

COCI Steering Committee
February 5, 2009
7:00 p.m. Plymouth Church

Present: Tim G, Jan S, Anissa B, Judy P, Deb H, Jane T, Sid T, Kathy B, Margaret M, Dave H, Chris F, Paul W, Kathy R

To check in, folks shared blessings they have experienced over the cold season.

Group check-in:

- Chris reported that the Central Presbyterian Friday noon group has 4 – 6 people regularly.
- Paul reported that the St. John's Bridge group typically has 3 – 4 people.
- Paul reported that the Wednesday noontime group at Covenant usually has 3-4people.
- The Kathys reported that the Monday night group runs from 3 – 13 people. Very variable.
- Tim reported that the St. Paul Thursday group has 5-7 people.
- Deb reported that the St. Catherine group has changed its time from Mondays to Wednesdays at 5:30. The group has been a little smaller, 3-4, but recently has swelled to 7. They are interested in a refresher class for Centering Prayer. People seem to read about it in the church bulletin.
- Jan mentioned that the Thursday night group at Faith Lutheran (5:45 pm) group has 4 usually. Faith is going to have a special half hour healing service with ten minutes of silence during Lent.
- At Oakwood Methodist (Thursday morning at 8:00) in Pleasant Hill, there are usually has 4-6 people.

There was some discussion about running ads in newspapers. The Des Moines Register also has a community calendar.

Paul asked for input about the Lectio Divina service he has been offering on the last Thursday of the month. There has been poor attendance. There was a suggestion to do this as part of a weekly centering prayer group instead. Paul will try this with Faith Lutheran on the 4th Thursday at 5:45. The group meets in one of the Pastor's offices.

Paul mentioned the upcoming events: "Into Great Silence" a movie about life in a monastery, on Tuesday, February 10 at 6:30 pm in Waveland Hall. It is a long movie. United in Prayer Day is Saturday, March 21 from 8:30 am until noon at Grace United Methodist Church on Cottage Grove in Des Moines. The Theme is "Oneness: Unity in Contemplation." It will feature a talk by Fr. Thomas Keating.

Susan Komis, from Contemplative Outreach International, will be here on Friday and Saturday, May 1 & 2 to present on Theresa of Avila. Susan would prefer to

do this over a two-day period. Friday night would be 1-2 hours. She could provide a handout for people who missed the Friday night historical background. There was a show of hands of at least 8 people who said they would attend the session on Friday night. Paul offered to have food brought in around 5:30, before the classroom. A price was suggested of \$10 for Friday, \$40 for Saturday and \$45 for both. The conference would conclude on Saturday at 3:30. Kathy B, Jane T, Margaret M, Jan S and Marilyn M are planning this event. The planners will try to have a brochure out by the end of February.

The committee discussed the facilitator's training. Kathy R commented that attendees were interested in having this on a regular basis. Kathy suggests a longer training once a year, and a series of 3 or 4 shorter issue-oriented Saturday morning sessions throughout the year. The first one might be in March or April.

Anissa is updating the website even as these meeting notes are being taken. Anissa is leaving sometime between June and August. Anissa will schedule a meeting with Mary Jo, Paul and Chris to train them how to do this. Emails that need to go out should be sent to Anissa.

Upcoming programs:

- March 14, 2009, introduction to Centering Prayer, St. Ann's Episcopal Church in Ankeny,
- June 14, 2009, "Flag Day" Taize as a farewell to Anissa at Covenant Christian, 6 pm-ish
- September 25-26, 2009, Chicago trip to see Thomas Keating
- October 10, 2009, fall retreat at Jane & Sid's, 1 pm through dinner
- December 5, 2009, Advent Retreat at Plymouth
- January 9, 2009 (with snow date of January 16), facilitator's training preferably at Central Presbyterian
- February 13, 2010, Mandala Silent Saturday at Faith Lutheran (Jan will check) or St. Paul's (Tim will check)
- March 20, 2010, United in Prayer Day, at St. Catherine's (Deb is checking)
- April 9-11 or April 16-18, 2010, weekend retreat at Wesley Woods or Christian Conference Center in Newton. Paul will schedule this where/when he can. Approximate cost would be \$125. Margaret, Judy and Steve all spoke up to volunteer.

Upcoming Spiritual Journey series facilitators for the remainder of 2009:

March	Jan	August	Kathy B
April	Margaret	September	Sid
May	Tim	October	Kathy R
June	Paul	November	Tim
July	Margaret	December	Paul

Future 2009 Steering Committee meetings:

May 7 (pizza)

August 6 (potluck)

November 5 (pizza)

The meeting concluded with members helping Paul and Chris complete a mass mailing to get people to sign up for the COCI email list.

Submitted by Chris Frantsvog