

# FRIENDS OF SILENCE ~ Awakening to Love

## An unguided open sanctuary of silent prayer

Enter a space of deep interior stillness, where the ordinary dissolves into quiet wonder. This is an unguided sanctuary for personal prayer, pause to simply be held in Presence.



Here, words fall away  
Time softens  
Heart and breath remember their natural rhythm  
Come as you are  
Sit in stillness  
Walk the labyrinth  
Let the garden encounter you

*Listen to the silence teach what words cannot*

***“there is a pervasive silence in which everything has its being.  
The things of the world live in this silence” Thomas Merton***

**WHEN:** Friday 31 October 2025 ff  
10.00 am – 1.00 pm

**WHERE:** SYCHAR (House of Prayer and Spirituality),  
69 Margaret Street, Toowoomba

### **WHAT TO BRING:**

Yourself, just as you are, a journal or creative materials if you wish to express your creativity, a bible, prayer book or sacred text (optional), comfort items,( water, shawl, cushion for ease)

**COST:** A contribution towards Sychar’s ongoing mission would be appreciated.