



CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

SILENCE
SOLITUDE
SOLIDARITY
SERVICE



We invite you join us on
Saturday September 16th, 2023
9.30am – 2.30pm
to



Celebrate 20 years of Formation and
Envision the Future of COGV.
At the Parish of St. Mary's Kerrisdale
2490 West 37th Ave, Vancouver, BC.

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 - 12:30 pm

Lunch and Story Telling: 12:30pm – 2:00 pm

Visioning and Closing: 2:00pm – 2:30pm

Program: Centering Prayer in Community. Lectio Divina, Celebration and Visioning.

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, lunch & refreshments, and the work of COGV. Donations 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 – we need your name and contact information. Donations may be given on the day or if you prefer send in an e-transfer prior to the day. 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>

