



Join us for ***Sacred Paths, A Lenten Experience*** on **Saturday, March 9, 2024**.

This Quiet Day is open to anyone who wants to attend; all are welcome! It is hosted by the Daughters of the King, Grace Chapter, and facilitated by Mother Tara.

A Quiet Day is a time to reflect, pray, and sometimes be quiet. This year's meditations are centered around prayer and the sacred paths we use to pray.

- We will walk a labyrinth
- Learn how to make and pray with the Anglican Rosary
- Learn the practice of Visio Divina, which uses images to pray

The day will begin at 9 am with coffee, tea, and water provided, and then we will end at 3:15 pm. There will be a light lunch provided. Please list any dietary restrictions via the online registration comment box. You MUST RSVP. Contact Josette Anzalone @ 919-939-0759

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