



Life to the full?

An ecumenical course in 4 sessions
written by **Matt Woodcock**

YORK
COURSES

Accompanying audio and transcript available
(also as digital downloads)

Life to the FULL!

"Life to the full" is a 4-week course that we are running at the Hull Minster Parish Centre on Wednesday evenings throughout August. The course is open to anyone to attend, and begins on Wednesday 1st August. The start time is 7.30pm, with light refreshments available from 7.00pm. Its author is Revd. Matt Woodcock, whose book 'Becoming Reverend' is a best seller. Matt is regularly heard on Radio 2. He was our Pioneer Minster from 2011-2017, and now is a Mission Enabler in the Diocese of York.

Matt says of the course: "Modern mindfulness techniques stress the importance of emptying yourself in order to feel better inside. Not so with the Christian faith. Our chief pursuit is fullness. 'I have come so that they may have life, and have it to the full', says Jesus Christ. And yet - if we're honest - it doesn't always feel like that. This course explores what it might actually mean to experience fullness in the midst of our messy lives. What does it look like? Why does it seem so elusive? What causes us to run on empty? And how can we lead others to experience this fullness?"

So please come along and find out how we can truly live 'Life to the full'!