

Still..

In the City.

Before you head
home or out...
Unwind in peace.

Find stillness
and space to breathe

Given peace...
...you could feel
things
differently

Still...

In the City.

Norwich Quaker Meeting
Upper Goat Lane
Norwich NR2 1EW
February 2011

PRESS RELEASE

Half an hour of empty space!

Can you imagine a group of people in Norwich offering the public thirty minutes of nothing at all?

The Norwich Quaker Meeting is doing something similar. The idea is to offer members of the public half an hour of silence, a bit of space in which people can recover after a hectic day at work or shopping or looking after children.

'Silence is a pretty scarce commodity in modern times, what with mobile phones, continuous music, social networking and non-stop demands from others around us,' said Deb Arrowsmith of Norwich Quaker Meeting.

'People will appreciate an oasis of stillness at the end of the afternoon, helping them to get more out of the rest of their day.'

What we're offering people is not a religious service but simple peace and quiet...literally being '**Still in the City**'

Norwich Quakers will be creating this "breathing space" to the public **every Tuesday from 5.30 to 6pm starting on Tuesday 1st March.**

This will take place **right in the heart of the City** at the Norwich Quaker Meeting House in Upper Goat Lane between Pottergate and St. Giles Street, just a couple of minutes from the Norwich market.

More information from:

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Charity registration number 1134787

Each and every Tuesday 5.30-6pm from March 1st 2011