



The St. Clare Chapter of the Daughters of the King A Quiet Day with Eucharist Presents:

*Spring Retreat Quiet Day May 2, 2026
8:30 am to 1:00 pm*

Spring Retreat Quiet Day will focus on Romans 12:2 (RSV)

*Do not be conformed to this world but be transformed by the renewal of your mind,
that you may prove what is the will of God, what is good and acceptable and perfect.*

Facilitator: Seth Hinkley, Seminarian at The Seminary of the Southwest,
Austin TX

What is a Quiet Day? A day set aside for meditation, prayer, and
contemplation.

- Day of reflection
- Silent retreat
- Recharge day
- Day of rest
- Low-stimulation day
- Mental health day
- Quiet time

**Grace Episcopal Church | Parish Hall
4040 West Bellfort Ave | Houston TX 77025**

RSVP: Bertha Spadone -- berthaspadone6360@gmail.com

All are welcome! A light breakfast and lunch will be provided.
A donation of \$10.00 is requested.