

IMMANUEL— GOD WITH US

Matthew 1:23

“ONLY THE DIVINE MATTERS

And because the Divine Matters, Everything matters.”

Thomas Keating

A CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

ENRICHMENT DAY VIA ZOOM

SATURDAY JANUARY 17TH 2026

9AM—2PM: ZOOM OPENS @ 8:45AM WITH MUSIC

9AM WELCOME & INTRODUCTIONS

9:30AM CENTERING PRAYER FOLLOWED BY LECTIO DIVINA
& SMALL GROUP SHARING

10:30 AM BIO BREAK

10:45AM VIDEO: FROM THE MIND TO THE HEART FOLLOWED BY
SMALL GROUP SHARING & LARGE GROUP FEEDBACK

12PM LUNCH BREAK

12:45PM CENTERING PRAYER FOLLOWED BY WORDS OF HOPE

2PM ZOOM CLOSES

For further information & TO RECEIVE THE ZOOM LINK

CONTACT CHRISTINE: chris.kesans@gmail.com or 604-817-6840

To make a donation CONTACT MARGARET: mhuggan@telus.net