



## Quiet Day for Advent

Take time for silence and reflection in this season of expectation.

The day will include prayer and poetry  
and a variety of creative contemplative practices  
including making a Christ candle or Anglican prayer beads.

Sponsored by St. Hildegard's Sanctuary and facilitated by  
The Reverend Melanie Calabrigo and Artist in Residence Sandra Vander Schaaf,  
along with The Reverend Trudi Shaw and others...

### All are welcome!

Saturday, December 10 ~ 10:00am - 4:00pm  
St. Mary's Anglican Church ~ 2490 W. 37th Avenue, Vancouver

Bring a bag lunch. Tea & treats provided. Suggested \$10 donation toward supplies.

To register call, 604-266-8011 (Ext. 1) or email [sthildegards@icloud.com](mailto:sthildegards@icloud.com)