



## Contemplative Outreach of Greater Vancouver

### *A Taste of Silence* **One-Day Centering Prayer Silent Retreat** *Saturday, January 21, 2012*

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.

**Registration**                    **9:30 a.m. Refreshments and social time**

**Retreat/Silence:**            **10:00 am - 3:30 pm**

**Place:**                            **St. John's Anglican Church, North Vancouver**  
**220 West 8<sup>th</sup> Street (at Chesterfield)**  
Direction will be sent upon request when you register.

**Lunch:**                            Simple lunch with soup and bread will be provided, with some gluten and dairy free and vegetarian options.

**Program:**

- Centering Prayer in community
- 2007 Keating DVD — “*Centering Prayer and Divine Therapy!*”
- Personal retreat time and space.

**Suggested Donation:** A \$25 offering to cover cost of food and the facility would be appreciated.

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. There is an outdoor labyrinth that is available for our use. Layered clothing works best as room temperatures can vary.

**To register:**                    Please contact Sandra:  
email: [js1106@shaw.ca](mailto:js1106@shaw.ca) or Telephone: 604-733-9155  
It helpful for us if you provide us **your phone number and email**

*While formed by our respective denominations, we are united in our common search for God and our experience of Christ through Centering Prayer.” CO Theological Principle # 9*