

Lenten



Quiet Day

In-person & via Zoom
Saturday, March 19, 2022
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.
- This year's theme is "What is a Holy Lent?"
- Event consists of alternating periods of meditation & quiet time followed by final prayers and a vegetarian lunch.
- During quiet times you can engage in relaxing activities, 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.
- Event is free. All are welcome.
- If you plan to participate in person, please wear a mask and social distance.
- If you wish to participate via Zoom, contact The Reverend Nancy Threadgill at revnancy-stmarks@atlanticbbn.net or (814) 535-6797 in advance of the event to obtain the login information.