

Summertown United Reformed Church

294A Banbury Road, Summertown, Oxford OX2 7HN

Member of the Summertown-Wolvercote Church Partnership

All are welcome to our monthly

SPRING LECTURES

Friday, 26th January 2018, 3 - 4.30 pm

‘RESTORATIVE JUSTICE’

The story of the Thames Valley Restorative Justice Service. What is restorative justice, how and what does it offer?

Ray Fishbourne is a trustee of the Thames Valley Partnership (reg. charity) and a former Chief Officer of Probation. He founded the Thames Valley Restorative Justice Service, for adults, in 2000, and has both national and international consultancy experience of restorative justice.

Friday, 23rd February 2018, 3 – 4.30 pm

‘MINDFULNESS – ANCIENT WISDOM AND MODERN SCIENCE’

What is ‘mindfulness’ and why is it important?

What are the latest discoveries that can help us understand what is going on when we meditate?

How can we practice it to help cope with stress and depression, and to engage more fully with life?

The Rev. Dr. Mark Williams is Emeritus Professor of Clinical Psychology at the University of Oxford’s Department of Psychiatry, and co-developer of Mindfulness-based cognitive therapy for preventing depression.

Friday, 23rd March 2018, 3 – 4.30 pm

‘LET THERE BE LIGHT’

Daphne Jefferis will speak about how artists have reproduced the effects of light in their works from the 12th century until today. She was a former Associate Lecturer at the University of Surrey, and lectures widely to Art and History societies, WIs and NADFAS groups.

Lectures are held in the Church and include discussion and tea.

Tickets: £5 per lecture, or £13 for the series.

Payable in advance, or on the door, to Beryl Knotts (01865) 510055

All proceeds will be donated to the Church Building Fund.

