

**Did you know that we have
80,000 thoughts a day, and
80% of these are negative?**

It doesn't have to be like this.



PRACTISING JOY

Practising Joy is a down to earth course based on Christian values and aimed at transforming our thinking with simple skills and practices that we can use anywhere. We learn to tune into our thoughts and feelings, those of our family and friends and of our God who knows us so well.

Saturday, 8 November 2025

Thatcham Methodist Church (RG18 4QL)

10am – 4pm

(Drinks and snacks available during the day from 9.30am)

Please bring a packed lunch.

£10 (cash only) charge per person payable on the day.

Led by Jessica Rowlands

Chaplain & Life Coach

25 places available. Book via Karen Frost

on karen.f@bhbcircuit.org.uk

or call 07444 851606

