



CIRCLES in the Square

665A Market Hill (Leg in Boot Square)

An Invitation to Silence



A mini retreat

Saturday October 17th, 2026 from 9:30am to 2:30 pm

“Join Gloria and Sabina for a refreshing retreat from daily busyness
into spacious silence...
grounding you for conscious well being, presence to others and action.”

Sabina and Gloria will guide you using periods of silent meditation, poetry, and reflection.

Register by contacting Gloria at gloriasutcliffe@shaw.ca. There are 8 spaces available.
No meditation experience needed. Come as you are!