

CONTEMPLATIVE OUTREACH OF ST. LOUIS PRAYER GROUPS				2023Jan31			
#	DAY	WEEK	TIME	GROUP NAME	CONTACT	OPEN/CLOSED	MEETING PLACE
1	Mon	1st & 3rd	3:30-4:45pm	Holy Spirit	Karlye Keleher, karlyekeleher1@gmail.com, 314-291-5209	Open	Resource Center, Holy Spirit Parish, 3130 Parkwood Lane, Maryland Heights, MO 63043
2	Mon	1st & 3rd	6:30-8:00pm	Grace Episcopal	Jill Orr, orrmjm@charter.net, 314-805-0487	Open	Grace Episcopal , 514 E. Argonne, Kirkwood, MO 63122, Room 9
3	Mon	2nd & 4th	12-1:30pm	Webster Groves	Susan Kramer 314-791-7846	Open	Zoom
4	Mon	2nd & 4th	7:15-8:15pm	Manchester United Church	Adele Niblack pa.niblack@att.net	Open	Zoom
5	Tue	Weekly	10:00-11:00am	Church of the Shepherd	Cheryl Leas 636-577-1791 greglleas@gmail.com	Ask	Church of the Shepherd, 1601 Woodstone Drive, St. Charles, MO 63304 rm. 943
6	Tue/ Fri	Weekly	T 1:30-3:00pm F 1:00-2:30pm	Grace via Zoom	Sandy Johnson 314-313-9336 shjohns665@gmail.com	Open	Zoom
7	Wed	Weekly	8:30-9:30am	St. Margaret of Scotland	Jane Rhoda 314-771-7022 jane.h.rhoda@gmail.com	Open	St. Margaret of Scotland, 3854 Flad Ave. STL 63110; enter on west side of 39th St., main chapel
8	Wed	Weekly	1:00-2:00pm	Naomi House	Susan Stolz 314-562-6927	Open	Naomi House, 3393 McKelvey Road, Bridgeton, MO 63044
9	Wed	1st & 3rd	6:00-7:00	Mercy Center	Peggy Austermann, paustermann@mercycenterstl.org	Open	Mercy Confernce & Retreat Ctr. 2039 N. Geyer Rd 63131, CP 6:00-6:45pm, optional sharing to 7:00pm, doors locked 5:55! , social time starts at 5:30pm with gathering afterwards
10	Wed	1st & 3rd	7:00-8:00pm	Our Lady of Sorrows	Mary Ann Erwin maerwin@webster.edu	Ask	Not meeting presently
11	Thur	Weekly	6:30-7:30pm	Church of the Shepherd	Cheryl Leas 636-577-1791 greglleas@gmail.com	Ask	Zoom 937 9818 9303 pw Center
	Illinois Groups						

12	Wed	2nd & 4th	7:00-8:00pm	St. Clare	Mary Housman 618-228-7412 mary.m.housman@gmail.com	Open	Faith Lutheran Church Youth Ctr, 530 E. US-50, O'Fallon, IL 62269; 2nd in person & 4th on zoom
13	Sat	2nd & 4th	10:00-11:30am	St. Paul UCC	Stephen Schmidt 618-972-8800 sschmidt0520@gmail.com	Open	St. Paul UCC, 115B Street, Belleville, IL 62220
Southern MO							
14	Mon	Weekly	5:30pm	Christ Episcopal Church	Steve Essner 573-382-2693 steveessner@gmail.com	Open	Zoom
15	Sat	Weekly	8:30-9:30am	CP Meditation Circle	Bob Towner 573-225-9491 robinart149@gmail.com	Open	Christ Episcopal Church-in the sanctuary; 101 N. Fountain St., Cape Girardeau, MO 63071
12 Step Groups							
16	M, T, W, Th, F	Weekly	8:00-9:00am	12 Step	Laura Gerren 314-201-6906 lgerren@charter.net	Open	Zoom 810 7145 5560 pw meditation
17	M, T, W, Th, F	Weekly	11:00am	Conscious Companionship	Susie B. 314-852-4719 susiebrent@me.com	Open	Zoom 933-657 946 pw Meditation
18	Tue	Weekly	7:00-8:00pm	Cross Fit	Jim M, 314-657-7234 jmac150@sbcglobal.net	Open	4503 Chouteau Avenue, St. Louis, MO 63110
19	Wed	Weekly	6:30pm	Grace Episcopal	Laura Gerren 314-201-6906 lgerren@charter.net	Open	Zoom 811 7438 6194 pw meditation
20	Sat	Weekly	11:00am-noon	Virtual	Wes Berg 314-962-5488 wesberg@sbcglobal.net	Open	Zoom 259 509 824 pw meditation
21	Sat	Weekly	11:00-noon	Samuel United, book study	Joelle Mitchell 314-853-4391 mitjelle@sbcglobal.net	Open	Samuel United Church of Cjhrst, 320 N. Forsyth Blvd., Clayton, MO 63105 enter through the double glass doors , off N. Forsyth, Zierker Room to your left as you enter the church