



# SAT. NOV. 7, 2015

# RETREAT DAY

## **STILLNESS: what? how? why?**

It is harder & harder in our world to find times or places of stillness, as we are bombarded with information, sounds & demands.

Teachers of all faith traditions tell us that practicing stillness changes lives – that the wisdom of our inner selves & the Holy are there, waiting to speak to us. Come and take some time to explore what stillness might be in your life, gain some tools for practicing it, and consider why you might want to!

Saturday, November 7, Little Britain United Church & Hall

9:30 am – 4:30 pm

\$50 – includes snacks, lunch, session leaders, materials

REGISTER by Oct. 26-space is limited –[www.littlebritainunitedchurch.ca](http://www.littlebritainunitedchurch.ca)

Stillness  
RETREAT DAY

–

Time for you!

–

Great leaders

–

Delicious,  
healthy food

–

Time to  
experience  
silence &  
beauty

LITTLE BRITAIN  
UNITED CHURCH

5879 Hwy #9

Lockport, MB

204.757.2489

[littlebritain](http://littlebritainunitedchurch.ca)

[unitedchurch.ca](http://unitedchurch.ca)

See brochure  
(attached & on our  
website) for more  
information.