

# St. Mark's Episcopal Church

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## **“A Celtic Advent” Advent Quiet Day Saturday, December 7, 2019 9:00 a.m.—1:00 p.m.**

- A Quiet Day is a period of respite when time is set aside to be quiet, spend some time with God and refresh your spirit for the days ahead.
- Our 2019 Advent Quiet Day theme is “A Celtic Advent.”
- Our Advent Quiet Day consists of alternating periods of meditation and quiet time followed by final prayers and a vegetarian lunch.
- During quiet times you can engage in relaxing activities or read books available in the Parish Hall or find a quiet spot in the church to read and/or meditate.
- Participants are asked not to talk until after final prayers.
- All are welcome.