



The World Community for Christian  
Meditation in the UK(WCCM)

## A Quiet Day



**Pleshey Retreat Centre**  
**The Street, Chelmsford CM3 1HA**

**Saturday 12<sup>th</sup> October 2019**

**With Valerie Quinlivan**

*God in All Things:*

*Christ is in the Everyday as well as in the Transcendent. Meditation helps to ground us in the reality of the present moment, as well expanding our consciousness to embrace the universal.*

**Arrival 9.30am to finish approximately 15.30pm.**

**Please bring a packed lunch**

**Donation £10**

**Tea & coffee provided**

Please contact: Val Hilsley for bookings: [valhilsley@btinternet.com](mailto:valhilsley@btinternet.com)

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