



**Advent Quiet Day 2025 will be held in-person and via Zoom**

**Saturday, December 6 from 8:00AM to 12:00 Noon**

The event is free. All are welcome. Masks are optional.

A Quiet Day is a period of respite when time is set aside to be quiet, spend some time with God and refresh your spirit for the days ahead. Quiet Days frequently are held during Advent and Lent. Though the structure of the event remains the same from year to year, the theme differs for each event. The topic of our 2025 Advent Quiet Day is "Quietness in Scripture."

The event consists of alternating periods of meditation and quiet time followed by final prayers and a vegetarian lunch. During quiet time there are activities set up in the parish hall for relaxation and books available for learning or you may find a quiet spot in the church or offices to read and/or meditate. Participants are asked not to talk until after the final prayers. If you are at home, please consider the quiet times as sabbath time and be as quiet as possible.

If you are not feeling well, please participate via Zoom.

If you wish to participate via Zoom, please contact The Reverend Nancy Threadgill at [revnancy-stmarks@atlanticbbn.net](mailto:revnancy-stmarks@atlanticbbn.net) or (814) 535-6797 in advance of the event to obtain login information.