



CONTEMPLATIVE OUTREACH OF GREATER VANCOUVER

**You are invited to A Taste of Silence Retreat Day
At St Laurence Anglican Church, 825 St Laurence St, Coquitlam
Saturday, October 3rd 2026**



Come! 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

Lunch: We will provide refreshments, snacks, and 2 soups, you may wish to bring a bagged lunch to supplement the meal.

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.

Layered clothing works best as room temperatures can vary.

Registration: Please contact to register your Intention to attend:

email or call Margaret Huggan: mhuggan@telus.net or 778-839-8885

Donations: can be made on the day with cash or cheque or prior by e-transaction:

mhuggan@telus.net Suggested Donation: **\$30 - However 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.

For further information Contact: **Christine Kesans:** chris.kesans@gmail.com

Contemplative Outreach of Greater Vancouver is a chapter of Contemplative Outreach Ltd., which supports the practice of Centering Prayer Worldwide. "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>