

June News



The Brighton & Hove
Interfaith Contact Group



Mindfulness and the Power of Interfaith

Dear Anthea

Welcome to your June interfaith update news.

This month we have reminders of two inspirational events – our [Food and Friendship](#) meeting on June 13th and an outstanding one-day Symposium at the Friends Meeting House - [Mindfulness, Heartfulness and Compassion: A Dialogue with Faith Leaders](#) on July 4th. This day is run by the NHS Sussex Mindfulness Centre, working with the IFCG. It promises to be a superb event.

In addition to this news, I would like to alert you to an important hour of ecumenical prayer in our City on June 7th, entitled **Thy Kingdom Come**; also some information about an invaluable volume – **Respecting Faith and Culture in End-of-Life Care**.

Don't forget if you have any interfaith events in the coming months to let us know. My email is below.

Enjoy the sunshine, and let's hope the rain is moderate!

Very best wishes,

Anthea
Chair Interfaith Contact Group
anthea@antheab.com



Sussex
Mindfulness
Centre



Sussex Partnership
NHS Foundation Trust



Mindfulness, heartfulness and compassion

Join us for a one-day event of mindfulness, heartfulness and compassion practices and dialogue with leaders from different faiths and traditions in Brighton.

[Find out more](#)



Scan here

4 July 2025

Friends' Meeting House, Ship Street, Brighton

One Day Symposium Opens Diverse Doors to Mindfulness

The Date and Time: Friday July 4th from 9am to 5pm

The Place: The Friends Meeting House, Ship Street, BN1 1AF

This powerful event will include representatives of many different faiths who will share their mindful, heartfelt and compassionate practices.

Anyone with an interest in meditation, mindfulness and the interfaith movement should be interested in this very special day. To get a taste for the depth and quality of this event, please follow [this link](#).

Amongst those to explain their mindful practices are leaders and guides from the Christian, Buddhist, Sufi, Pagan, Jewish and Quaker communities.

Tickets cost just £30 for the day, but concessionary tickets are available.

[The Sussex Mindfulness Centre](#) aims to improve the wellbeing and mental health of all those that can get the most out of mindfulness. The Interfaith Contact Group is privileged to be working with this visionary and important organisation. [Do check out the outstanding programme for this day.](#)



Sussex
Mindfulness
Centre

Food and Friendship



Friendship: Discover the friendliness of interfaith dialogue over good food.

Food: A delicious menu includes a choice of chicken, vegetarian or vegan dishes.

Your invitation: We warmly invite you to join us:
Friday June 13th at the Fitzherbert
Community Hub, 2 Bristol Road Brighton BN2 1AP at 6pm
Optional donation of £5 per person

Email:
chaire@interfaithcontactgroup.com
to book your place



The Brighton & Hove
Interfaith Contact Group

Food and Friendship at the Fitzherbert Community Hub

Please join us for a good, informal meal in a lovely venue and discover just how the interfaith movement flourishes on food and friendship.

When you join us you will have a choice of excellent food - a main chicken dish - a vegetarian main or a vegan. A delicious vegetarian soup and fruit will also be available. Just send an email to our Chair - chair@interfaithcontactgroup.com and let us know you are coming and if you would like your main dish to be meat, vegetarian or vegan. We look forward to seeing you then. It promises to be a very special evening.

Just join this great evening by emailing chair@interfaithcontactgroup.com. Please specify the following:

1. Do you want one reservation or two?
2. Do you want a chicken/main course?
3. A vegetarian main course?
4. A vegan main course?

The starter will be vegan. Look forward to seeing you there!



THY KINGDOM COME

AN HOUR OF ECUMENICAL PRAYER FOR OUR CITY

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AN HOUR OF ECUMENICAL PRAYER FOR OUR CITY

SATURDAY 7TH JUNE
(VIGIL OF PENTECOST)
6 - 7 PM

ST NICHOLAS
CHURCH
CHURCH STREET
BN1 3LJ



**Handbook for Health Professionals,
Celebrants and those involved in
Palliative Care**



Respecting Faith and Culture in End-of-Life Care

April 2025

Sussex Health and Care's population is made up of people from diverse ethnic backgrounds and cultures.

This handbook is a resource to support all our health professionals working in palliative and end of life care and the wider health and social care community.

Improving Lives Together

Respecting Faith and Culture in End-of-Life Care:

This outstanding volume can be downloaded from [this link](#).

Produced by Sussex Health and Care it provides a wealth of information including the rituals and customs of many different faiths, and also those of no faith. It also takes into account cultural differences and provides comprehensive information about other related sources.

[Respecting Faith and Culture in End-of-Life Care](#)



Samar Fishermen's Song from the Philippines

Brothers of the sea
Look at the stars,
Look at the deep blue
And set the world free.
Our right is to live and be free,
Freedom will not come from outside
It is only in ourselves united.

