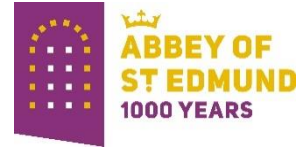


**'Run with Joy' - Exploring Benedictine
Wisdom
for Contemporary Living**



Explore key themes in the Rule of Benedict in this six session course and see how it can help you to live the life of faith, in community with others and blessing those around – practical, prayerful, participatory. We are piloting this course in Bury St Edmunds and Ipswich in January in order to offer it as a resource for groups and parishes across the Diocese in this anniversary year.

St Thomas Vicarage, Ipswich, on Mondays 13, 20 January and 3, 10, 17, 24 February 2020, 7 – 9 pm



St Thomas
Pilgrim Community

For more information and to book a place please contact
Revd Jutta Brueck at jutta.brueck@cofesuffolk.org or phone
07958 360564. [facebook.com/STPCIP1](https://www.facebook.com/STPCIP1)

St Thomas Vicarage, 102 Cromer Road, Ipswich IP1 5EP, Parking in church car park on Bramford Lane, IP1 5BS

St Edmundsbury Cathedral, on Thursdays 16, 23 and 30 January; 6, 13 and 20 February 2020, 12 noon- 2pm

(free of charge, but please bring enough money to pay for your lunch).



For more information please contact Nina Seaman
at nina.seaman@cofesuffolk.org or phone 07394 559889.

<https://www.eventbrite.co.uk/e/explore-the-rule-of-st-benedict-for-today-6-session-course-tickets-67450242491>