



COCEMO  
CONTEMPLATIVE  
OUTREACH OF CENTRAL MO

From Seeker to Sage: Journey  
to the Unknowable  
A PRE-LENTEN URBAN

# Retreat



A walk through the changing  
seasons of spiritual growth.

*“A common bonding takes place in all who are attracted to the transformative process. Such is the ultimate lineage of all spiritual lineages emerging in the various religious traditions. We are companions in the search, moved by a common perspective and inspiration.”  
..... Fr. Thomas Keating*

To pay by credit card, go to  
[www.cocemo.org/urban-retreat](http://www.cocemo.org/urban-retreat) and  
complete the Spring Weekend  
Retreat Online Registration Form.  
Once submitted, you will complete  
another form and receive instructions  
for payment.

## QUESTIONS?

Contact COCEMO

by phone: 573-864-1097 |

email: [cocemo1@gmail.com](mailto:cocemo1@gmail.com)

| online: [www.cocemo.org](http://www.cocemo.org)

COCEMO

P.O. Box 30673 Columbia  
MO 65205

## REGISTRATION INFORMATION

**REGISTER \*\*Price: \$ 80 before Feb. 3; \$85 after Feb. 2 (Ground Hog  
discount).**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

To secure a reservation, send completed REGISTRATION INFORMATION section  
along with a **\$50 check/money order deposit** payable to COCEMO to: COCEMO

COCEMO PRESENTS:  
**FROM SEEKER TO SAGE:  
JOURNEY TO THE  
UNKNOWABLE**  
A PRE-LENTEN URBAN RETREAT

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The “Spiritual Journey” is a metaphor for how our beliefs change and develop throughout life. We are all always “on the way,” and everyone travels at a different pace. As seekers many of us find the more intimately we come to know God, the more intense the desire for an even deeper relationship becomes.

Some approach the Journey from an intellectual or educational perspective; others may seek reconciliation or desire to know the existence of God. Some people simply want to become a better human being and ponder the true meaning of life.

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**This retreat will provide Centering Prayer in community, presentation, interactive experience, small group process and periods of silence and solitude.**

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**The Lenten season provide an opportunity to...**

- Come together to reflect upon our personal spiritual journey; from Seeker to Sage
- Explore stages and seasons of the various paths we have traveled.
- Our relationship with Divine Being.
- The realization that we have been led every step of the way by a loving, mysterious unknowable God.

**Join us** as we move through the different seasons of spiritual growth from our awakening moments, through our seeking and a gradual restructuring of consciousness.

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**AMENITIES:**

OUR LADY OF LOURDES CATHOLIC CHURCH WEEKEND MASSES NEARBY .  
SHOPPING CENTER NEARBY .  
NUMEROUS RESTAURANTS AND FAST FOOD NEARBY .

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**DATE:** Feb. 22-23, 2020/  
Saturday: Reg. 8:30-9 am;  
Program: 9 am – 5 pm;  
Sunday: 9 am – 2 pm

**LOCATION:** Holiday Inn Executive Center; 2200 I-70 Dr. SW, Columbia, MO 65203

**COST:** \$80- Includes conference, break snacks & bev., lunch on both days. Does not include lodging, breakfast or dinner on Sat. evening

Accommodations within walking distance of conference:

- Holiday Inn Executive Center: Std. Double 2 bed - \$119.95 (+tax) Std King - \$129.95 (+ tax) Breakfast not included
- La Quinta Inn: Std. Double 2 bed - from \$64 (+tax) Std King – from \$64 (+ tax) Breakfast included
- \*Drury Inn : Std. Double 2 bed - \$119.95 (+tax) Std King - & 129.95 (+ tax) Breakfast Included; Hospitality hour (free drinks & hot apps) included)



