

Candlemass Quiet Day

Welcome and arrival from 9.45 am.
Tea and coffee will be available throughout the day.

10.00 - 10.25 Morning Worship
Bible reading- Luke ch. 2: 22-40

10.30 - 11.00 Meditation
The Christ child is revealed

11.00 - 11.45 Silence

11.45 - 12.15 Meditation
Christ in the world

12.15 - 1.00 Silence

1.00-1.45 Lunch - please bring your own.

2.00-2.30 Meditation
Christ our light

2.30 - 3.15 Silence

3.30 - 4pm Holy Communion

Our Quiet Day is led by the Rev'd Yvonne Murphy. Yvonne has been a teacher, a school chaplain, Priest-in-charge of a large parish in Kent, and Team Vicar to a parish in High Wycombe, where she was also Lead Chaplain to the town centre. She is married and has three (grown-up) children. When the family was young, they fostered children. Yvonne retired last year and is currently in her second year of studying Ignatian Spirituality. She trained with Sue Ayling, and was ordained in 1998. She has a gift for writing stories.

In the Silence

Take time to be with God, remember that He is a God of love, He made us and we are His.

There will be an opportunity for silent activity throughout the day.

- ◆ Colour a Celtic pattern
- ◆ Write and decorate a prayer card
- ◆ Tie a ribbon around the tree and say a prayer
- ◆ Place a pebble in the water and surround your prayer in God's love
- ◆ Choose a button and reflect in prayer
- ◆ Create your own time-line
- ◆ Participate in the jigsaw
- ◆ Walk in the grounds outside.





St Mary's Ewell

www.stmarysewell.com



Quiet Day

led by the Revd Yvonne Murphy



Saturday 2nd February 2013
10am to 4pm