

Quiet Day

Saturday March 7th 2026
10.30 - 4.00



You are invited to a day of quiet reflection
in the beauty and peace of
St. Gabriel's Church.

This will be a time to step outside the routines and demands of everyday life. Together we will create and sustain an atmosphere of silence within which to reflect, rest and allow ourselves to simply be.

The day will be structured to include group meditations and time to pursue your own exploration and musing, perhaps reading, drawing, writing, or simply sitting or walking.

The day is timed to fall within Lent, a time of healing and transformation.

You will be very welcome.

Hot drinks will be provided.

Please bring your own lunch.

Small donations welcome on the day.

Bike racks and parking available.

Buses that stop outside St. Gabriel's: W19, 101.

It is helpful if you let us know in advance that you are coming.

If you have any queries contact us via email:

aldersbrookstgabriels@gmail.com