

Come away by yourselves to a deserted place and rest awhile.

--Mark 6:31



## Centering Prayer United Day in Prayer

**Saturday, March 19, 2011, 9:00 a.m. - 3:00 p.m.**

**(Please bring a lunch)**

**St. Michael's Episcopal Church**

**2140 Mission Avenue  
Carmichael, CA 95608**

Contemplative Outreach of Sacramento/Stockton areas (COSSA) is joining other chapters of Contemplative Outreach around the world for the annual United Day in Prayer (ecumenical).

This day of silence will include several sessions of Centering Prayer, Lectio Divina, and viewing of a new videotaped talk by Fr. Thomas Keating followed by reflective sharing.

All are invited even if you have no experience of Centering Prayer or Lectio Divina. Basic instruction will be provided for those who need or desire it.

Freewill offering.

*After the costs are covered, any donations will be given to Contemplative Outreach international, COSSA and St. Michael's Episcopal Church.*

**Please R.S.V.P.** to the contact listed below.

This helps us plan & is greatly appreciated.

Please bring a lunch - coffee & tea will be provided.

Contact person: Janice Boyd at [jboydcp@gmail.com](mailto:jboydcp@gmail.com) or (916) 747-2950.