**Open Sanctuary Quiet Days:\_Program**

If you can stay for only part of the day that is fine. We simply ask you to respect the quiet when you come and go. Each session is optional.

Please bring you own lunch and any personal needs for the day. Tea and coffee will be available.

9.45 – 10.15 Morning Tea

10.30 Meditation

11.00 Input/suggested reading

11.30 personal reflection, walk, read, write, garden…

12.45 Meditation

1.15 Lunch

2.15 contemplative conversation, simple ritual.

3-3.15 pm close

“Life hangs in the balance. The choice for silence or noise, for carefulness or carelessness, is ours in every moment. To chose silence as the mind’s default in an accelerating consumer culture – a culture that sustains itself by dehumanizing people through the unrelenting pressure of clamor, confusion, and commodification – is indeed a subversive act.”

 Maggie Ross