Advent



Day of Quiet

December 11th

12-5:30pm

Are you completely all done? Sitting with God in silence in community is such a balm to an over-stressed soul and mind. Step away from the stress of the last year and into a holy space of quiet reflection for a time of prayer, listening, creating, and feeding your soul for a few hours or the whole day.

Pray, play with art supplies or simply be quiet. Feel free to come for part or all of the time: drop ins without registration welcome. Lunch and snacks provided.

Contact Diana Bender ([diana.bender@outlook.com](mailto:diana.bender@outlook.com) or[206-459-9140](tel:206-459-9140)) for questions or to register.

|  |  |
| --- | --- |
| Noon | Orientation to Day of Silence in Fireside Room and Noonday Prayer |
| 12:30-1:00 | Lunch available in Fireside Room kitchen |
| 3:00 | Guided Meditation in the Chapel |
| 5:30 | Evening Prayer in the Chapel |

The Chapel will be open for prayer with recorded Taize music or silence. The Fireside room will have couches and tables with art supplies and prayer exercises. The Parish Hall will have the labyrinth and Visio Divina. Fully **VIRTUAL** self-guided Day of Quiet also available upon request.

Feel free to come for any part or all of this experience.