



# A Taste of Silence - Zoom Day Retreat

*Hosted by Contemplative Outreach of Greater Vancouver*

**Saturday October 16th, 2021**

**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) or 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.