



Sound & Silence

Experiments in contemplative music +
contemplative silence

Come to “Sound & Silence” and start your week with serenity.

Every religious tradition has a relationship with silence. Even a secular perspective on the world can find studies noting the benefits of meditation and mindfulness. Come join a community of people who share a common interest in engaging in the practice of silence in a group setting.

These 45 minutes are intended as a space for peace, worshipful meditation, and companionable silence. Come as you are and let music and silence wash over you. All are welcome.

Upcoming:

April 19
5:00-5:45pm

Together we'll sing some of our favorite Taizé hymns – simple, meditative, and easy to follow. No experience necessary. If you do not care to sing, you are invited to let the prayerful music wash over you. Music will be interspersed with silence. Start your week with serenity. Bring a friend. Optional: BYO music instrument to play along!

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