

COME AWAY

SSEC Quiet Day

Saturday, October 21st

9 AM -12 PM

Please join members of Community of Hope International as we take time to “push pause” for a morning of silence and reflection. We will start in the Chapel with Morning Prayer, then silence, and end with Mid-Day prayer and communion.

There will be short instructive materials in Sanctuaries for:

- Praying the Labyrinth
- Use of Anglican Prayer Beads (*provided*)
- Lectio Divina, Praying through Hymns, Centering Prayer, The Daily Examen, Praying the Hours, and various books that can revitalize and strengthen your prayer life.

Other activities will include:

- Meditative Yoga
- Journaling with the use of a Gratitude Journal
- Fr. Kevin & Deacon Tim (*available for spiritual guidance & prayer*)
- Connecting with God using art materials (*including Remembrance Stones and Bead Bookmarks*)

Come away with me to a quiet place and get some rest. (Mark 6:31)

*For God alone my soul in silence waits...
from Him comes my salvation (Psalm 62:1)*

COMMUNITY OF HOPE
International

