



“Silence for the Soul” Serenity Meditations

2019 Advent/Winter Solstice

Saturday, Dec. 7, 9 am to 1 pm

St. Patrick’s Episcopal Church, Incline Village, NV

Traditional Christian meditative practices, guided and in silence

Presence for the full four hours is requested, if possible, as coming and going will interrupt the collective energy created. Soft, comfortable, warm clothing is suggested; participants are welcome to bring their own journals, texts, or meditation aids. Soup and bread lunch provided at 12:30. All are welcome to receive this quiet gift to the community.

When: Saturday, December 7

Where: St. Patrick’s Episcopal Church

341 Village Drive, Incline Village, NV

Time: 9:00 am to 1:00 pm, with lunch

Other: For more details or to sign up (appreciated but not required), contact Rev. Clare Novak 650-269-5972 or

clarecnovak@gmail.com