



COCEMO
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Contemplative Outreach of Central Missouri

Offers 27th Annual United Day in Prayer

COCEMO invites you to join the Local Contemplative Outreach Chapters as we join the worldwide family of chapters by uniting in a single bond of prayer. On this day we celebrate and support all those who seek to deepen and embrace the contemplative dimension of the spiritual life. This year's topic of discussion is...

Forgiveness... The Path to Freedom, the Freedom to Choose Love.

PRESENTED BY DIOCESAN MODERATOR FOR SPIRITUAL FORMATION, FR. MATTHEW FLATLEY.

Date: Saturday, March 16, 2019

Time: Registration begins at 9:00 a.m. Discussion & Prayer 9:30 a.m. to 12:30p.m.

Location: A.J. Schwartz Memorial Catholic Center, 2207 West Main St. Jefferson City MO.

Newcomers to Centering Prayer are welcome and will be offered a mini-introduction to learn this simple yet profound method of prayer. Many have heard about the wonderful spiritual graces that often flow from a practice of daily silent prayer. Sadly many who attempt a silent prayer practice, quickly give up upon finding out just how difficult it can be. While we can silence the outside world, quieting our minds in our hectic fast paced society is becoming increasingly difficult. Come and discover why some have said learning this method is, "the best thing they have ever done for their spiritual growth."

Free-will offerings will be accepted to help cover the cost of the event, which is hosted by the Cathedral of St. Joseph Centering Prayer Group and facilitated by COCEMO. For more information and to register go to <https://cocemo.org/united-day-in-prayer> or contact Carol Steinman @ (573) 864-1097 or Email to cocemo1@gmail.com.

ALL ARE WELCOME AND ENCOURAGED TO ATTEND.

LIGHT SNACKS AND REFRESHMENTS WILL BE SERVED.