



## Contemplative Outreach Prayer Groups Colorado Springs Area

Black Forest Area  
Benet Hill Monastery  
3190 Benet Hill Lane  
Thursdays, 9:00 am  
Sandy Kinchen - 487-2959;  
633-0655  
[bhmc@benethillmonastery.org](mailto:bhmc@benethillmonastery.org)

First Congregational Church  
Tejon & St. Vrain  
Mondays, 5:50 pm  
Gary Rapp - 636-9075  
Friends of Silence  
Tuesdays, 9:30 to 10:30 am  
Jerusha Goebel - 574-8748

1st United Methodist Church  
Boulder & Nevada  
Thursday, 6:30 to 7:30pm  
Dan and Lori Lohrmeyer  
630-1809  
[danlohr@aol.com](mailto:danlohr@aol.com)

Chapel of Our Savior Episcopal  
Church  
8 4th Street (Broadmoor Area)  
Tuesdays, 10:00 to 11:00 am  
Trent and Judy Templeton  
520-1087  
Susan Day 633-1143

Sophia Prayer Group  
1<sup>st</sup> & 3<sup>rd</sup> Sundays, 4:00 to 6:00 pm  
Call Jim Graven - 200-3737  
[jimgraven@comcast.net](mailto:jimgraven@comcast.net)

St. Michael's Parish School  
Canon City, CO  
Wednesdays, 6:30 pm  
John Metz - 719-275-6044  
[jmetz61103@aol.com](mailto:jmetz61103@aol.com)

First Presbyterian Church  
220 W. 10<sup>th</sup> Street  
Pueblo, CO 81003  
Wednesdays, 11:00 am  
(Starting June 1, 2011)  
Suzanne D'Spain - 719-542-7322  
[revspain@msn.com](mailto:revspain@msn.com)

Half Day Centering Prayer Retreat  
Benet Hill Monastery  
1st Saturday of each month  
9:30 -12:30 am  
Sr. Therese O'Grady - 473-8764;  
[stherese@benethillmonastery.org](mailto:stherese@benethillmonastery.org)  
Sr. Ana Cloughly -633-0655  
[sana@benethillmonastery.org](mailto:sana@benethillmonastery.org)

St. Patrick Catholic Church  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays  
6:30 in room 120  
Steve Gabriel - 282-1924  
[isgabriel@pcisys.net](mailto:isgabriel@pcisys.net)  
Friday morning after 7:00 Mass  
Bishops room  
Ann Christensen - 531-6725  
[anncteam@q.com](mailto:anncteam@q.com)

*Be still  
and know  
that I am  
God*