

**Ottawa Area Christian Meditation Community**  
**Saturday December 2, 2023 from 9 am to 12:30 pm**  
**Please join us for an Advent Retreat Led by Reverend Kevin Flynn**

## **Advent - called to be joyful in hope**

From beginning to end, the Advent liturgy prays for the coming of Christ, for the fulfillment of our hope. Hope for something that has already taken place in the past is meaningless. The Advent texts, taken in their most obvious sense, express not an expectation of the Nativity which has already happened, but of the *Parousia* -- the return of Christ in glory and the fullness of the reign of God -- which is still to come. We will ponder the Scriptures and the contemplative tradition as they cultivate in us this joyful hope.



The Reverend Canon Kevin Flynn is a priest of the Anglican diocese of Ottawa. He served as director of the Anglican Studies Program at Saint Paul University from 2004-2021. He is now the incumbent of the parish of Chelsea-Lascelles-Wakefield, caring for several churches in Western Quebec, and is canon liturgist of the diocese of Ottawa. He is a long-time meditator, having animated groups in Ottawa and Toronto. As well, he teaches yoga as a contemplative practice for Christians at St. Mary Magdalene's Anglican Church in Chelsea.

**WHERE:** Holy Spirit Church  
1489 Shea Road, Stittsville  
ON, K2S 0G8

**WHEN:** Saturday December 2, 2023

**SCHEDULE:** (times are approximate)

**9:00- 9:30** Registration & Fellowship  
**9:30-10:15** Welcome & First Talk  
**10:15-10:30** Health Break  
**10:30-11:00** Meditation Session  
**11:15-11:30** Health Break  
**11:30-12:15** Second Talk  
**12:30** END

Registration is at the door and a Free-will Offering/Donation is requested. Like everything and everywhere, costs have increased including the cost to host a retreat. Your generous support is greatly appreciated. Books on meditation will be also available for sale. Free Parking is available in the church lot

Any questions, feel free to contact:  
Barbara Chouinard at [barbara\\_chouinard@hotmail.com](mailto:barbara_chouinard@hotmail.com)  
Theresa Ziebell at [theresaziebell@gmail.com](mailto:theresaziebell@gmail.com)