

# sacrededge



## The Quiet Space

Each year we set aside a room to be curated as a Quiet Space, a place for retreat, prayer, meditation and for some of our quieter scheduled events, including morning prayers.

The space this year is curated by two local WellSpring representatives, Carole Poustie and Rhonda Dingle. You will find art works, quiet background music, comfy chairs and mats—a place to sit, kneel, or lie down in meditation, prayer or just for some space.

WellSpring is an ecumenical Christian spirituality centre based in Ashburton that fosters a contemplative awareness of the presence of God and encourages people through its programs to explore what this means in everyday life. WellSpring provides pathways for spiritual discernment and formation, and encourages reflective engagement with issues such as justice, peace, interfaith understanding, indigenous reconciliation and care for creation.

**Join us on Saturday morning  
9am - 9.30am  
Readings and Silent Reflection  
"A time to be still, listen to  
music, hear some wisdom  
words and sit in silence"**



Quiet Space