



# Contemplative Outreach® Central Ontario (COCO) Niagara Region

## Introduction to Contemplative Prayer Workshop

Saturday, July 8, 2017, 9:00-3:30 pm  
St. Alfred's Church Meeting Room  
272 Vine Street, St. Catharines

### REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

To register, fill in and mail this Registration Form to Brenda Coleman, 370 Lakeshore Road, RR# 5, Niagara-on-the-Lake, ON. L0S 1J0. Include your cheque (\$50.) payable to Brenda Coleman. You may also send your payment of \$50. by email cash transfer to [bcoleman@bell.net](mailto:bcoleman@bell.net). Be sure to send the answer to the question required.

**Please inform us of any food allergies or dietary concerns.**

**Mass is celebrated at 8:30 am in St. Alfred's Church. All are welcome.**