



Sound & Silence

Experiments in contemplative music +
contemplative silence

Monthly on Sundays, 5:00-5:45pm at Holy Faith Church

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.

Dates & local guest musicians:

December 21	Katie Geddes, vocals + Eric Fithian, guitar
January 18	The Rev. Stacy Salles, harp
February 15	Elaine Osterbur, violin
March 15	TBD
April 19	TBD

Holy Faith Church

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Learn more at holyfaithsaline.org

