



CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

A Taste of Silence – In Person One-Day Centering Prayer Silent Retreat Saturday, May 13th, 2023



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: THE SANCTUARY ON 6TH; 6th Street & Queens Avenue, New Westminster
Entrance and free curbside Parking on Queen's Avenue

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

Program: Centering Prayer in community. Lectio Divina, and Personal retreat time and space. This beautiful space has several indoor areas for personal retreat time, an indoor labyrinth, and just across the road is Tipperary Park, a place to walk and rest in nature. (Photo Above)

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: \$5. to \$30 - A contribution of any amount, in accordance with your means, is appreciated to help cover costs of facility rental, snacks and refreshments, and the work of COGV. Donation may be made by cash, cheque, or e-transfer.

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: **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>