

Lenten Quiet Day

Saturday, March 16, 2024, 8:30 AM – 3:00 PM

St. Gabriel's Episcopal Church, 1188 Ben Franklin Hwy East, Douglassville, PA 19518

“Quiet Growth”

Facilitator: Kim Denyes, MATS, Spiritual Director



Life-giving growth, expansion, or transformation take place in quiet spaces of one's life. Consider the tomato seed, nudged into a bit of rich soil, watered, and given light, will from this quiet dark space convert a concealed power into deliciousness. Each of us has a seed, or talent, or gift that God continually invites us to convert into life-giving sustenance for yourself, your neighbor, or your community. And like the tomato seed, we too need quiet moments for growth. You are invited to join us as we enjoy time with the Holy One and the quiet growth in these moments.

Hosted by St. Gabriel's Angelus Chapter of The Daughters of the King, the day is open to ALL people, not only women! A simple lunch of soup and bread will be served, and the day will close with Holy Eucharist.

A \$10 Donation is requested and will be collected the day of the event.

Please register your attendance, via the sign-up sheet at on the church bulletin board, e-mail to galsal56@aol.com, or by calling the church at 610-385-3144.

Registration Deadline is March 11th

Kim Denyes, MATS, Spiritual Director

For over a decade, Kim has lived into her calling as a spiritual director. She holds a Master of Arts in Theological Studies as well as two certificates in Spiritual Direction. Kim grew up in a minister's home, reading the Scriptures, praying, listening, learning. All of this created a deep well of knowledge and love for the biblical text. She knows first-hand that ministers do not have enough time or space to meet all the needs of the congregation. She believes when a church and its pastor engage in spiritual direction, all are invited into God's plan for the church, its people, and the community. One of her callings is to introduce spiritual direction to a church or parish. With the support of technology, she reaches seekers locally and around the world this valuable gift of spiritual direction.