

## Dayspring Quiet Days *Come Away or A While*

On the second Tuesday of each month (except in school holiday times), we hold a Quiet Day at Nathanael's Rest in Mundaring.

Quiet Days offer time for reflection, recollection and quietness in community, sacred space for deep listening and an invitation to simply be. Set in the beautiful retreat space at Nathanael's Rest, you are welcome to spend the quiet time reflecting, walking, creating, reading, and resting in any way that feels safe and good for you.

A leader will begin with a brief reflection to commence the morning and then participants are free to find their own sense of space, rhythm, and activity during the remainder of the morning.

**Resources** are provided to support your engagement including...

- \*'Thought for the Day' reflective reading on scripture,
- \*Creative Materials,
- \*A garden labyrinth set in the idyllic natural surroundings.
- \*One of Dayspring's Spiritual Directors will be available to offer Spiritual
- \*Accompaniment/Companioning if you choose.

Morning tea is available throughout the morning.

Around 12.30pm we will regather to share and close the morning, but all are welcome to share and connect informally for a time of community over lunch.

*Lunch is BYO*

On *Ebb & Flow Quiet Days* the space will provide additional creative resources and spaces and those who wish may stay for additional time and or spiritual accompaniment following lunch time sharing.

### DATES FOR 2023

*Feb 14 Ebb and Flow Quiet Day*

March 14: Quiet Day

*May 9 Ebb & Flow Quiet Day*

June 13: Quiet Day

*Aug 8 Ebb & Flow Quiet Day*

Sept 12: Quiet Day.

*Oct 10 Ebb & Flow Quiet Day*

Nov 14: Quiet Day Dayspring