

## East Bay Contemplative Outreach Community Building Dinner

**Date:** Sunday, April 26, 2009  
**Time:** 5:00 – 8:00 pm  
**Where:** St Marks Episcopal Church, Berkeley  
(2<sup>nd</sup> floor Parish Hall)  
**Cost:** \$30/Person in advance / \$35 at the door  
**Parking:** Free in the garage (handicap accessible)



Our first East Bay Contemplative Outreach community dinner will be held to support our growing together in Christ and to build relationships between our Centering Prayer groups. The evening will be a wonderful experience including: time for socializing, a gourmet meal provided by a wonderful bay area chef, Elka Gilmore, entertainment by our friends from Christ the King group; and of course desert to send us home satiated! Social hour will begin at 5:00 pm with a no-host bar, followed by dinner at 6:00 pm.

Our meal will be fresh, seasonal and vegetarian, with wine included, and served family style.

Chef Elka is donating her time to delight our palates! Elka made her debut in the culinary world at the age of eleven, washing dishes at a French restaurant in Austin, Texas. She has been working restaurants ever since, more than 35 years including one of her own in San Francisco known as Elka. In the summer 2008, Elka cooked for an advanced Centering Prayer retreat at St. Benedicts, Snowmass CO.

**Location and Parking:** St Marks, 2300 Bancroft Way, Berkeley, CA 94704  
Parking in the garage is free for the evening. Use the entrance from the corner of Ellsworth and Durant. To enter the building, use the door through the garage, there will be someone there to guide you.

To RSVP and take advantage of early registration (now through April 18<sup>th</sup>), visit our new website to register at: [WWW.CONTEMPLATIVEOUTREACH-NORCAL.ORG](http://WWW.CONTEMPLATIVEOUTREACH-NORCAL.ORG). Alternatively, tear off the following and include with your registration. Please make your checks to: COOEB

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Mail to: Helen McKennon, 408 Timberline Ct., Pleasant Hill CA 94523

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

RSVP  
East Bay Contemplative Outreach  
Community Building Dinner