



**Contemplative Outreach of New Jersey
and Notre Dame of Mt. Carmel Church
present**

Saturday Centering Prayer Sessions

Where: Notre Dame of Mount Carmel Church
75 Ridgedale Avenue
Cedar Knolls, New Jersey 07927
Gather in the Upper Room
(From backdoor parking go upstairs. It is the door to your right.)

When: Second Saturday of the Month
September 10th March 10th
October 8th April 14th
November 12th May 12th
December 10th June 9th
January 14th July 14th
February 11th August 11th

Time: 8:00 A.M. – 9:15 A.M.

Schedule Two 30-minute periods of Centering Prayer with contemplative walk, and
Lectio Divina

Further Information: Contact Michele Ciottone: 862.223.9605 or mmc222@aol.com

Directions:

FROM RT. 80 EAST & 80 WEST:

Take exit for Rt. 287 South and proceed to the exit for Rt. 10 East (Whippany). At the first traffic light turn right onto South Jefferson Road. Proceed to the next traffic light (Eden Lane) and turn right. Continue through the 4-way stop sign (Elm Place). Notre Dame of Mt. Carmel Church will be on your right.

FROM ROUTE 287 NORTH:

Take Rt. 287 South and proceed to the exit for Rt. 10 East (Whippany). At the first traffic light turn right onto South Jefferson Road. Proceed to the next traffic light and turn right. Continue through the 4-way stop sign (Elm Place). Notre Dame of Mt. Carmel Church will be on your right.

FROM THE SOUTH (VIA PARKWAY):

Take the Parkway North to exit (142) for Rt. 78. Take Rt. 78 East to the U-turn for Rt. 78 West. Proceed on Rt. 78 West and bear right onto Rt. 24 West (Morristown). Take Rt. 24 West to exit 1B (Hanover Road). At end of ramp, bear right and proceed to the first traffic light. At the light make a left onto Park Ave/Cedar Knolls Road. Proceed to 2nd traffic light and make a right onto Ridgedale Avenue. Continue to the next traffic light and Notre Dame of Mt. Carmel Church will be on your right.

FROM THE SOUTH (VIA RT. 287):

Take Rt. 287 North and proceed to the 3rd Morristown exit (Lafayette Ave). Continue over Rt. 287 and stay right following the sign to Cedar Knolls, Ridgedale Avenue. Proceed straight on Ridgedale Avenue to the 6th traffic light. Notre Dame of Mt. Carmel Church will be on your right.