



PREPARE THE WAY O ZION!

An Advent
Quiet Day with
Julian of Norwich

December 6, 10-4pm

Episcopal Church of the Good
Shepherd, Raleigh

On this Quiet Day, The Rev. Robert Fruehwirth, will lead retreatants through reflections from the great medieval mystic and theologian, Julian of Norwich. Following the theme of Advent, we will be asking Julian for insight about how God comes anew into our lives (Even now! Exactly as they are!) and what our role might be in preparing for this.

Attendees will be invited to practice silence for periods during the day, and our time together will be held in an easy rhythm of guided meditations, personal time for reflection and reading, and communal prayer. Refreshments and lunch will be provided, and nursery care.

Cost: \$50 with scholarships available.

Retreat Limit: 20 attendees, registration required.

The Rev. Robert Fruehwirth is a published author of two books on spirituality and a well-known speaker and retreat leader on Julian of Norwich.

To register, send an email to: robert@stpaulscary.org