

## Listen to God's Call

Join us for a morning and afternoon of quiet and joyous reflection in Eastertide.

We will explore and experience contemplative walking both in the church grounds and by using the sacred labyrinth.

The day will be highlighted with scripture meditations and abundant silence calling us to 'Be still and know that I am God.' Relax and be ready for a gently structured day in bucolic and inspiring environs.

**Facilitated by:** Helen Jennings, Church of the Redeemer, Bryn Mawr and the Rev. Paul Gennett, Jr., St. David's, Radnor

**When** **Saturday, April 28, 2007,**  
from 9:30 a.m. to 3:30 p.m.

**Where** **St. David's Church, Radnor**  
763 Valley Forge Road,  
Wayne, PA 19087

**Cost** \$25 per person,  
including lunch.

Registration by April 23, 2007

**Registration** Through the Leadership Institute,  
tel. 215-627-6434X138 or  
E-mail [jdlafrance@diopa.org](mailto:jdlafrance@diopa.org)



## About the Spiritual Growth Resources Committee

The Spiritual Growth Resources Committee consists of lay and ordained persons whose mission is to support and strengthen the spiritual life of the diocese.

Members bring a wide variety of interests and experiences to their ministry of service to enhance the prayer life of parishes and individuals.

If you have an interest in participating in the work of this committee, contact the chair listed below.

## How to contact us

Diane Powell, Chair (215) 242-2055 X25

E-mail [dpowell@stpaulschestnuthill.org](mailto:dpowell@stpaulschestnuthill.org)

Mail St. Paul's Church  
22 East Chestnut Hill Avenue  
Philadelphia PA 19118



## To access this and other resources on the web

Go to

[www.stpaulschestnuthill.org](http://www.stpaulschestnuthill.org)

Scroll down and click on:

Diocese of Pennsylvania

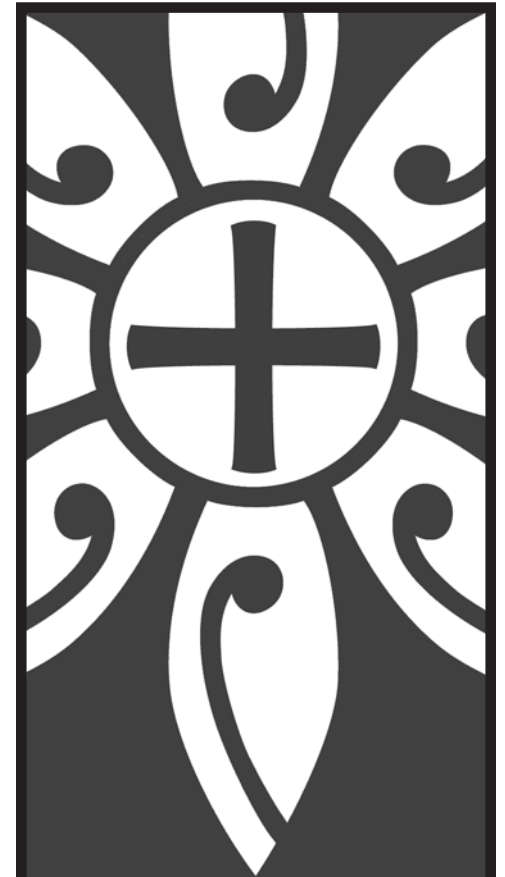
Spiritual Growth Resources

This takes you to the Spiritual Growth Resources Committee's introduction under

Links to Resources

You will find brochures and information to browse or print.

## 2006-2007 Days of Quiet Reflection



You are invited to three special days of quiet reflection on the theme  
*Listening for God*

A brochure in the Spiritual Disciplines series created for individuals and parishes by the Spiritual Growth Resources Committee of the Episcopal Diocese of Pennsylvania

Days of Quiet Reflection are facilitated by the Spiritual Growth Resources Committee of the Diocese of Pennsylvania.

## Listening for God

is the overall theme for the series.

The three days of quiet reflection are:

**December 2, 2006**

at Trinity Church, Oxford

**February 3, 2007**

at Trinity Church, Ambler.

**April 28, 2007**

at St. David's, Radnor.

### What is a Day of Quiet Reflection?

A day of quiet reflection 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 as well as time for personal reflection.

The day concludes with a worship service.

**Scholarships are available**

### Things to know when you come

- Everyone is welcome
- You may want to bring a journal to write in.



**Listen: Do you hear what I hear?**

### Entering into Advent Praying with the Psalms in Silence and Music

As we let ourselves become quiet in this fallow time, the Psalms become our songs. They call us to silence, and they call us to chant them as praise and humble acknowledgment of our presence for our God. Join us at for a time of silent centering prayer and musical chant — simple and spontaneous expressions of our willingness to be with God, on a day set apart for stillness.

Please feel free to bring handwork or good reading; this day will include large times of quiet reflection in silence. Basic instruction in centering prayer will be offered. Worship will incorporate chanting and silence.

**Facilitated by:** Carroll Sheppard, St. Paul's Chestnut Hill and the Rev. Michael Ruk, St. Paul's, Levittown.

**When** **Saturday, December 2, 2006,**  
from 9:30 a.m. to 3:30 p.m.

**Where** **Trinity Church, Oxford**  
6901 Rising Sun Avenue  
Philadelphia, PA 19111

**Cost** \$25 per person,  
including lunch.

**Registration by** November 27, 2006  
**Registration** Through the Leadership Institute,  
tel. 215-627-6434X138 or  
E-mail [jdlafrance@diopa.org](mailto:jdlafrance@diopa.org)

## Listening to your Creative Spirit A Pre-Lenten Retreat Day

Bring your holy longing and come apart from the distractions of everyday life so that we may explore our spiritual journeys and how our loving God is guiding us

After a period of guided meditation we will create our own mandala (sacred circle) with easy to use art materials. No art experience is necessary. We will use these images as a stepping off point for reflections on our personal spiritual journey as we move into Lent.

**Facilitated by:** Diane Powell, Trinity, Ambler and Leslie Hanlon, St. Paul's, Chestnut Hill.

**When** **Saturday, February 3, 2007**  
from 9:30 a.m. to 3:30 p.m.

**Where** **Trinity Church, Ambler**  
708 S. Bethlehem Pike  
Ambler, PA 19002

**Cost** \$25 per person,  
including lunch.

**Registration by** January 29, 2007  
**Registration** Through the Leadership Institute,  
tel. 215-627-6434X138 or  
E-mail [jdlafrance@diopa.org](mailto:jdlafrance@diopa.org)

