



**South-Central Synod of Wisconsin  
Evangelical Lutheran Church in America**  
God's work. Our hands.

## **SPEAKER'S BUREAU CONTACT INFORMATION**

TOPIC: MINDFULNESS MEDITATION

FIRST NAME: Chris

LAST NAME: Lee-Thompson

ORGANIZATION/COMPANY: Hope Lutheran Church, McFarland

PHONE: 608-838-3586

EMAIL: [pastor@hope-in-action.org](mailto:pastor@hope-in-action.org)

WEBSITE URL:

DESCRIPTION OF YOUR OFFERING:

*Mindfulness for Lutherans*

Mindfulness seems to be everywhere – the Seattle Seahawks do it, Google does it, even the U.S. Military does it. It touts a variety of benefits – lowered stress, greater focus, a stronger immune system, and a faster recovery. But does mindfulness offer anything to Lutherans?

Rev. Chris Lee-Thompson is part of a group that teaches mindfulness meditation in state prisons in Wisconsin. He has spoken to providers and patients in healthcare settings about the practice of mindfulness. He has also been meditating for almost 20 years. In this presentation, you will get a taste of mindfulness, hear about what it is and is not, and ask your questions, so you can decide for yourself if this is just a passing fad or something that might have a lasting benefit for your spiritual life.