



CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

A Taste of Silence One-Day Centering Prayer Silent Retreat Saturday, February 1st, 2020

Lynn Valley United Church: 3201 Mountain Hwy, North Vancouver.



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. We often experience more profound silence, within which the Spirit connects us in love.

Registration: 10.00 a.m. Refreshments and Connecting in Community.

Retreat/Silence: 10:30 am - 3:15pm

Location: Lynn Valley United Church, 3201 Mountain Hwy, North Vancouver, V7K 2H4

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

Program:

- ❖ Centering Prayer in community. Personal retreat time and space. Lectio Divina. Labyrinth

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/ sacred works. and meditative crafts

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 42 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>