

TAIZE PRAYER

✠ ALL WELCOME ✠

Ecumenical Candlelit Service

led by Julie and Mike Peter

The Taize prayer service is meditative in character and promotes peace and serenity in all who take part. It includes music and singing, interspersed with scripture reading, prayer and periods of silence. The service takes about 45 minutes ending with a brief silent time to embrace the candlelit ambience and sacredness of the gathering. The evening concludes with light refreshments.

Third Friday of each month:

7:30 pm – 8:45pm

CONTACT: MARILYN METCALFE (905) 831-2945

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LABYRINTH

✠ We invite you to walk an ancient pathway of contemplation, meditation and spiritual renewal. Journey along the path – toward the center and back out again. Experience the labyrinth as a tool to guide healing, gain peace, deepen self-knowledge and ignite creativity. **ALL WELCOME!**

For further information please contact Marilyn Metcalfe.

The Labyrinth at St. George's will be open on the 2nd Tuesday of each month

1:00PM – 3:00PM

Reflection & Preparation

Reflection, & Journaling

Walk the labyrinth

7:30 PM – 9:00PM

Silent meditation and reflection

Reflection and Journaling

Walk the labyrinth

Evening Gathering

MEDITATION GROUP

What is as old as faith, brings joy and peace to those who practice it and is the best-kept secret in the world today?

The answer: Meditation

A source of renewal, transformation and spiritual nourishment.

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In an age of rush and noise it is essential that we find time to be still and quiet. Meditation is silent prayer in which we find God who dwells within our own heart. In finding God we also find our true self and thus we are renewed. It is the natural progression of our prayer life towards a deeper experience of God.

The evening includes music, a talk on meditation, a period of silent meditation, a short time of reflection and closing prayer.

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We invite anyone who would like to try meditation to come and join us one evening at St. George's Church. For further information please call Marilyn Metcalfe (905) 831-2945.

EVERYONE WELCOME!