

# Confession is good for the Soul

The Anglican adage about making your Confession is 'All may, none must, some should'. But we know how good it feels when we get something off our chest, when we have had the chance to say sorry to someone. But it can go deeper than this. This day will explore what a gift the Sacrament of Reconciliation is and how we can make it part of our own lives.



**COMMUNITY OF THE  
RESURRECTION**

Saturday 29th February 2020

## The Very Revd Andrew Nunn

10.00am-3.30pm (includes lunch & refreshments)

£23.00

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