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THE BIG SILENCE



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Step away from the noise. Step into stillness. Connect.

Join Quaker Social Action for a unique shared experience of reflection, connection, and quiet - held at the beautiful Friends House Light auditorium in Euston, right in the heart of London and delivered in partnership with the Centre for Excellence in Mindfulness Research.

This event brings together people from all walks of life to explore the value of silence in a busy, often overwhelming world. Whether you are new to reflective practice or experienced, this event is designed to be inclusive, welcoming, and meaningful for all. This powerful event will include guided reflection, inspiring speakers, and shared silence - offering time to pause, reconnect, and carry a sense of calm into everyday life.

Tickets are just **£10** and all proceeds will help QSA continue delivering impactful services and reach more people who need our support. Book your place now by visiting quakersocialaction.org.uk/big-silence or by scanning the QR code below. If you would like to buy a ticket another way, please get in touch with us by emailing fandc@qsa.org.uk or by phoning us at 020 8983 5030.

Guest speakers

Jennifer Kavanagh
Quaker writer and
speaker

Dr Trudi Edginton
Clinical Psychologist and
mindfulness teacher

Joanna-May Sta. Ana
Meditation practitioner
and community leader

DATE

Saturday 27th June 2026

TIME

10am - 2:30pm

LOCATION

Friends House, Euston

Tickets
£10

Scan the QR code here to book your tickets



For more information visit: quakersocialaction.org.uk/big-silence