



Spiritual Journey Group

Open House - Registration

Thursday, 10/8/09

6:15-9:00 p.m.

Trinity Cathedral

2620 Capitol Ave.

High School Room (upstairs from Great Hall)

Contemplative Outreach Sacramento/Stockton areas (COSSA) is sponsoring the formation of a 9 month Spiritual Journey Group. On October 8th we will meet (no charge) to allow people to experience the format of the group before registering. We will practice centering prayer, watch Fr. Keating on DVD and then register those who decide to participate in the group.

The Spiritual Journey Group will serve as a gathering place for those who want to deepen their Centering Prayer practice and would like to meet others pursuing contemplative values.

We will meet once a month (2nd Thursday)

October 2009 to June 2010

6:15 p.m. to 9:00 p.m.

(meeting dates: 10/8/09, 11/12/09, 12/10/09,

1/14/10, 2/11/10, 3/11/10, 4/8/10, 5/13/10, 6/10/10)

\$45 suggested donation for the 9 month series (scholarships available). A transcript of the Father Keating DVD (\$15 value) will be provided for all participants. Donations will be used to cover event expenses and to build COSSA's lending library.

The evening will consist of 2 periods of Centering Prayer with a meditative walk. Our retreat teacher will be Fr. Thomas Keating via DVD. We will watch Part 1 of The Spiritual Journey series over the course of the 9 months. There will be time for discussion and community building.

Please contact Janice Boyd to RSVP or if you have questions.

jboydep@gmail.com or (916) 747-2950