



An Advent Taste of Silence - Zoom Day Retreat

Hosted by Contemplative Outreach of Greater Vancouver

Saturday December 4th, 2021, 9.30am to 2.30pm

As the season of Advent approaches, join us for a quiet day of Centering Prayer and silence. This day is open to beginners as well as those experienced in contemplative prayer or silent meditation

Pre-Register to receive the zoom link

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



For any other information contact Christine
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

- personal Retreat time suggestions – meditative/nature walks, contemplative art/crafts, Visio Divina, Lectio Divina, gentle reading of contemplative works – maintain a stillness and silence of being whilst living in a very real world.