



## **COLCHESTER LENT TALKS**

**At St James the Less & St Helen Catholic Church  
Fridays in Lent at 7.30pm in Cardinal Bourne Hall, Priory  
Street**

Our first Lent talk will be given on

**8<sup>th</sup> March 2019 by Dr. Helen Costigane SHCJ  
on the theme of  
'Giving Up or Taking Up?'**

Dr. Helen Costigane is a member of the Society of the Holy Child Jesus and lectures in the Institute of Theology at St Mary's University, Twickenham. She has doctorates in Christian Ethics and Canon Law, and has taught these subjects, as well as Pastoral Theology, for a number of years at Heythrop College, University of London before joining St Mary's University.

There will be time for Questions and Discussion.  
Tea and Coffee available. Finish time 9.00pm at latest.

**All are welcome. Admission is free. There is a pay car park in Priory St., a one-way street from Queen Street.**