



Contemplative Outreach of Greater Vancouver



A Taste of Silence *One-Day Centering Prayer Silent Retreat* *April 29, 2017*

You are invited to commune with God and others in silence and inner solitude on a day set apart from the busyness of everyday life.

Registration **9:30 a.m.**
refreshments and social time
Retreat/Silence: **10:00 am -**
3:30 pm

Place: **St. Laurence Anglican Church**
825 St Laurence St, Coquitlam

Lunch: A simple lunch with soup and bread will be provided, with a gluten-free, dairy free, vegetarian option.

Suggested Donation: \$25.00 Your contribution of any amount, in accordance with your means, is appreciated to cover the costs of facility rental, lunch and refreshments.

The focus of the day will be on one's individual and personal relationship with God in an atmosphere of quiet and inner solitude while in the company of others. It is an opportunity to: "Be Still and Know that I am God." Psalm 46.6.

We encourage you to bring along a journal and any other contemplative tools which enrich and inspire you to listen to the Indwelling Presence, such as Daily Meditations, scripture and other spiritual works. Layered clothing works best as room temperatures can vary. You may wish to go outdoors for a walk or to sit in the lovely garden sanctuary at St. Laurence.

To register: Please let us know if you will attend by emailing or calling in advance: Christine chris.kesans@gmail.com; 604-944-7447

Contemplative Outreach of Greater Vancouver is a chapter of Contemplative Outreach Ltd., which supports the practice of Centering Prayer worldwide. "We identify with the Christian contemplative heritage and recognize this to be the common ground of Christian unity" For more information, please visit our website at <http://www.cogv.org>