



A DAY OF QUIET REFLECTION

Spiritual Growth Resources Committee
of the Episcopal Diocese of Pennsylvania



Join us during Lent

What is a day of quiet reflection? It is a gift of time which we give ourselves as we try to live at a sacred pace.

Gentle guidance will be given during the morning and afternoon sessions. In the morning session, after a brief guided meditation and quiet reflection, we will use simple art materials to create images that are meaningful to us as we journey through Lent.

Saturday, Mar. 20, 2010
9:30 am to 2:30 pm

Trinity Church, Ambler
708 Bethlehem Pike
Ambler, PA 19002

To register, call JD Lafrance
at 215-627-6434, x 151
or jdlafrance@diopa.org

Bring brown bag lunch
Cost \$10 to \$25 as able