: Pay attention to how your body feels as you look. If you are feeling tension anywhere – in your shoulders, your back or your neck, try to soften it and relax.

Forgive: Allow your thoughts to come and go. Don't worry if your mind wanders, just gently bring your focus back to the item that you were looking at.

Accept: Don't allow outside noise to bother you. In fact, accept any sounds or noise and let them become part of your experience of looking at the artwork, carving etc.

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Give it a go...

Select a saint, an image, an artwork, the altar, woodcarving, mosaic flooring etc

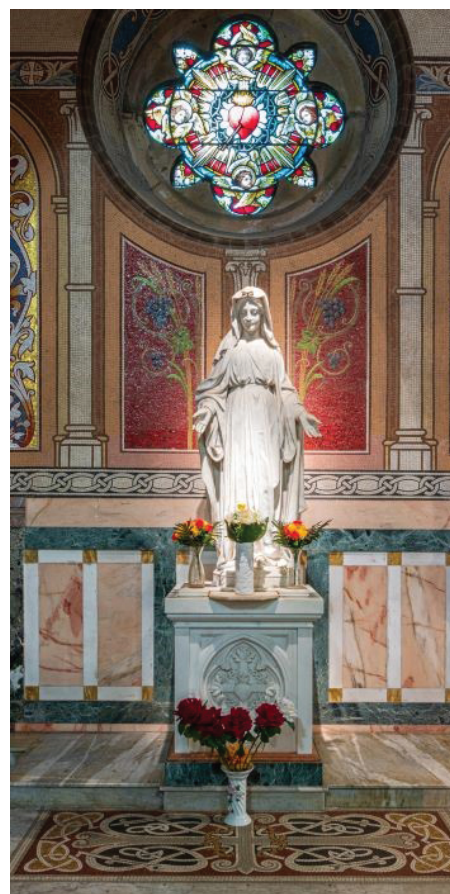
Spend 5 minutes sitting in silence,
looking at this image.

Some things to reflect on while looking
in silence

How do you feel while looking at the image
you've chosen?

What do you notice? What is your eye drawn to?

- The light
- The shadows
- The colours
- The forms and shapes
- The subject



Think about the artist/craftsman who made the piece,
what was their life/work like?