

Reflect

Methodist Spirituality and Retreats

REFLECT QUIET MORNING (via Zoom)
Friday 7th or
Saturday 8th February 2025

THE CALL TO CONTEMPLATION



Programme:

**9.30am - Welcome, Prayer
& Introduction**

**10.00am – Session 1: Time
with God**

**11.00am – Session 2:
Wisdom for Life**

**12 noon – Conclusion &
Closing Prayer**

To end by 12.15pm

**This online Quiet morning will be led by Judith Jessop –
Chair of Reflect**

If you would like to attend please email Lynne Tonge
2tonges317@gmail.com
stating which date you would like to book

There is no charge for this event but donations (suggestion £10)
may be made by bank transfer to support the work of REFLECT
(Reflect Bank Details: Lloyds Bank, Sort Code 30 96 18, Account no.
02833113

please quote 'Quiet Day' as a reference for your payment – Thank you!