

INFORMATION ABOUT LA CÔTE CHURCH QUIET DAY
SATURDAY 8TH MARCH 2025

Chuck writes:

"The La Côte Quiet Day is an opportunity to better hear the gentle voice of God that speaks into our lives - a voice that is often unheard in the noise and haste that both surrounds and is within each one of us. As we encounter God, and ourselves, in the stillness of the Quiet Day, how might our hearts respond in surprising new ways?"

The Quiet Day will include different guided exercises using scripture, poetry, music, and journals. Each exercise will introduce a simple technique to help us to become still, to receive, and to respond to God's presence. Each exercise is based on centuries of Christian tradition, so there will be nothing "out there" about the material. There will be plenty of time to play with each exercise and to let it percolate, as well as to share with one another as and if we wish. There will also be lots of time for tea, laughter, lunch, and stretching our legs. It is a gentle day."

If you have any questions please contact Chuck on:

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