

Contemplative Outreach of Central MO

(www.cocemo.org)



2018 Calendar of Events

Please join us ...

26th Annual United in Prayer Day:

Saturday, March 17, 2018

9:00 a.m. - 12:30 p.m.

Albert Schwartze Catholic Center, 2207 West Main St., Jefferson City, MO.

Join with other members of our local Contemplative Outreach Chapter as we join with the Worldwide Family of Chapters and gather together in a single bond of Centering Prayer. Fr. Matthew Flatley will lead us in an exploration of the *Four Senses of Scripture ... the Journey to Unity*. Introductory teachings on Centering Prayer will also be offered for those new to this way of praying.

Fourth Annual Spring Weekend Retreat:

April 13-15, 2018

Registration begins at 4:00 p.m on Friday, & retreat ends after Noon Meal on Sunday.

IL Ritiro Franciscan Retreat Center in Dittmer, MO

Join us for Centering Prayer in a Community Retreat as we explore *The Welcoming Prayer* a practice of discipline, which helps us consent to ordinary activities in our daily lives. Our Presenters are Kathleen Dunn & Rita Sturgeon, former Co-Coordination of Contemplative Outreach of St. Louis.

Second Annual Centering Prayer/12 Step Retreat:

June 1-3, 2018

Registration begins at 4:00 p.m on Friday and the retreat ends after the Noon Meal on Sunday.

IL Ritiro Franciscan Retreat Center in Dittmer, MO

This retreat is for those starting a meditation practice, seeking a new path, or who are interested in deepening their current practice. It will provide you with a simple, powerful practice, group meditations, open 12 step meetings and sharing of practical tools to deepen your 11th Step practice.

Fifth Annual Fall 7-Day Intensive/Post-Intensive Retreat:

October 7 - 13, 2018

Registration begins at 4:00 p.m on Sunday and the retreat ends after the Noon Meal on Sunday.

IL Ritiro Franciscan Retreat Center in Dittmer, MO

Both tracks of this intensive retreat provide an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support.

Please call @ 573-864-1097 or E-Mail @ cocemo1@gmail.com to learn more.