

## You are Invited!

### Contemplative Outreach of St. Louis Joins Missouri Chapters in a Hybrid Living Flame Program

**The Living Flame Program** is an extraordinary program for Contemplative Outreach chapters and prayer groups. The program draws on all of the knowledge and disciplines that informed Father Thomas' books and Spiritual Journey Video Series. These sessions are designed to heighten the awareness of the dynamics of Centering Prayer in the context of the spiritual journey and is an offering of in-depth spiritual study and enrichment. Seven sessions are presented over eight months.

#### Sessions Location:

Grace Episcopal Church  
514 East Argonne Drive  
Kirkwood, MO 63122

#### The Full Program Cost:

\$155 includes 7 sessions for this In-person or Zoom Hybrid Program. (Partial Scholarships Available) There is a 40-person limit.

Handouts will be emailed to all participants and printed copies will be available for in-person sessions.



#### The 2023-2024 Living Flame Program

<i>Saturdays</i>	<i>Topic</i>	<i>Presenters</i>
October 21, 2023	Deepening Our Centering Prayer Practice	Fionnuala Quinn
November 18, 2023	Lectio Divina	Nancy Stimac & Curt Paddock
January 20, 2024	Soul Friending	Cherry Maisten
February 17, 2024	The Human Condition	Richard Bonacci
March 16, 2024	Divine Therapy	Jenny Adamson
April 20, 2024	Dark Night of the Soul: Night of Sense	Denis Gleeson
May 18, 2024	The Welcoming Prayer	Mary Dwyer

**Program Schedule:** 8:00-8:30am: Meditative breathing & gentle stretching (in-person)  
8:45am: Gathering  
9am-2:30pm: Program

*An established Centering Prayer practice will enhance this experience.*

#### A Message from Father Matthew Flatley:

"This hybrid approach to the Living Flame program makes it possible for the Contemplative Outreach community around the state of Missouri to participate and bond in Spirit, while the presenter and program are being zoomed into in person meetings ... all of which now makes this program very practical and affordable.

I think the Living Flame Program is a masterful offering for those who are seriously drawn to a life of contemplation ... that, and the daily practice of Centering Prayer."

For more information, visit [centeringprayerstl.org](http://centeringprayerstl.org) or contact:

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