

Contemplative Outreach of Central MO Presents



2018 Centering Prayer Weekend Spring Retreat

DATE: Fri. April 13, (*registration begins at 4 pm*) through Sun., April 15 (*departure after Noon meal*).

LOCATION: IL Ritiro Retreat Center in Dittmer, MO. (www.il-ritiro.org)

COST: \$215- all inclusive. A \$50- deposit will secure your reservation. (Limited space. Private rooms with shared bath, meals, bedding & towels provided. Partial Scholarships are available.)

The Welcoming Prayer

The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the ordinary activities of our day. The Welcoming Prayer helps to dismantle the emotional programs of the false-self system and to heal the wounds of a lifetime by addressing them where they are stored in the body. It contributes to the process of transformation in Christ initiated in Centering Prayer. Introductory teaching on The Method of Centering Prayer will be available for newcomers

Our presenters are Kathy Dunn and Rita Sturgeon, former CO- Coordinators of COSTL

TO REGISTER: *Please make checks payable to COCEMO (Contemplative Outreach of Central MO) or you may contact us if you would prefer to make a secure payment with credit/debit card.*

Name:

Address:

Phone:

E-Mail:

To secure a reservation, send this information along with your \$50- deposit to:

COCEMO www.cocemo.org) P.O. Box 30673 Columbia MO 65205

(For more information: Call (573) 864-1097 or E-Mail: cocemo1@gmail.com)