



# A Taste of Silence - Zoom Day Retreat

*Hosted by Contemplative Outreach of Greater Vancouver*

Saturday May 1st, 2021

**NEW Registrar! Pre-Register to receive the zoom link**

Donations: All donations in any amount are welcomed and support the work of COGV.

Please make cheques payable to COGV and mail to

Margaret Huggan: 208-3980 Carrigan Court, Burnaby, BC, V3N 4S6

or send in an e-transfer to Margaret

[mhuggan@telus.net](mailto:mhuggan@telus.net)



For any other information contact Christine

[chris.kesans@gmail.com](mailto:chris.kesans@gmail.com)

604-944-7447

## Retreat Schedule for the Day

**Please enter meeting a few minutes before start time with mics muted**

- 9.30 Opening Prayer, Welcome, Housekeeping, Introductions,
- 10.00 Centering Prayer 30-minute sit followed by Lectio Divina
- 11.00 Coffee Break and Personal Retreat Time
- 11.45 Reconvene in Silence for Centering Prayer 20 minute
- Lunch Break and Personal Retreat time
- 1.30 Centering Prayer 40-minute
- 2.15 Closing - Announcements, Thanksgiving, and farewells
- Closing Prayer

**Zoom room will close between 2.30 - 3.00pm**

### Retreat Notes:

- All zoom community times will reconvene in Silence – mics muted and will last for 50 minutes to an hour.
- Personal Retreat time suggestions – meditative/nature walks, contemplative coloring, painting crafts, Lectio Divina, gentle reading of contemplative works – maintain a stillness and silence of being whilst living in a very real world.