



CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

SILENCE
SOLITUDE
SOLIDARITY
SERVICE



An Advent Taste of Silence **One-Day Centering Prayer Silent Retreat** **Saturday, December 1, 2018**

You are invited to set apart a day to refresh, re-create, and recommit to God-centred living in an atmosphere that encourages inner solitude and inner silence. The opportunity for centering prayer in community is a gift in itself. We often experience more profound silence, within which the Spirit connects us in love.

Registration: 9:30 a.m. Refreshments and Connecting in Community.

Retreat/Silence: 10:00 am - 3:00 pm

Location: First Lutheran Church, 5745Wales Street, Vancouver, V5R 3N3

Lunch: A simple lunch with soup and bread will be provided, with some gluten, dairy free and vegetarian options.

Program:

- 🔥 Centering Prayer in community.
- 🔥 Personal retreat time and space.
- 🔥 Lectio Divina.
- 🔥 Remembering Father Thomas Keating

The focus of the day will be on our individual and personal relationship with God. We encourage you to bring along a journal and any other contemplative tools which enrich and inspire you, such as Daily Meditations, Psalms for Praying, other Scripture, and sacred works, beads, etc.

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

Layered clothing works best as room temperatures can vary.

To register: Please let us know if you will attend by emailing or calling in advance.

Contact: Christine Kesans, chris.kesans@gmail.com or 604 -944-7447

*Contemplative Outreach of Greater Vancouver is a chapter of Contemplative Outreach Ltd.,
which supports the practice of Centering Prayer in 27 countries.*

*"We identify with the Christian contemplative heritage and recognise this to be the common ground
of Christian unity" For more information, please visit our website at <http://www.cogv.org>*