



COCOMO
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 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

| online: www.cocemo.org

COCOMO

P.O. Box 30673 Columbia

MO 65205

REGISTRATION INFORMATION

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

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

To secure a reservation, send completed REGISTRATION INFORMATION section
along with a **check/money order** payable to COCEMO to: COCEMO P.O. Box 30673 Columbia MO 65205

COCOMO PRESENTS:
**FROM SEEKER TO SAGE:
JOURNEY TO THE
UNKNOWNABLE**

A PRE-LENTEN URBAN RETREAT
PRESENTED BY: SUSAN KOMIS

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.

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

**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.

AMENITIES:

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

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-\$85 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)



