



# CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

SILENCE  
SOLITUDE  
SOLIDARITY  
SERVICE



In Collaboration with the  
Parish of St Dunstan's Anglican  
We invite you join us on for  
**An Advent Taste of Silence.**



***Come, let us walk in the light of the Lord!***

— Isaiah 2: 5

Saturday December 9<sup>th</sup>, 2023

9.30am – 2.30pm

At St. Dunstan's, 3025 264 St, Aldergrove

As the season of Advent approaches, the affairs of the world are clamoring for our attention. Yet, we are invited to participate in Advent as a quiet, reflective time of waiting – expecting – the Light, the Light who came to be the light of the whole human race – the Light through whom we are given life, lifting us from darkness and shining through to wholeness and healing.

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

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

**Lunch:** Please bring a bagged lunch. We will provide refreshments and snack, and a soup.

**Program:** Centering Prayer in Community, Lectio Divina, and Personal retreat time and space. St Dunstan's is a beautiful space with several areas for personal retreat time, and a labyrinth. We will also have our 20-year celebration album available as a contemplative tool for reflection and craft.

**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 to, send in an e-transfer prior to the day. Contact: **Margaret Huggan at 778-839-8885** or [mhuggan@telus.net](mailto: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>**