

**CONTEMPLATIVE OUTREACH OF CENTRAL MISSOURI
COCEMO**

www.cocemo.org

COCEMO's purpose is to teach the method of Centering Prayer and related contemplative practices. Centering Prayer is a receptive method of silent prayer that deepens our relationship with God. Centering prayer and contemplative practices do not replace other forms of prayer; they cast new light and meaning on them.

COCEMO Presentations

1. **The Method of Centering Prayer Introductory Workshop**
A detailed 4-hour program presenting the background of Centering Prayer, the method itself, and outcomes of this form of prayer. Can be presented in a single session or divided into several sessions if necessary.
2. **A Taste of Silence**
A one-hour program that introduces participants to the method of Centering Prayer and includes one Centering Prayer session.
3. **Lectio Divina (Divine Reading)**
A one-hour program presenting history about this form of reading the bible, instruction in the process itself, and a Lectio Divina session.
4. **Contemplative Practices in Daily Life**
A one-hour presentation outlining various practices which have a contemplative character and purpose and can be done during the course of a typical day, some without interrupting normal activities.
5. **Silent Saturday – “A Petite Retreat”**
A 2 ½ hour period of Centering Prayer and Lectio Divina primarily intended for people familiar with Centering Prayer. Typically offered on Saturday morning, but can be at another time, or even another day.

COCEMO Chaplain

The COCEMO Chaplain is Father Matthew Flatley.

COCEMO Volunteers and Available Speakers are:

Bob Heinz, Columbia

Jim Judd, Columbia

Robin Perso, Columbia

Jim Penfold, New Bloomfield

Contact COCEMO to Arrange a Presenter:

By email: cocemo1@gmail.com or cocemowrkshp@gmail.com

By telephone or text: 573-645-0406 (please leave a voice message)

By telephone: 573-864-1097 (please leave your contact information)

COCEMO Volunteers are available to make a presentation either in-person or via Zoom. Realistically, in-person presentations need to be within a distance of 75 miles from the Columbia/Jefferson City area. An exception will be considered for the 4-hour, single-day, The Method of Centering Prayer Workshop. All presentations, including the 4-hour workshop, can be made via Zoom.