



# **TASTE AND SEE**

## **A Quiet Day with the SoulStream Community**

Take a break from the noise of every day life. This day is a chance to set aside your usual responsibilities and listen to what's stirring inside you.

You don't need any experience with contemplative practice. Whether this is new to you, or something you've done before, you're welcome.

Come on your own or with a friend. You can join group activities or just enjoy some quiet time to yourself.

There will be simple, optional ways to reflect, connect with others, and be present to something deeper – whatever that means for you.

This day is open to SoulStream partners, friends, and friends of friends.

**Come get a taste of what contemplative life and community can be.**

### **Location:**

Tsawwassen United Church, 693 53<sup>rd</sup> Street, Delta (Tsawwassen)

### **Refreshments**

Coffee, tea and water will be provided; please bring your own lunch and/or purchase enroute (food purchase options provided upon registration)

### **Cost**

\$25 (covers space rental and refreshments)

### **Facilitators**

Lois Armerding, Rod Janz, Kathy Kiesser

**SEPTEMBER 20, 2025**

**10 AM - 3 PM**

Register early. Spaces are limited.

