

## **INWARD BOUND QUIET DAY**

**10am to 3pm (pot-luck lunch at 12 noon)**

**JUNE 23, 2026**

**Common Room, Brick Meeting House and grounds of  
Third Haven Friends Meeting**



**Celebrate the quiet beauty and many blessings of  
SPRING AND SUMMER**

Third Haven Friends Meeting 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 and holding one another in the LIGHT.

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 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](mailto:katherinekai@goeaston.net). Please RSVP if you plan to attend.