



Everyone is encouraged and invited to *Save the Date* for

# ***A Visioning Day for COSD***

**Saturday, February 27, 2010, 8:30 am to 3:30 pm**

## **Guardian Angels Catholic Church**

Parish Center  
9310 Dalehurst Road  
Santee, CA 920221

**★Please bring a bag lunch★**

Beverages will be provided

**Our Visioning Day will be presented by Marie Howard, Regional Representative for the Pacific/West Coast Region of Contemplative Outreach Ltd. This Visioning Day is for everyone in Contemplative Outreach of San Diego. The day will include Centering Prayer, sharing of ideas, strengths, successes and needs. We will also explore where we, as a Chapter of Contemplative Outreach, want to go and how to bring the Vision and Mission of Contemplative Outreach into the lives of all our membership. Please encourage everyone in your prayer groups to attend this important day for Contemplative Outreach of San Diego.**

The Visioning Day will be facilitated by:

**Marie Howard, Regional Representative for the Pacific/West Coast Region of Contemplative Outreach Ltd.**

Marie Howard of California has been practicing Centering Prayer since 1985. At that time she resided in Iowa and began offering Introductory Workshops and 10 Day Centering Prayer Intensive Retreats throughout the Davenport Diocese, where she was also the CO Coordinator for 10 years. She attended formation training in Beech Grove, Indiana in August 1989 and is a commissioned presenter for Contemplative Outreach.

Marie is a former member of the CO Board of Trustees and served as the Leader of the Faculty Communication Committee for three years, 1998-2001, and as the Service Team leader of the Resource Faculty Retreat Service Team for three years, 2001-2004. In January 2007, Marie was appointed to serve as a Regional Representative for the Pacific/West Coast Region, representing the states of AZ, NV, CA and HI.

Marie is currently serving as a member of the COS, Circle of Service of Contemplative Outreach Ltd., representing the Pastoral Council to which she was appointed in 2007 by Fr. Thomas Keating. In her position as Regional Representative she is in service to 20+ chapters within the Pacific Coast/West Region.

*The intent of Contemplative Outreach is to foster the process of transformation in Christ in one another through the practice of Centering Prayer*

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## **RSVP Form for A Visioning Day for COSD**



Your Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip (+4) \_\_\_\_\_ E-Mail Address \_\_\_\_\_