



COCEMO
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Contemplative Outreach of Central Missouri

COCEMO 2024 United In Prayer Day

Diving Deeper Into The Method of Centering Prayer Presented by Fr. Matthew Flatley



For over thirty years Fr. Flatley has engaged the daily discipline of Centering Prayer. Since 1994 he has taught Centering Prayer and led many retreats and workshops. He is excited to share his passion for contemplative prayer with all who are interested.

Do you long for a more intimate relationship with God?

Do you want more love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control in your life?

Many experience an increase in these graces with a daily practice of silent prayer and meditation.

Want to learn more?

Come, let us explore together. You are welcome...this is an invitation to contemplatives to come away for a day of rest, prayer and enrichment, making available the precious time and space for prayer & soul friending in community.

YOU MUST REGISTER YOUR NAME & EMAIL ADDRESS

Register ONLINE at

<https://www.eventbrite.com/e/cocemo-2024-united-in-prayer-day-registration-813485004547?aff=oddtcreator>

or by PHONE at 573-864-1097

In - Person Attendance

**SATURDAY
 MARCH 9, 2024**

9 am - 1:00 pm

Alphonse J. Schwartz
 Memorial Catholic Center
 (Chancery Offices)
 2207 West Main Street
 Jefferson City, MO, 65109

Free Will Offering

*Register for In-Person
 Attendance*

Bonus CP Workshop

Centering Prayer –
 The Way of Silence

Introductory Workshop
 in Preparation for the
 United in Prayer Day
 Presented via Zoom

**THURSDAY
 MARCH 7, 2024**

7pm - 8:15 pm

The primary focus of the 2024 United in Prayer Day (UIPD) will be on deepening your centering prayer practice. The day will include two periods of centering prayer. This workshop is intended for persons who wish to participate in the UIPD but are not familiar with the method of Centering Prayer.

*To Register, Send Your
 Name and Email Address to*

cocemowrkshp@gmail.com

You will receive your ZOOM invitation on March 6

Online Attendance

**SATURDAY
 MARCH 9, 2024**

9 am - 1:00 pm

**For Those who Are
 Unable to Travel To
 In-Person Location**

Free Will Offering

*Register for Online
 Attendance*