



Contemplative Outreach of Greater



*Just as nature moves deep inside, so too
are we invited to turn inward during this
blessed time of preparation for the
Lord's coming.*

--Fr Thomas Keating

You are invited to Come, to Be Still and to Behold the Beloved at

An Advent Taste of Silence

One-Day Centering Prayer Silent Retreat

... 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.

Saturday, November 30th, 2019

Registration: 9:30 a.m. Refreshments while connecting in community.

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

Location: St Laurence Anglican Church, 845 St Laurence Street, Coquitlam, v35 6gt

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

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