

# Making Friends with Silence: A Day of Nurturing Spirit

Saturday October 24th online via Zoom

8:30 am—8:30 pm pacific time

- 8:30 Zoom opens, log in, check technology, say hello to friends new and old
- 9:00 Opening Meditation
- 9:05 Welcome, Introductions to your Silence team, meet in small groups
- 9:30 'What is Silence and How to Cultivate it in our Lives'
- 10:30 Short break
- 10:40 'Welcome into Silence' meditation
- 11:00 'Yoga and Moving into Stillness'
- 12:30 Lunch
- 2:00 'Journaling and or Sketching'
- 3:30 'Sitting in Silence'
- 4:30 Sharing our experiences in small groups
- 5:30 Dinner
- 7:00 Satsang: Singing into Silence
- 8:30 Goodnight

Schedule subject to change

To register go to [www.cwm.events](http://www.cwm.events) \$20 per person

We do not want the registration fee to prevent your attendance. If you cannot afford the fee, please contact Debra Donohue as we have sponsors who have committed to assist attendees

Debra, 1-877-411-2632 or [debra@CreatingConnection.ca](mailto:debra@CreatingConnection.ca) for details

'When you just sit in silence the wind blows through you, the sun shines in you,  
and you realize your are not your body; you are everything'.

Anita Krizzan



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and Community of Christ



Community of Christ