



ADVENT QUIET DAY 2021
TOPIC: THE FOUR THEMES OF ADVENT

9:00 AM – 9:15 AM	Welcome First meditation - Hope
9:15 AM – 10:00 AM	Quiet time
10:00 AM – 10:15 AM	Second meditation - Peace
10:15 AM – 11:00 AM	Quiet time
11:00 AM – 11:15 AM	Third meditation - Joy
11:15 AM – Noon	Quiet time + Lunch
Noon – 12:15 PM	Fourth meditation - Love
12:15 PM – 12:55 PM	Quiet time
12:55 PM – 1:00 PM	Final Prayers

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. If you are at home, please consider the quiet times as sabbath time and be as quiet as possible.

If you plan to attend in-person, please wear a mask and social distance. If you wish to participate via Zoom, please contact The Reverend Nancy Threadgill at revnancy-stmarks@atlanticbbn.net or (814) 535-6797 in advance of the event to obtain login information.