

Inward Bound Quiet Day
March 19, 2024
10am to 3pm (pot-luck lunch at 12 noon)
Common Room and grounds of Third Haven Friends Meeting

Join us this March for a day of peace and inward renewal!



"I find the quarterly "Inward Bound" days to be a blessing in my life. I love having the opportunity to spend time on the Meeting property gathering in silence with others to read, walk, meditate, create and pray. Third Haven feels like hallowed ground to me and being there in quiet for the day feeds my soul and enriches me." Cynthia Quast reflects on her experiences during Inward Bound.

Third Haven Friends Meeting, Worship and Ministry Committee sponsors a series of Quarterly Retreats for the benefit of members, attenders and any interested friends. These "Quiet Days" provide an opportunity for a time away from the busyness of life so that we may reflect and grow spiritually in community. A silent retreat offers a day of listening for the Light within, contemplation, reading, walking the grounds, writing, and self-chosen art activities. We enjoy a shared, silent pot-luck lunch, and end our time with a short sharing session.

Quiet days run from 10 am until 3pm, and participants are welcome to come for all or part of a day, entering with respect for the silence of the group. This is a perfect occasion to reflect on the spiritual possibilities of the winter season, while savoring the beauty of Third Haven grounds and buildings.

If you have questions please feel welcome to ask Katherine Johnson katherinekai@goeaston.net. Please RSVP if you plan to attend.