



A Spirituality for Every Day:

The Sermon on the Mount

Thursday 16 March 2017

10.00am - 4.00pm

The Edmund Room, St Edmundsbury Cathedral

A day led by Bishop Mike

Bishop Mike writes: "One of the greatest gifts of Jesus to us is his Sermon on the Mount - but some of the ways we interpret it can seem like bad news in terms of how high the bar is set or what we are required to do. This day looks at Jesus' teaching on the Sermon on the Mount and how it is wonderfully wise teaching, enabling our spiritual transformation, a transformation rooted in the action of actually following Jesus and his teaching in ways which enable us to begin to take on something of his character. The Sermon on the Mount is not about a new and sterner legalism but pointers to what life can become for devoted disciples and apprentices of Jesus. There will be three talks during the course of the day with plenty of room for silence and reflection."

This event is free and drinks will be provided.

This is part of the ongoing Diocesan prayer and spirituality initiatives aiming to encourage the priority of prayerfulness at the heart of all we do.

To register please go to www.cofesuffolk.org/events. Enquiries to Caroline Redman at spirituality@cofesuffolk.org or phone 01359 269335.