

**Advent Quiet Day 2023: “The Why of Advent Traditions” Saturday,  
December 9 from 9:00AM—1:00PM In-person and via Zoom**



Advent Quiet Day 2023 will be held in-person and via Zoom on Saturday, December 9 from 9:00 a.m. to 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. Quiet Days frequently are held during Advent and Lent. Though the structure of the event remains the same from year to year, the theme differs for each event. The theme of our 2023 Advent Quiet Day is “The Why of Advent Traditions.”

The event consists of alternating periods of meditation and quiet time followed by final prayers and a vegetarian 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. Participants are asked not to 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.