

Contemplative Outreach of Central MO Presents



2019 Centering Prayer/12 Step Weekend Summer Retreat

DATE: Fri. May 31 (*registration begins at 4 pm*) through Sun. June 2 (*departure after Noon meal*).

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

COST: \$195- 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 Contemplative Dimension of the 12-Steps” The Human Condition, Addiction and Divine Therapy

Centering Prayer is an 11th Step practice for all those in 12 Step fellowships. This modern method of prayer, which is drawn from centuries of Christian Contemplative wisdom is for those who wish to start a meditation practice, those who are seeking a new path, or anyone who is interested in deepening their current practice. Come and experience a whole new awareness of silence, meditation and fellowship. This retreat will provide you with a simple, powerful practice; an unshakable foundation for life. You will be supported by clear instruction, group meditation, open 12 step meetings and the sharing of practical tools to deepen your 11th Step practice. Come with an open mind and heart to improve your conscious contact.

Our presenters are commissioned members of Contemplative Outreach of Central MO

TO REGISTER: (*Please make checks payable to COCEMO ((Contemplative Outreach of Central MO)) or you may contact us if you would prefer to pay 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*)