

Contemplative Outreach of St. Louis presents a weekend retreat on:



AN UNSHAKABLE FOUNDATION FOR LIFE

A Centering Prayer Meditation Retreat
Facilitated by the 12-Step Outreach Service Team

August 24-26, 2018

The Marianist Center
4000 Highway 109, Eureka, MO 63025-0718
Eureka is approximately 30 miles west of St. Louis

Guest Presenter: Christophe D. from San Pedro, CA

Who Should Attend:

This retreat is for people who participate in any 12-Step program, or those who support recovery, and have the intention to improve their meditation practice and enlarge their spiritual life.

Prerequisites:

- 12-Step experience
- A desire to gain prayer and meditation experience

What to Expect

- Silence; prayer and meditation practice
- 12-Step meetings
- Presentations on Centering Prayer, The Welcoming Prayer, and the Human Condition and Transformation
- Retreat begins Friday 5pm with dinner at 6pm
- Retreat ends at noon after lunch on Sunday

Visit cp12stepoutreach.org for more information

Questions? Contact one of the retreat coordinators:

JoAnn Sturm: josturm12@gmail.com 314-780-2816	Jim McElroy jmac150@sbcglobal.net 314-657-7234	Joelle Mitchell: mitchelljoelle1@gmail.com 314-853-4391
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**This retreat fills up quickly and this year fewer rooms are available.
To guarantee your reservation, please register and send your deposit early.**

To sign up for the retreat register online at <http://bit.ly/cp12retreat18> or complete and mail a deposit with the form below with to the address below by July 1st.

Please check applicable boxes:

<input type="checkbox"/> Full Retreat	\$230	\$175 Non-refundable deposit required Includes meals & private room w/private bath, (bedding and towels provided.)
<input type="checkbox"/> Commuter	\$100	\$50 Non-refundable deposit required Includes meals
<input type="checkbox"/> Mobility Limitations		If you have any mobility limitations and require accommodation in order to fully participate, please check this box and we'll contact you for details.
<input type="checkbox"/> Dietary Needs		_____ Please List
<input type="checkbox"/> First retreat?		Check this box if this is your first introductory workshop to centering prayer.

Name: _____

Address: _____

Email Address _____

Phone: _____

Make checks payable to: Contemplative Outreach of St. Louis

Mail form to: Contemplative Outreach of St. Louis
C/O Grace Episcopal Church
514 E. Argonne Drive,
Kirkwood, MO. 63122

All participants will receive a confirmation letter by August 1, which will provide directions and all of the details needed for the retreat.

Retreat balance is due in full by August 7th.