

**Advent Quiet Day**  
**December 9**  
**10:00 am-3 pm**

*"But Mary treasured all these words and pondered them in her heart." Luke 2:19*

*"For God alone my soul waits in silence; from God comes my salvation." Ps. 62:1*

Advent is a season of expectation, but in our culture it's a busy season as we prepare in many ways for Christmas. If you are hoping to meet God but find yourself busy "with many distractions" (like Martha), perhaps you would like to choose "the better part" (like Mary, her sister) and spend some time waiting, watching and listening for Christ.

On Saturday, December 9, we'll gather for a Quiet Day, where you can practice a variety of ways to quiet the body, still the mind, and hear the soul's voice. We'll do some easy chair yoga, ponder poetry, practice silence, walk a labyrinth, have journaling prompts and eat (either with quiet conversation or eat in companionable quiet). And we'll sing. You can quiet the soul with song. Most of the day you decide how much time and at what pace you prefer to do an activity.

Our leaders: Chaplain Guta Cvetkovic, Carol Posten, Joy VonWolffersdorff, Robin French and Mother Paula Harris.

Bring a bag lunch and a healthy beverage. Bring a journal if you use one.

Retreat is free. Please RSVP at the church office. 815-777-2590 or [gracesec@gracegalena.org](mailto:gracesec@gracegalena.org).