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**Title of the mailing \***

A Day of Quiet Reflection

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**Body text of the mailing \***

Saturday, March 20, 9:30 a.m. to 2:30 p.m.  
Trinity Church, Ambler  
708 Bethlehem Pike, Ambler PA 19002

The Spiritual Growth Resources Committee of the Diocese of Pennsylvania through the Leadership Institute is offering a day of quiet reflection.

I ask for your help in promoting this event on Saturday, March 20, 2010 within your congregation or community. Below is a suggested bulletin announcement and attached is a flyer. For more information contact: Diane Powell at dianepowell@verizon.net.

Suggested bulletin announcement:

A Day of Quiet Reflection is offered by the Spiritual Growth Resources Committee of the Diocese of Pennsylvania on Saturday, March 20, from 9:30 a.m. to 2:30 p.m. at Trinity Church, Ambler, 708 Bethlehem Pike, Ambler PA 19002.

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.

Bring a brown bag lunch. The suggested donation for the day is between \$10 and \$25 as able. Registration is through the Leadership Institute, tel. 215-627-6434 X151 or E-mail [jdlafrance@diopa.org](mailto:jdlafrance@diopa.org)

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**Name \***

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**Your title \***

Chair, Spiritual Growth Resources Committee

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**Email \***

[DianePowell@verizon.net](mailto:DianePowell@verizon.net)

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