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Contemplative Outreach Northwest (CONW)

Contemplative Outreach Puget Sound - North (COPSN)



## INVITATION

Please join us in a Contemplative Outreach Joint Chapter Event

*We are all one*

**A day of prayer, enrichment, community and fun!**

Saturday, October 26, 2019

9:30 AM - 2:00 PM

(Gather, refreshments from 9:30, Program starts promptly at 10:00 AM)

Our Lady of the Lake Catholic Church  
8900 35th Avenue NE, Seattle, WA 98115  
Jubilee Hall (in the Church building)

**Program:**

- Centering Prayer periods
- Reflections by Father Tim Clark on contemplative prayer and living
- Getting to know each other through sharing in round table discussions, including on contemplative prayer in our lives
- Outcomes of the International Contemplative Outreach Conference, “Contemplative Outreach: Evolution, Transformation, Service” (Denver, September 19-22, 2019).
- Lunch together
- A surprise or two.

**Details:** Please bring a lunch. Light refreshments such as coffee, tea, juice, snacks (including “Halloween treats”) will be provided. Free will donations will be gratefully accepted at the door.

**Fun:** You are also invited (not required 🙏) to enter into the spirit and fun of Halloween by capturing an element of your false self (or whatever keeps you from God - our substitutes and addictions) in a decorated hat or

costume. Not to take away from the creative ideas already running through your minds, here is an example: a Centering Prayer group member wore her gardening hat with pictures of her television pinned to it to represent wasting too much time on TV, not enough on her love of gardening. You get the idea.

**RSVP:** [mbjconw@comcast.net](mailto:mbjconw@comcast.net) Please let us know if you are coming so we can plan the space. But know you are welcome to show up on the day.

We look forward to seeing you on October 26th!

Michele Jankanish, Coordinator,  
Contemplative Outreach Northwest

Jeff Renner, Coordinator,  
Contemplative Outreach Puget Sound - North