

Elstow Team Day Pilgrimage

Tuesday 29th August 2017

What is pilgrimage?

A pilgrimage is a ritual journey with a hallowed purpose. Every step along the way has meaning. The pilgrim knows that life giving challenges will emerge. A pilgrimage is not a holiday; it is a transformational journey during which significant change takes place. New insights are given. Deeper understanding is attained. New and old places in the heart are visited. Blessings are received and healing takes place. On return from the pilgrimage, life is seen with different eyes. Nothing will ever be quite the same again.

The Shrine of Julian of Norwich and Norwich Cathedral



Dame Julian lived in Norwich, in the 14th and early 15th century, and spent much of her life as an anchorite, a vowed religious living by herself in a small room, called an anchorhold, attached to the parish church of St Julian. Julian of Norwich is known to us almost only through her book, *The Revelations of Divine Love*, which is widely acknowledged as one of the great classics of the spiritual life. She is thought to have been the first woman to write a book in English which has survived.

Norwich Cathedral is the most complete Norman Cathedral in England and one of the finest examples of Romanesque architecture in Europe. Discover the largest Cathedral Close and monastic Cloisters in the land, view fascinating exhibitions, and experience the tranquillity of the Herb and Japanese Gardens.



www.cathedral.org.uk

We leave Elstow Abbey at 9.00am and will return by 7.00pm
Cost only £20 per person (payable on the day).

Just bring a packed lunch.