

## Member Care Forum Christian Mindfulness 14-15 September 2016

### Resources List - Shaun Lambert

#### Mindfulness from a Christian Perspective

- Shaun Lambert, *Putting On the Wakeful One: attuning to the Spirit of Jesus through Watchfulness* (IA, 2016)
- Shaun Lambert, *A Book of Sparks – a Study in Christian Mindfulness*, second edition (Instant Apostle, 2014).
- <http://shaunlambert.co.uk/> including six free podcasts to go with *A Book of Sparks*
- Richard Johnston's [www.christianmindfulness.co.uk](http://www.christianmindfulness.co.uk).
- *Mindfulness and Christian Spirituality* (ISBN 978-0-281-07486-0) by Tim Stead is published by SPCK and is available from Christian bookshops, bookstores and on-line retailers.
- Sally Welch, *How To Be A Mindful Christian* (Canterbury Press, 2016)
- Brian Draper, *Soulfulness: deepening the mindful life* (Hodder & Stoughton, 2016)
- Holly Sprink, *Faith Postures: Cultivating Christian Mindfulness* (Thomas Helwys, 2012).
- A mindfulness section via PREMIER Mind & Soul
- [http://www.mindandsoul.info/Groups/171284/Mind\\_and\\_Soul/Resources/Topics/Mindfulness/Mindfulness.aspx](http://www.mindandsoul.info/Groups/171284/Mind_and_Soul/Resources/Topics/Mindfulness/Mindfulness.aspx)

#### Secular mindfulness and Christian contemplation

- Scott R. Bishop et al., “Mindfulness: A Proposed Operational Definition,” *Clinical Psychology: Science and Practice* 11, no.3 (2004): 230-241, accessed July 18, 2014. <http://dx.doi:10.1093/clipsy/bph077>.
- Kirk Warren Brown, Richard M. Ryan & J. David Cresswell, “Mindfulness: Theoretical Foundations and Evidence for its Salutary Effects,” *Psychological Inquiry* 18, 4 (2007): 211-237. Accessed August 28, 2014. <http://dx.doi.org/10.1080/10478400701598298>.
- Burch, Vidyamala and Penman, Danny. *Mindfulness for Health – a practical guide to Relieving Pain, Reducing Stress and Restoring Wellbeing*, London: Piatkus, 2013.
- Mary Margaret Funk, *Tools Matter for Practicing the Spiritual Life* (New York: continuum, 2004).
- Green, Joel B. “Embodying the Gospel: Two Exemplary Practices.” *Journal of Spiritual Formation & Soul Care* 7, no.1 (2014):11-21.

## Continued...

- Grossman, Paul. “**Mindfulness for Psychologists: Paying Kind Attention to the Perceptible.**” *Mindfulness* 1, (2010): 87-97. Accessed June 11, 2014. [Http://dx.doi.org/10.1007/s12671-010-0012-7](http://dx.doi.org/10.1007/s12671-010-0012-7).
- Holas, Pawel & Jankowski, Tomasz. “**A Cognitive Perspective on Mindfulness.**” *International Journal of Psychology* 48, 3(June 2013) 232-243.
- Martin Laird, ***Into The Silent Land***, (London: DLT, 2006).
- Langer, Ellen J. ***The Power of Mindful Learning***, Reading, Massachusetts: Addison-Wesley Publishing Company Inc., 1997).
- McGrath, Alister E. “**The Cultivation of Theological Vision: Theological Attentiveness and the Practice of Ministry.**” In *Perspectives on Ecclesiology and Ethnography*, ed. Pete Ward, 107-123. Grand Rapids: Michigan, William B. Eerdmans Publishing Company, 2012.
- McCown, Donald, Reibel, Diane, & Micozzi, Marc S. ***Teaching Mindfulness***, Springer, 2011.
- Shapiro, Shauna L. et al. “**Mechanisms of Mindfulness.**” *Journal of Clinical Psychology* 62, no.3 (2006): 373-386. Accessed July 18, 2014. [Http://dx.doi.org/10.1002/jclp.20237](http://dx.doi.org/10.1002/jclp.20237).
- Siegel, Daniel J. ***The Mindful Brain***, New York: W.W. Norton & Co, 2007.
- Williams, Mark and Penman, Danny. ***Mindfulness – a practical guide to Finding Peace in a Frantic World***, London: Piatkus, 2011.