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CONTEMPLATIVE OUTREACH®

**Contemplative Outreach of Middle Tennessee
Twelfth Annual Gathering
Saturday, October 6, 2018
Franklin First United Methodist Church's Main Campus
8:30 a.m.-12:30 p.m.**

Contemplative Outreach of Middle Tennessee (COMT) will host its annual Gathering on Saturday, October 6, 2018, at the Franklin First United Methodist Church's main campus. All are welcome to attend. COMT is the Middle Tennessee chapter of Contemplative Outreach Ltd., which offers programs and support for those who want to deepen their relationship with God through the practice of Centering Prayer.

This year's keynote speaker will be Mary Anne Best. Her topic will be "The Four Consents". Mary Anne has long served on the National Contemplative Outreach Leadership Team, served as the Contemplative Outreach, Ltd. Treasurer and served as a centering prayer practitioner and facilitator. She is a member of the Church of Conscious Harmony in Austin, Texas.

Many Christians are increasingly involved in daily Centering Prayer, an ancient practice that is experiencing a resurgence across major denominations. Tennessee's churches are particularly active in this area.

Rooted in the contemplative tradition, the prayer invites practitioners simply to sit in interior silence for a brief period of time, daily, attentively "consenting to God's presence and action" within them. It is practiced both privately and in small groups. In Middle Tennessee, some thirty organized centering prayer groups meet weekly. Each year, Middle Tennessee centering prayer practitioners and persons wanting to learn more come together for learning and community building.

Cost is \$25.00, which includes a light breakfast. To learn more and to register for the event, please visit www.centeringprayermidtn.com. Registration begins at 8:00 a.m. Please note the location is the church's Main Campus, 120 Aldersgate Way, off Mack Hatcher in Franklin; not the church's historic sanctuary in downtown Franklin. (Your GPS may not recognize this.)

Contemplative Outreach Ltd. is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel. The common desire for Divine transformation, primarily expressed through a commitment to a daily Centering Prayer practice, unites our international, interdenominational community (www.contemplativeoutreach.org).