

St. Mark's Episcopal Church

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Lenten Quiet Day

What is Jesus' recipe for love?

Saturday, February 29, 2020

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.**
- **The topic of our 2020 Lenten Quiet Day is "What is Jesus' recipe for love?"**
- **Our Lenten 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 and read books available in the Parish Hall or find a quiet spot in the church to read or meditate.**
- **Participants are asked not to talk until after final prayers.**
- **The event is free. All are welcome.**