

Leeds Methodist Mission Update

Dear everyone,

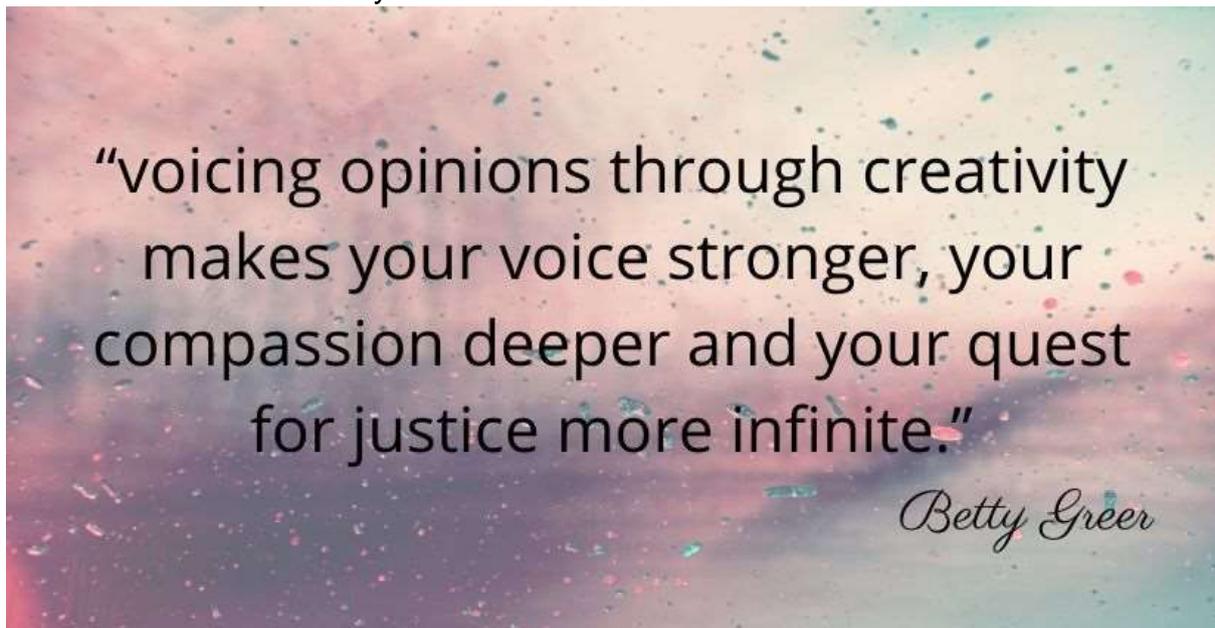
I wanted to share a short update about what Leeds Methodist Mission AKA LMM has been up to during lockdown and anything that might be useful to you in this time.

Reflection

In difficult and unsettling times such as these many people feel a greater need for contemplation and reflection. We have been exploring this through reflections, meditation and mindfulness all of these can be useful in times when our mind is very busy and anxious. We have been recording some guided meditations that are just over 10 minutes each, they are the perfect way to start or end your day with some stillness, [find these here](#). We also have a mindfulness course coming out every two weeks over the summer. Cathy Ward a pioneer minister and mindfulness teacher has put together some wonderful teaching videos and podcast practices that gently introduce mindfulness techniques. [Here is the first session](#) to get you started. If these don't appeal to you then perhaps getting creative could be a form of reflection for you. Every week there is a new creative meditation on our website, a beautiful exploration of two images, some reflective questions and a creative activity you can do at home. [Here is one of the most recent blogs](#) about dealing with lockdown easing.

Craftivism

Craftivism is the use of creativity to make our voices heard on issues that matter to us.



We created some craftivist resources to support #TheTimesNow climate change campaign. If you enjoy knitting, crochet, sewing, painting or anything creative you can create something beautiful that also has an impact. Take a look at [our video and creative ideas here](#). If this is up your street and you live in, or not too far from, Leeds please join our new Facebook group for more ideas and be part of a like-minded community: <https://www.facebook.com/groups/3018018901586238/> We hold you in our prayers as lockdown eases and hope we can provide something that can be of value to you and your community.

Love and prayers,

The LMM team

Facebook: <https://www.facebook.com/LeedsMethodistMission>

Twitter: <https://twitter.com/LMMinthecity>

Website: www.leedsmethodistmission.co.uk