



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, pausing 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 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: Term 1 - Weekly from Friday 20 February 2026 to 27 March 2026
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.