



CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

A Taste of Silence – In Person (Will move to Zoom if advised) One-Day Centering Prayer Silent Retreat Saturday, October 15th, 2022



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

Registration: 9:30 a.m. Refreshments and Connecting in Community.

Retreat/Silence: 10:00 am - 2:30 pm

Location: St Laurence Anglican Church: 845 St Laurence Street, Coquitlam, V3J 6G7

Lunch: Please bring a bagged lunch. We will provide refreshments and snacks

Program:

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

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, and sacred works, beads, etc.

Suggested Donation: \$25.00 - A contribution of any amount, in accordance with your means, is appreciated to help cover costs of facility rental, snacks 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. We need a minimum of 10 people to meet in person.

Contact: **Margaret Huggan: 778-839-8885, or mhuggan@telus.net**

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>