



# Quiet Day

## 'Jesus' Solitude and Silence'

### **A time for reflection at St Peter's Church**

You are invited to enjoy some quiet time before Lent to think about your Christian journey and how your spirituality might be refreshed and renewed during this Lenten period.

The day will comprise a number of sessions, with a short introduction to each, followed by a time of peaceful reflection and an opportunity to discuss any issues raised.

**Saturday 10<sup>th</sup> February**

**10.00am to 3.30pm**

Hot drinks, served from 9.30am, will be provided throughout the day.

Please bring your own lunch.

All are welcome