

Silence and Slow Time: A Quiet Day in Lent

The Maine Chapter of the Society of the Companions of the Holy Cross



Spiritual mentors have long recognized the value of silence as a pathway to God. Silence takes us more deeply into ourselves, where we can encounter the God who already and always dwells there. Recent studies have led scientists to acknowledge the value of silence as well, linking constant noise to everything from heart disease to the release of stress hormones in the brain, “discovering” that silence actually heals us. Silence restores both soul and body.

During this Quiet Day, we will explore the mystery and beauty and fear of silence, and we will also have a chance to spend some intentional time in silence.

March 23, 2019

St. Mary the Virgin, Falmouth

9 a.m. – 2 p.m.

All are welcome, and lunch will be provided

FMI or to RSVP contact Sarah Braik sbraik642@gmail.com or 207-415-6556