

***St-John's Centering Prayer Group – Quiet Day Retreat
November 8, 2025
St-Columba Anglican Church***

Theme: Finding Hope, Light and Love

We'd like to invite you to join us for our annual Quiet Day Retreat. This year's theme is intended to help participants find hope, light and love in our current turbulent world. We welcome all those who seek to be closer to our Divine Creator.

We are grateful to St-Columba Anglican Church who've agreed to host us. They're located in Manor Park, at 24 Sandridge Road, Ottawa.

Plan to arrive starting at 9 a.m. The retreat will begin at 9:30am and conclude at around 4:00pm. We'll intersperse the day with sessions of silent centering prayer, leader-led prayers, and reflections.

The St-John's Centering Prayer group will provide soup and bread for lunch, as well as tea and coffee throughout the day. Please bring your own water bottle.

We encourage a goodwill donation of \$20 per person to compensate St-Columba for the use of their hall. We also encourage ride-sharing.

Please send your registration or questions to Lyse Morin at lysermorin@hotmail.com.

We look forward to sharing a day of silent prayer with you and are grateful that you've decided to join us.

St-John's Centering Prayer Group

"May you learn to see yourself (and the universe) with the same delight, pride, and expectation with which God sees you in every moment." John O'Donohue, Anam Cara