

*The Ottawa Area Christian Meditation Community and
the Saint Paul University Anglican Studies Program
present:*

“Advent: Beginning Again”



SATURDAY DECEMBER 7, 2013

10:00 a.m. to 2:30 p.m. (Registration 9:30)

In the light of the Advent season, we will explore the patterns and disciplines of the Christian life – dying and rising in Christ, saying the mantra, rediscovering the Scriptures and starting over.

“Advent: Beginning Again” retreat leaders

Reverend Kevin Flynn is an Anglican Priest, a theology professor and the Director of the Anglican Studies Program at Saint Paul University. In addition to his University duties, Father Flynn is a regular contributor to the Ottawa Citizen's Saturday feature “Ethics and Faith - Ask the Experts” and is also a certified yoga instructor, a Christian meditator and has led the Advent Retreat a number of times.

Pastor Martin Malina leads the Faith Evangelical Lutheran Church in Ottawa and has worked in the ordained ministry for over 15 years. Pastor Martin's focus is on marriage preparation, pastoral counseling and wedding worship services. Pastor Martin is also a husband, father, writer, Christian meditator, Ottawa Senators fan and an admirer of the beautiful Ottawa Valley. This is Pastor Malina's first time in as a retreat leader for the Ottawa Area Christian Meditation Community's annual advent retreat.

Place: Saint Paul University, 223 Main Street, Ottawa
Main Chapel (2nd floor, Laframboise Hall - use Bookstore/Librairie entrance).

Parking (“pay & display”) in lot at Hazel St intersection. **Bus routes** 5 & 16.

Cost: Free-will offering

Lunch: Please bring a bag lunch and drink.

Information & Registration: Please register by November 27th with Bill Meeks at AdventRetreat2013@bell.net after October 1, 2013.

YOUTH AND YOUNG ADULTS ARE ESPECIALLY WELCOME!