



Strengthening Leaders from the Inside Out

A Christian Contemplative Ministry of Rest and Reflection
Part of the One Way Ministries Family

Special Evening: Sabbath Rest God's Gift to Us
Everyone Welcome!

Friday March 24, 7:00 – 9:00 pm
at the ~~Met Fireside Room~~

Important: We have outgrown our space! Now meeting at
The Vineyard Ottawa Building
51 Greenbank Rd, south of 417

Join us for a meaningful evening as we consider how Sabbath rest can joyfully deepen our walk with God and strengthen us as leaders. Featuring guest speaker **Dr. David Barker** from Heritage Seminary; passionate, engaging and funny. It will be a great evening with refreshments and a special guest panel of five Ottawa Ministry Leaders sharing their interesting journey around Sabbath. This event is for men and women.

To register for this event go to: www.quietpools.ca
Cost: \$10.00 per person, \$15.00 per couple
Scholarships available – call 613-225-0210



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quiet pools



Quiet Pools encourages, equips and facilitates contemplative opportunities to encounter God through the spiritual disciplines, scriptural practices and godly habits of the heart. Our scriptural theme Psalm 23 states:

“The Lord is my shepherd, I shall not be in want. He makes me to lie down in green pastures, he leads me beside the quiet waters, he restores my soul.”

Soul restoration often comes when we let the Lord lead us to those still and quiet places where we can delight in him, reflect on scriptures and enjoy his rest.

“Discipline in the spiritual life is the concentrated effort to create the space and time where God can become our master and where we can respond freely to God’s guidance. Thus, discipline is the creation of boundaries that keep time and space open for God. Solitude requires discipline, worship requires discipline, caring for others requires discipline. They all ask us to set apart a time and a place where God’s gracious presence can be acknowledged and responded to.” Henri Nouwen

Quiet Pools hosts and facilitates:

- Quiet Retreats
- The Leaders Circle
- Day Conferences
- Special Themed Evening Meetings
- Experiences of Rest and Reflection

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