



CONTEMPLATIVE OUTREACH  
OF GREATER VANCOUVER  
AND INLET UNITED CENTERING  
PRAYER GROUP

SILENCE  
SOLITUDE  
SOLIDARITY  
SERVICE

**You are invited to A Taste of Silence Retreat Day  
at Inlet United, 2315 Spring St., Port Moody, BC  
Saturday, October 19<sup>th</sup>, 2024**



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.

**Parking:** Underground parking is available off Spring Street

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

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

**Lunch:** We will provide refreshments, snacks and a light lunch.

**Program:** Centering Prayer in community. Lectio Divina, and Personal retreat time and space. 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. The Indoor Labyrinth is open to us.

**Suggested Donation: \$5. to \$30** - A contribution of any amount, in accordance with your means, is appreciated to help cover costs of facility, 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:** [mhuggan@telus.net](mailto:mhuggan@telus.net) or 778-839-8885

For further information Contact: **Christine Kesans:** [chris.kesans@gmail.com](mailto:chris.kesans@gmail.com)  
or 604-944-7447 or **Sharmaine** at 604-562-4090

*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>*