

What is a Quiet Day?

It is a time of respite during a busy schedule when time is set aside to be quiet, spend some time with God and refresh your spirit for the days ahead. They are frequently scheduled during Advent and Lent, seasons during which we are called to open our hearts to God and renew our relationship with God.

Please join us.

Saturday, March 30, 2018

9:00 am to 1:00 pm

St. Mark's Episcopal Church

335 Locust Street, Johnstown PA 15901

(814) 535-6797



LENT QUIET DAY **Topic: The Way of Love**

9:00 AM – 9:15 AM	Welcome and first meditation (Chapel)
9:15 AM – 10:00 AM	Quiet time
10:00 AM – 10:15 AM	Second meditation (Chapel)
10:15 AM – 11:00 AM	Quiet time
11:00 AM – 11:15 AM	Third meditation (Chapel)
11:15 AM – NOON	Quiet time
NOON – 12:15 PM	Final prayers (Chapel)
12:15 PM	Lunch

During quiet time there are activities set up in the parish hall for relaxation and books available for learning or you may find a quiet spot in the church or offices to read and/or meditate. Please do not talk until after the final prayers.