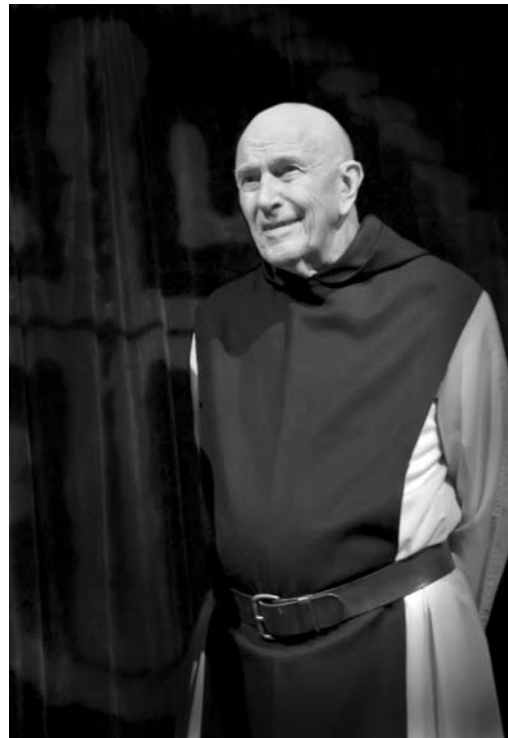




The FOUR YOU'S

Let us tune into the level of our being that is more us than we normally perceive ourselves to be. A series of questions might focus on this ultimate identity.



By Thomas Keating

If I ask, "Who are you?" you might give me your resume or information that you provide for a doctor about your health history. This "you" is the you of ordinary everyday psychological awareness. It tends to dominate our consciousness and absorb our attention. We access this level through our senses and rational apparatus. It is a marvelous evolutionary development, but it is only the foundation that introduces us to deeper levels of ourselves. A further level involves our ego development. It is the "you" that is your personality and character. One way to bring this out is to ask the question with a different emphasis, "Who ARE you?" Meaning who are you beyond your face, temperament, genetic endowments, external activities, accomplishments, and failures, etc. It is the question that you ask when you are establishing a deep friendship with someone that involves a commitment of time, energy and love.

Continued on next page.

THE FOUR YOU'S

By Thomas Keating

Continued from Page 1



“The
contemplative
dimension
of the
Gospel
awakens
the
ultimate
YOU.”

This “you” involves your inmost dispositions, how you respond to conflict, what you most desire in life. It is limited by the straight-jacket of particular projects for happiness that were imposed upon us or that we ourselves invented in our developmental years. When we are disposed to think of happiness in other ways than those around which we have organized our lives up till now, the issue becomes finding oneself, whoever that is, and we begin to wonder whether the first two “you’s”—the resume and the ego “you”—are really “me” at all?

There is still a deeper you and the question can now be asked with a new emphasis, “Who are YOU?” This is the mystery of the deepest “YOU”. This you is in relationship with those who love you; who love you, not just casually for what they can get from you, but who love you for exactly who you are, including things that you don’t like in yourself. This is the relationship that God proposes to have with us in virtue of creating us. It is accepted when we give up worrying about changing things anymore, and focus on changing ourselves. Along with this awareness goes the increasing certainty that we cannot fix ourselves. We don’t know where to begin. God’s plan is the transformation of our consciousness of our various “you’s” into the “thou” of union, and into the deeper oneness of unity that opens us to all that exists—God, other people, the universe, and ourselves. This “you” is both nothing and everything at the same time. It is no thing. To be no thing is essential for happiness, because only then are we free to be

everything, which is what God is. We no longer see things as objects to be controlled, but see them as ourselves. The I AM that calls us as a “thou”, shares with us its own divine nature and being.

That is what might be called the “True Self”. To put it in Judeo-Christian terms, it is the image and likeness of God in us. This is not a separate self at all, but rather the uniqueness that God has called us to be as an eternal thought activated in time and space.

Beyond the True Self there is a still a deeper self. The True Self manifests God and allows God’s love to manifest itself in our uniqueness. The self that we are at the deepest level is not separate from God. Distinct – yes. But never separate. In Christian terms, it is God sharing the divine life with us. It is the divine Self of infinite happiness, joy, freedom, peace—all the things that we would like to be and which we already are once we accept ourselves at the deepest level. This might be called Christ consciousness. It is bigger and greater than any religion. It is the Word of God made flesh and “enlightening everyone coming into the world” (John 1:9). Our destiny is to be God by participating in that which is without any limit, while not losing our own uniqueness. One of the great mystics is reported to have said, “There is no me but God” (Catherine of Genoa). That is the peak of humility as well as transformation. The contemplative dimension of the Gospel awakens the ultimate YOU. The I AM of God and our “thou” become one (John 17:21 ff).

FROM THE PRESIDENT

By Gail Fitzpatrick-Hopler

The Unfolding of Contemplative Outreach, Celebrating the 25th Anniversary of the Lama I Retreat

Father Thomas Keating has been the spiritual wisdom figure of Contemplative Outreach from the beginning. His guidance and formation, along with his published works and videotape series, provide the main content for our workshops, retreats, and ongoing programs.

Members of Contemplative Outreach come from every walk of life. We are women and men interested in living a contemplative life in contemporary society. We touch people of all faiths and all denominations, and we recognize that there is unity in prayer. We are united in our goal to renew the contemplative dimension of the Gospel in daily life through the practice of Centering Prayer and *Lectio Divina*.

The history and evolution of Contemplative Outreach demonstrates to me the remarkable ways in which God orchestrates our lives if we put ourselves in God's hands.

How did this movement of the Holy Spirit come about? Two important events happened in the second half of the 20th century, each seeming to move monastic life out of the cloister and into the world: Vatican II in the West, and the exile of the Dalai Lama in the East.

At St. Joseph's Abbey in Spencer, Massachusetts, in the early 1970s, Fathers Basil Pennington, William Meninger, and Abbot Thomas Keating lived as contemplative monks. Vatican II opened doors for them that initiated a dialogue with other contemplative monks from the East and West. Through the dialogue they became interested in sharing the monastic treasures of contemplative prayer with individuals seeking silence and the fruit of silence.

Father William Meninger had studied the 14-century classic, *The Cloud of Unknowing*, describing a lifestyle for deepening one's relationship with God through contemplation. He extracted from *The Cloud* a method of silent prayer that could be taught in a couple of hours. The method, called "The Prayer of the Cloud," had four simple guidelines. *Continued on next page.*



**1991 National Faculty Meeting
at Chrysalis House**



**Attending the Lama
Retreat in 1983, from
left to right, are
Mary Mrozowski, Bob
Draper, David Fore,
Barbara Hennesey,
Bob Bartel, Claire
Durand Racamato,
David Frenette, Gail
Fitzpatrick-Hopler,
Donna, Thomas
Keating, Bill Sheehan,
Carl Arico, and
Carl Shelton.**

THE 25TH ANNIVERSARY

By Gail Fitzpatrick-Hopler

Continued from Page 3

This was not to take the place of other kinds of prayer; it simply offered a method by which to practice silent prayer, a way of listening to God beyond words, thoughts, images, or perceptions.

Naming The Method

While facilitating a retreat someone suggested to Pennington that the name of the prayer should be changed from “The Prayer of the Cloud” to “Centering Prayer” because it put into a simple method something Thomas Merton had alluded to in a letter to Adul Aziz, a Sufi Scholar, when he asked Merton how he prayed.

This method facilitates going into the center of one’s being in order to be present to the presence of God within. From then on “The Prayer of the Cloud” was known as Centering Prayer.

In 1983 Keating gave the first “intensive” Centering Prayer retreat at the Lama Foundation in San Cristobal, New Mexico. I was one of twelve who were invited to attend this retreat. This retreat was a heart-opening experience, and included many of the founding members of our network.

The Outreach Begins

Gustave Reininger, met Keating and Edward Bednar in New York and discussed the possibility of a

contemplative network. Bednar wrote a grant proposal and received funds to start parish-based programs in New York City that offered introductions to Centering Prayer. Bednar called his proposal “Contemplative Outreach,” and thus the name was born.

A Live-In Community

Efforts to establish a live-in community began in Colorado. After it was disbanded in 1985, two of the members, David Frenette and Bob Bartel moved east, joined Mary Mrozowski, and began again. During those early years the live-in community took a prominent role in the growth of Contemplative Outreach because it provided a consistent and established place to hold ongoing workshops and retreats of various lengths. Mrozowski, Frenette, and Bartel staffed weekend retreats, weekend introductions to Centering Prayer, and ten-day intensive retreats. The community at first lived in West Cornwall, Connecticut, and eventually settled in Warwick, New York, where it existed for ten years as Chrysalis House. Cathy McCarthy joined the community in 1988. Chrysalis House closed in 1996, but McCarthy carries on the work of Contemplative Outreach in Cornwall, New York, where she hosts people from our worldwide Contemplative Outreach network.

Establishing Offices

From 1985 to 1986, our office space and board meetings were at the Merton Center at Columbia University in New York. Thomas Merton’s original handwritten journals lined the shelves of our meeting space. Also in 1986, *Open Mind, Open Heart* by Thomas Keating was published. We used this book as our main resource to develop lecture outlines and the basic essentials for introductory workshops and follow-up sessions for ongoing Centering Prayer groups.

Resource Center

In 1986 Contemplative Outreach became a New York corporation, and the name “Contemplative Outreach Limited” was born. This corporation was founded to serve as an information and resource center for the spiritual network of Contemplative Outreach.

At the end of 1986 we moved to the Shalom Center in Englewood Cliffs, New Jersey, the Mother House of the Sisters of St. Joseph of Peace. In 1987, however, we moved again because the sisters needed space to expand their programs. I took my file box, telephone answering machine, and portable typewriter and set up the office on a dining room table in my home in Butler, New Jersey. In February, 1988, the office outgrew its table, and

we moved into my 100-year old, 277 square feet, one-car garage.

In 1997 we moved into a professional space in a renovated mill building in the downtown area of Butler. We now have 2000 square feet of space, six good-sized rooms and ten workstations. We have seven full-time employees, two part-time employees, and five volunteers. Today our office is the international headquarters for the network.

Teaching The Method

Francis Stafford, the Roman Catholic Archbishop of Denver, Colorado, invited Fr. Keating to offer parish programs on Centering Prayer as a follow-up to their renewal program to all the parishes in the Denver archdiocese in 1987. Sister Bernadette Teasdale was hired by the Archdiocese to coordinate the programs. This was the first diocesan-wide systematic approach to teaching Centering Prayer.

It became apparent that we had to train individuals to offer the introductory workshop to Centering Prayer, and Fr. Keating appointed a faculty made up of people who had been teaching Centering Prayer since the early years. Over the years the faculty trained and commissioned some 850 individuals to give introductory workshops and follow-up sessions on Centering Prayer.

Growth and Outreach

Interest in the method of Centering Prayer has spread beyond the boundaries of the United States to Australia,

Bahamas, Brazil, Canada, Cuba, Denmark, Dominican Republic, El Salvador, France, Ghana, Guam, Ireland, Israel, Italy, Malaysia, Mexico, Netherlands, Nicaragua, Philippines, Puerto Rico, Singapore, South Africa, South Korea, Spain, Switzerland, United Kingdom, Venezuela, Virgin Islands and the West Indies. Specialized outreach has bloomed: the Hispanic outreach, Extension Contemplativa Internacional, a flourishing Prison outreach, and a course in the contemplative dimensions of the Twelve-Step Program.

On The Web

We have also ventured into cyberspace, creating a website on the Internet at www.contemplativeoutreach.org. Our newsletter has reached a circulation of 50,000 copies. We have 120 active chapters throughout the world. The weaving together of the Contemplative Outreach network is an ever-growing, work-in-progress in the artistic hands of the Spirit of God.

Volunteers: The Heart Of The Network

The volunteer nature of our network relies on the gift of time, talent and treasure of many people, starting with the leadership groups and filtering down to the individuals that offer service in various capacities. The generosity is overwhelming and most inspiring. I believe it is the fruit of their commitment to the Centering

Prayer practice.

We are living up to our purpose to renew the contemplative dimension of the Gospel in every day life. A commitment to live a contemplative life in contemporary society is a way of listening to the spirit in silent prayer as a means to discover how to live ordinary life with extraordinary love.

Looking To The Future

In my role as president, I have had the pleasure of working closely with Fr. Thomas Keating. He has been my teacher, my mentor, and my dear friend. We have had the opportunity to pray and work together over this labor of love called Contemplative Outreach. Through Fr. Keating's example, I believe that I have begun to learn how to follow the inspiration of the Spirit, waiting, listening, and watching for our next movement. As we continue to grow and share our vision with people seeking the values of silence, solitude, and simplicity, I wonder what the 21st century will have in store for Contemplative Outreach. In any case, I trust we will continue to follow the guidance of the Holy Spirit and, day by day, move gently into the mystery of the cloud of unknowing.

Fr. William Menninger recently celebrated his Golden Jubilee (50th) as a Trappist monk and priest. Fr. Menninger was one of the co-founders of the Centering Prayer Method. Congratulations Fr. William and thanks for your contributions!

THE 2007 ANNUAL CONFERENCE

Awaking to Beauty, Truth and Goodness
Houston, Texas

By Timothy Koock

*"The greatest beauty is silence
and perhaps the greatest silence
is love."*

Thomas Keating

From all points on the skin of the earth we came and for a few days gathered in Houston as family, a global contemplative family with a common language of silence.



We began our time together receiving the invitation contained in Paul's letter to the Philippians 4:8-9. We remembered Fred Eckart who served before us and who encourages us today by his example. We "filled our hearts and minds" again with the beautiful words from Philippians and felt together "the God of peace" within us, our family to pour across the skin of the earth.

It was also a family time for process and collaboration. We listened and discussed our Vision for Contemplative Outreach and its words warmed our hearts.



We sang softly one evening bathed in the light of a thousand candles during our Taize worship and prayed in the earthly languages of our family. We allowed the words of the Philippians that night to penetrate more deeply within us.



Between periods of silence we heard the reflections of Thomas Keating and Richard Rohr on beauty, truth and goodness and as a family we began to awaken to the rich layers of their meaning.



We heard the sacred sounds of ancient bowls performed by Jodi Roberts, symbols of our openness and receptivity to the vibrations and pulse of the Divine Heart.



Saturday evening, we received a Gift of Beauty from the company of voices, Conspirare, who sang the poems of Emily Dickinson and Pablo Neruda with stunning elegance. Sunday, before bidding farewell, we “filled our hearts and minds” again with the beautiful words from Philippians 4:8-9 and felt together “the God of peace” within us, our family to pour across the skin of the earth.



Mark your calendars for the **2008** **Annual** **Conference**

September 24-28, 2008

at the Pittsburgh Airport

Marriott Hotel.

Weekend presenters will be

Fr. Thomas Keating and

Fr. Laurence Freeman,

Director for the World

Community of Christian

Meditation.

Registration and more

information will be

available by June 1st.

READERS' REFLECTIONS

on Retreats, Programs and Prayer

An Oasis with the Lord

by Carol Powell



Every year I make a 10-Day Post-Intensive Centering Prayer Retreat.

“Why do you do it?” people ask. “How can you keep silence for ten days?” “Are you going on retreat again?” someone else said. It amazes them that I would take such time from my busy schedule and would spend the money to do what they consider “nothing.”

Why do I do it? When I sit with the Lord in the silence of those ten days I bring with me all aspects of my life, my joys, my problems, my frustrations, my virtues, my faults, my efforts and my failures. I come just as I am with nothing hidden..

It is not always easy to be quiet with God. Illusions are shattered. Reality has a way of intruding itself when there are no distractions and one is in complete silence. Each time, though, in some way I am eventually graced with a vision of the whole and what my place is in the total scheme of things. In some way I experience connectedness to God, everyone else and to the whole universe and there is an inner unity within myself. What’s more, there is an inexplicable sense of community among all those who participate in the retreat. Most of us have never met before. We don’t know the details of one another’s lives. The retreat is silent so we don’t get to converse. Yet, at the end, we’re all one, brothers and sisters in the Lord. Silence purifies thoughts and words. It tames the ego and enables one to listen to the Lord, to oneself, and, only then, is it possible to listen to other people. Centering Prayer, the 10-Day Retreat and the other practices which are part of a contemplative lifestyle have become for me an oasis with the Lord, a way to drink deeply of God’s Living Waters.

**SUPPORT
THE
NEWSLETTER**

*\$35 Partners
in Prayer*

*\$25 Friends
of Silence*

*\$15 Religious
& Students*

We hope you are enjoying receiving the *Contemplative Outreach News* and staying up-to-date with all the Contemplative Outreach news, events, and the teachings of Fr. Thomas.

It is our wish to continue to provide the newsletter to those of you who feel enriched and nurtured by this connection and it is not our intention to exclude anyone. However, it has become increasingly more challenging for us to continue to absorb the total costs of providing the newsletter. We truly need your help. If you are able to contribute, please use the enclosed envelope. Thank you.

SERVANT-LEADERSHIP FORMATION

The View From Saint Louis.

by Judi Gaitens, Co-Coordinator of Triangle Chapter, North Carolina

As a new co-coordinator in service to the Triangle chapter in North Carolina, I had the privilege of taking part in the Servant-Leadership Formation sponsored by Contemplative Outreach, Ltd. in early August. The week-long workshop was held just outside St. Louis at a Marianist retreat center, primarily to acquaint chapter leadership (not just coordinators, but anyone who is serving CO), with the many resources available to them. True to its title, it was presented in a way that continued our formation in the practices that make up contemplative life. Following Centering Prayer twice a day, a “lectio divina” process was used to mull over the theological principles, and silence each night until after breakfast the next day intensified the atmosphere of quiet and discernment. Our entire week was a model of interweaving prayer and work, silence, laughter and learning.

Conference sessions focused on what is known as the RHB (Resource Handbook), a manual that outlines all the programs and services of CO Ltd., and its International Resource Center, located in New Jersey. The book looks formidable until we realize how all those pieces could fit into our individual chapters, both now and in the future. Then it truly becomes a resource.

Susan Komis, Director of Chapter Resource and Communication Services, and Roseanne Havird, Regional Representative for the CO eastern region, were our primary guides through the Resource Handbook. We came to know what is available in books, tapes, programs and people. More important, we received more than information from Susan and Roseanne; we received wisdom. That wisdom consists of the knowledge, deeply held, that we are keepers of the vision, of the belief that Centering Prayer and the contemplative life it prompts can transform the heart of the world. The wisdom also includes the many practicalities that help us work more effectively in the chapters we serve such as having a program description of all CO programs as well as the contact information to

coordinate these programs.

This is how the network grows: Each person is a resource of prayer and possibilities. As we open to the Spirit we realize the potential to transform our lives and our journey through prayer and work. We discern where we are called, then prayerfully take the next steps, whether it be attending retreats, workshops, or helping the leadership make them possible. One of my goals is to build Service Teams to help with chapter projects.

The most helpful resources are the dedicated people who give their time and energy so that we can deepen and expand our journey. I’m very grateful for the leadership I met, not only of Contemplative Outreach, Ltd. (they were knowledgeable, kind, prayerful and fun!), but also the coordinators I met from California, South Dakota, Oregon, Washington, Missouri, Wisconsin, Texas, and Pennsylvania. Meeting people, hearing about their chapters and what they are doing, was a

“This is how the network grows: Each person is a resource of prayer and possibilities.”

valuable experience. Some are in established chapters and very active while some brave souls are just beginning with a group or two, because Centering is so important a part of their lives and the need to network is great.

In the silence, prayer, learning, and socializing, what impressed me most was the trusting spirit of all we did. We grow and the organization grows through the silent listening to the Spirit. Discernment is a daily practice of aligning to the will of God, to the needs of the people we serve. That discernment, born in silence and surrender, is both the compass by which we are guided and the love that unites us.

FATHER THOMAS LEADS ADVANCED STUDY COURSE

by Steven Standiford

"I'm 84 and a half years old," exclaimed Father Thomas Keating with a weary smile, "I don't have the energy I used to." Father Thomas was addressing two dozen seasoned Centering Prayer practitioners invited to a two-week advanced study course held in October in White Plains, New York. But he might as well have been addressing all of us in Contemplative Outreach.

For over twenty years, Father Thomas has been crisscrossing the globe spreading the good news of Centering Prayer. Now, in his ninth decade, his body is telling him to slow down -- at least a little. And like any patriarch of a far-flung family, Father Thomas wanted to gather his flock to share a few intimate moments before his battery runs too low.

Mystics, contemplatives and wannabes of varied shapes, sizes and persuasions descended on the Divine Compassion retreat center just north of New York City to linger with and learn from Father Thomas. They came from all over the United States, Canada, the West Indies and even Cuba.

Among those attending were locals Gail Fitzpatrick-Hopler and Cathy McCarthy who hosted the gathering. Latinas Isabel Castellanos and Maru Ladron DeGuevara -- who share Centering Prayer with communities in Mexico and Central America -- flew up from Florida. Quiet Sr. Catherine Labinowich trekked down from her contemplative community of nuns in Winnepeg, Canada. David Muyskens, from Grand Rapids Michigan, who just published a book on Centering Prayer for Protestant Christians, represented the Presbyterians. And Southern good ol' boy and Episcopal priest Tom Ward jetted up from Sewanee, Tennessee to pray, rest and receive the latest insights from Father Thomas.

Although billed as a "study course," the gathering felt more like a contemplative retreat -- a delicate Benedictine balance of work and prayer, silence and exercise, community and solitude. Each day began with an hour of Centering Prayer -- which was repeated at midday and late afternoon. Father Thomas taught during morning and afternoon sessions which left ample free time to walk the grounds, pray, exercise, read or meditate privately. Each day concluded at 7:00 p.m. with everyone gathered in a circle for a gentle, contemplative celebration of the Eucharist by either Father Thomas, Father Carl Arico, or Father Gilberto Walker .

Centering Prayer

There is such holiness in me

When the Cloud comes

And invites me enter.

Presence only so pure and holy

I dare not disturb with a self.

But in my absence

I too am present

Present to Presence

In the Center of my center.

Bob Hope, Rockport, MA

As we might expect from a Yalie, in his lectures, Father Thomas harnessed his powerful intellect to expound on a wide range of subjects, including love, the spiritual journey, sin, self-surrender, higher levels of consciousness, mantric practices, the Eucharist and the Incarnation. Along the way, he quoted and explained the teachings of the gospels, the Buddha, Pope John Paul, Ken Wilber, Eckhard Tolle and numerous mystics down through the ages. Although it hardly seems possible, Thomas's teaching seemed even simpler, clearer and more profound than ever.

As powerful as these teachings were, what moved us most was Thomas's tender sharing of poignant stories from his personal journey. Thomas also shared the deep sadness he felt leaving his home during WWII to enter the Trappist Order, the rift this caused with his father who wanted him to become an attorney and join him in private practice, and the eventual healing and reconciliation with his father many years later that contributed to the completion of the building of the Trappist monastery at Snowmass.

For those of us fortunate enough to have sat at his feet, the two weeks was a lovely blessing beyond measure, and, at the same time, bittersweet because it is unlikely to be repeated. As Father Thomas reminds us, he's "84 and a half years old" and doesn't have "the energy he used to."

Steven Standiford is a psychotherapist in private practice in Manhattan and Westchester County, NY

There was a mistake in the past newsletter that requires correction!

IN THE FOOTSTEPS OF ST. PAUL

Contemplative Outreach of Central Florida and Extensión Contemplativa Internacional are sponsoring a contemplative pilgrimage to Greece, a 4-day Aegean cruise, and Turkey, to celebrate this year that Pope Benedict has designated as “The Year of St. Paul.”

This pilgrimage **DID NOT TAKE PLACE IN 2007!** You can sign up now for the October 12 - 24, 2008 tour.

Contact Ilse Reissner at 407-767-7567, ireissner@juno.com or Basha Perez at 407-869-0781 to **REGISTER NOW** or to receive a brochure. For more details see the ECI Update in the International Update Section on page 21.



ECI at the Annual Conference
Photos by Adalberto Henriquez

COLLEGE STUDENTS SEEK CONTEMPLATIVE DEPTH

By Rickey Cotton, Core Leadership Team Member

As an English teacher and English department chair at Southeastern University, a small Christian university in Lakeland, FL, I have always loved sharing how God works in and through words. Plus I have been able to make references to the great mystics and contemplatives of Church history and weave in times of silent prayer in my classes from time to time.

But in the spring of 2006 I was surprised to find two young students knocking on my door asking me to give them a course on the Christian mystics I often talked about in class. Delighted, I developed an independent study course just for them in Fall 2006. I suppose I shouldn't have been surprised when other students heard about it and asked me to make a course like it generally available. Wondering if it would really have enough students, I offered Christian Mystics as a special topics course on the regular schedule in the spring semester of 2007. The course filled in a few hours. In this course students not only studied great Christian mystics, but they also learned to do practices like praying the scriptures, praying the divine hours, and sitting silently in the presence of God.

After the course was finished I was delighted to be asked to sponsor a student group for Praying the Scriptures, an adaptation of Lectio Divina for group prayer. Now two other faculty members and I meet weekly with about 7 to 10 students and former students. We rotate the role of choosing the scripture and facilitating the sessions.

One of the young men in the Praying the Scriptures group is presently seeking to become an Episcopal priest, and he asked me do a workshop on Centering Prayer at his local church. He advertised it in his church bulletin and shared the information with his home fellowship group. Eight young people, one middle-aged man, and one older couple from the church showed up for the workshop. A prayer group of mostly young people (and the original older couple) has emerged that now meets at the church every Thursday for Centering Prayer.

It has been exciting for me to discover that even with all the noise and distraction of modern society, many young people today hunger for a spirituality that is deep, genuine, and open to the presence of God.

Visit our website
www.contemplativeoutreach.org
for a complete listing of resources offered by
Contemplative Outreach

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Together Again

Thomas Keating &
Richard Rohr
at the

2007 Annual Conference
DVD #KDVD-41 \$65.00
CD Set #KCD-241 \$35.00

For a complete listing of the
resources translated into
Spanish, contact Ilse at
407-767-7567
or by email at
ireissner@juno.com

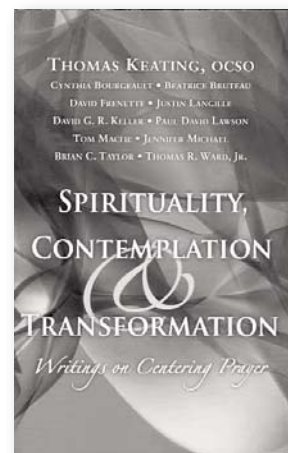
The Mail-In Order Form
for all resources is on Page 13.
The page is perforated
for your convenience.



Spirituality Contemplation & Transformation, Writings on Centering Prayer

By Fr. Thomas Keating
David Frenette
Justin Langille
Jennifer Michel
Paul David Lawson
David G. R. Keller
Tom Mache
Cynthia Bourgeault
Thomas Ward

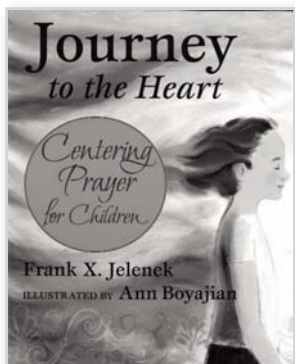
B-60 \$20.00



Some of the leading practitioners of Centering Prayer—the contemporary expression of the Christian contemplative tradition as developed by the desert fathers and mothers and elaborated by mystics such as saints John of the Cross and Teresa of Avila—write about the many and varied benefits of this dynamic and intimate means of connecting with the Divine. Thomas Keating and David Frenette examine the sources of Centering Prayer; Justin Langille and Jennifer Michel explore different facets of the wisdom of silence; and Paul David Lawson, David G. R. Keller, and Tom Mache explain the vital role Centering Prayer can play in fostering communities of faith, Cynthia Bourgeault explicates philosopher and spiritual practitioner Beatrice Bruteau's study of the meaning of contemplation; Brian Taylor uncovers the positive mental changes that Centering Prayer can bring about; and Thomas Ward reflects on spirituality in the 21st century, and the inspiring experience of attending a Centering Prayer retreat.

Of interest to anyone involved with contemporary Christian life, these essays, originally published in the *Sewanee Theological Review* contribute to the growing number of books on Centering Prayer—its practice, theory, and applications—and other valuable entry points for all those interested in deepening their spiritual practice and fostering a more profound relation with the Divine.

Children and Centering Prayer



Journey to the Heart, Centering Prayer for Children

By Frank Jelenek
 Illustrated by Ann Boyajian
 B-56 \$14.95



Photo by Michele Ciottone

“My six-year old daughter, Noele, and I have been practicing Centering Prayer together periodically for six months. At first, she just liked the story, *Journey to the Heart*, and wasn't interested in "trying" it, but eventually her curiosity kicked in and she wanted to try praying the way she saw me do it. It was suggested to try Centering for one minute per year of age, so we have six-minute prayer sessions together. Noele likes everything about Centering Prayer, which is amazing to me since at times she can be hard to please. Centering Prayer for her is "talking to God in my heart". She chooses to call her sacred

word her "secret" word since it's some-

thing she just shares with God, herself and me. I recently attended a 5-Day Welcoming Prayer Immersion Retreat, and I believe it helped prepare me for guiding and nurturing Noele through the beginning of her personal relationship with the Lord. I am also witnessing her develop into a very happy, creative and confident child. I am so grateful for this opportunity to share Centering Prayer with my daughter especially since it has made such an enormous impact on my life.” *Michele Ciottone*

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A PATHWAY TO FREEDOM

An Introduction to Centering Prayer Workbook by Savario Mungo & Marietta Della Penna

Savario Mungo

In 2002, my wife and I began introducing Centering Prayer to 120

to 140 inmates each week at the prisons in Beeville, Texas. A problem I encountered was the lack of materials on Centering Prayer that the men could read easily. Their educational level was usually pretty low, although there were a number of very intelligent individuals. Fred Eckert, who introduced me to the

Texas Prison system, provided me with a pamphlet, *Locked Up and Free*, which is available from Contemplative Outreach, but although it was at a reading and interest level that the men understood, it was very brief. I needed resources that allowed the men to delve more deeply into the prayer practice. I complained to Fred about this and his answer was, "Well, write your own material."

I got additional impetus to develop my own materials when I asked permission to teach a course on Contemplative Prayer to the inmates. I was informed that it had to be a Texas Department of Corrections-approved course, with a curriculum or workbook. Since there was no workbook written specifically for men and women in jails and prisons, I decided to explore the possibilities of writing one. Then, I met Marietta Della Penna at a Formation Workshop in New York and we agreed to co-author the book. I had

experience working with inmates and she had an extensive background in contemplative prayer and is a retired English teacher.

Over the next two years, we wrote a chapter at a time. Once a chapter was in development, I would field test the materials in the prisons I worked in, revising as needed based on feedback from inmates. Being aware of the special environment many of the readers of the book would be in, we emphasized the practice in each of the activity sections, rather than requiring the

inmates to do a lot of writing.

Fr. Thomas Keating, Gail Fitzpatrick-Hopler, and Fr. Carl Arico also reviewed the content for us. Following their suggestions, we sent the chapters to selected inmates for review and incorporated their recommendations to be sure the book was "inmate friendly".

I have used the materials from the book for over four years in various prisons and jails here in Texas, and I am confident the workbook can be useful in a variety of settings, not just correctional ones. Group homes, residential programs and outreach settings lend themselves to the use of these materials. While teaching other classes in the prisons, I found that the workbooks were provided by donations from churches, individuals and organizations. I hope the same resources will be available for this workbook, *which is also available in Spanish*.



Item # B-57 \$12.99
Spanish Version #B-58
Ordering Information Page 13

Contemplative Outreach Prison Outreach Service Team

The Prison Outreach Service Team is beginning to develop a

data base of all individuals doing prison/jail outreach with Centering Prayer. This data base will enable us to organize area and regional networks to assist in sharing of resources, ideas and support. If you are currently involved in prison/jail outreach with Centering Prayer, or know of someone who is, please send Name, Address, Tel# and E-mail address to: Savario Mungo at smungo1959@aol.com, or at 17235 Pebble Beach, San Antonio TX 78248. There will be follow-up contacts with all respondents to request specifics about their prison/jail outreach activities.

Savario Mungo- Prison Outreach Service Team Leader

It's an early spring morning at the federal prison for men at Petersburg. Time for a "move", when inmates at this low-security section are allowed out of the Unit to cross the yard and go to their various destinations. It's cold so they wear their prison jackets and gray, knitted caps. Some of the men enter the chapel area where I wait for them. It's "my" group of "Centering Prayers." Good! There are ten this morning and we have a newcomer to the group. While one starts arranging chairs in a circle, another gets the tape recorder that will time our prayer period. The candle is placed in the center of our circle and we're ready to begin. "How was your weekend, Miss Pat?" "Great! But how's it going with you all? Any difficulty with the prayer?" I have to do it early in the morning before it gets too noisy. The discussion then focuses on "thoughts" that normally occur during the 20 minutes of meditation, on how best to handle them. I review the guidelines for Centering Prayer in *Locked Up and Free*, with the new member of the group. We're ready to begin. The candle is lit, we relax in our chairs, close our eyes, take a few deep breaths and go into the silence, the language of God. When they leave, I sit for a few minutes in awe, feeling the energy in the room. It is with these men who have become my brothers and sons that I sense the presence of Christ, who was truly among us. They honor me. *Patricia Henfling*

What is True Freedom?

By Lance Persson

Writing on freedom from prison may seem strange, but I have found it, both within prison and within myself. I used to think freedom was the ability to do what I wanted, when I wanted, but that only led to creating my own prison, long before I was ever incarcerated. I tried to escape personal unhappiness by escaping reality. The self-defeating cycle of substance abuse came to an end with a friend's death from a drug overdose and my 20-year sentence with the Federal Bureau of Prisons. Arriving at the penitentiary, surrounded by 40-foot walls, gun towers, and constant violence was a sobering experience. Barriers were all around me; looking down I saw concrete and tarmac, looking out, brick walls and fences, looking up, guard towers and razor wire. I couldn't do the simplest tasks unless I was allowed to do so. I woke up when I was told to wake up. I stood when I was told to stand. I worked when I was told to work.

There was no freedom for me until I came to realize that I had the freedom to choose to respond to my circumstances by continuing to rebel and end up as a statistic, become a mindless junkie sitting in front of a television set, or I could look inside myself. It became clear that, within prison or not, true liberation could only come from within. I learned the practice of Centering Prayer. I learned that no matter where a person is, if he or she is able to overcome previous perceptions and realize the spiritual nature of life, then one can truly experience freedom. Even in prison, a sun rises through the fence, a bird's song can be heard nearby, a smile of gratitude or a friendship built on mutual interest can easily overcome any of the minor hardships we endure. As Shakespeare wrote, "This above all else: to thine own self be true, and it must follow, as night the day, thou canst then be false to no man." Realizing the ultimate truth in this statement, my former life became just a shadow compared to all the peace and beauty I can now experience each day.

Each of us has a cross to bear and can create a type of prison for ourselves and those around us by the way we face reality. But to be able surpass our limiting beliefs and see things as Christ did, with love, compassion and forgiveness, that for me is true freedom. It is the call to transcend ourselves, to transcend our self-interests and to see the deeper connection in all things. Freedom is not the ability to do something, but rather the ability to be someone, to be responsible in all circumstances and situations, to live an "authentic life". From a personal perspective I can tell you that if our thoughts and perceptions can't confine us then nothing can!

Lance Persson, author of the article above, has served 14 1/2 years of a 20-year sentence. He was a member of Patricia Henfling's Centering Prayer group (see the article on Page 14). Joseph Walker, author of the poem to the right, is an inmate in the Texas prison system.

C.O. News June 2008

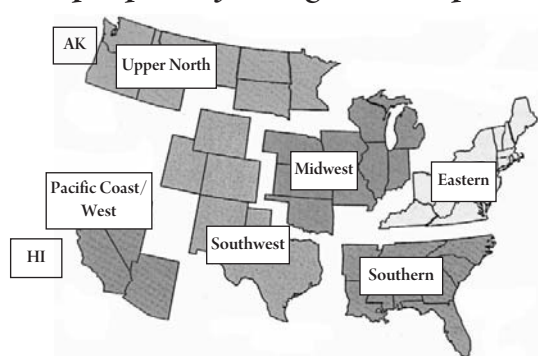
God's Volunteer by Joseph Walker, TDCJ

A man came up to the gate today
and asked to be let in.
The guard took a long look at the man
and thought,
"I wonder what's the matter with him?"
Now the life inside is one you can abide
but morality runs very low.
We've made mistakes,
we've lost control...
We do reap what we sow.
So the man at the gate continues to ask
"Won't you please let me inside?"
While us in here know not where to go
but we've no place left to hide.
The man outside has a road map
of how all men should live.
So finally he walks in with confidence,
ready to give all he has to give.
He directs our thoughts and minds
to places we've never been.
He makes us feel no different than others.
He says that all men sin.
Week after week he comes through the gates
with his Book, a smile and a bell.
Teaching wisdom and love and peacefulness
trying to save us from a life in hell.
Now I've known some
pretty tough men in my day
And some men with a stubborn mind.
But the man with the title of "Prison Volunteer"
is about as tough a man as you'll find.
He walks past the fences and razor wire
Past the locked doors and tear gas guns.
He leaves behind his safety of cell phones,
burglar alarms and the security of nine-one-one.
He walks in with a message and a Bible
And his message is beyond compare.
He takes us to a place of peace
and shows us how we get there.
The world beyond he's introduced us to
brings us a peacefulness deep inside.
And I, for one, have experienced God
And I'll never again have to hide.
So thank the man with the
"volunteer" tag on his shirt
and the love of God in his heart.
For those of us that want it
he's given us a place to start.
So thank you, friend, for being the man
not afraid to come inside.
For walking places where few men would go
and helping us turn the tide.

Regional Updates

The purpose of a Region is to provide resources, supportive services and communicate with

Chapter Coordinators and leadership to offer personal contact through email, telephone and on-site visits.



Eastern Region includes ME, NH, VT, MA, CT, RI, NY, NJ, PA, OH, WV, VA, KY, DE, MD, DC

Regional Chapter Service Representative, Roseanne Havird
610-344-7184, roseanne353@comcast.net

CO of Central Kentucky - Our Kentucky Chapter is on a new journey. We want to travel to every city and Christian church in Kentucky (that's possible) to share Centering Prayer. The first part of our journey is to take inventory on where we are as a Chapter and what we have to offer. We are discovering wonderful gifts and some weaknesses. We will be mindful of both, shift gears when needed, and, just get on with the journey. We have initiated contacts with some churches in different cities. Our request is to speak to the people at the end of their worship services and to take about 7 minutes to tell about Centering Prayer and to ask those interested to sign up for an Introductory Workshop. At the first church, we were somewhat overwhelmed with 89 registrations. Then to the second church where 55 people signed up. Now, before we go on, the priority is to provide grounding for these people. Then, it is on to the next part of the journey. Another road we are travelling is to work with college students and staff, youth groups and elementary programs. **Mary Otho Ballard, OP@ 502 331-9074, maryothoop@centralky.com**

CO of Long Island/Queens, NY - We had an exciting year with many changes. In December, we offered an Advent Evening at Our Lady of Grace Retreat House in Manhasset, which has always been well attended, but this year we had the largest amount of participants ever — 45. We celebrated with Centering Prayer, Lectio Divina, and a pot-luck dinner, followed by singing Christmas carols, led by Kathleen Roland and John MacKay. For the first time we offered two weekend retreats. The first was our usual Centering Prayer retreat in June at St. Ignatius Retreat House in Manhasset. Our new offering was a Welcoming Prayer Retreat with Mary Dwyer as the presenter. Both were well attended and Mary won rave reviews. Some new things—we will be putting our newsletter, *The Link*, on our website and will be offering an “End of Summer Get-Away” Weekend at St. Joseph’s Villa in Hampton Bays, LI, incorporating Centering Prayer, Lectio Divina and choices of other activities.

Barbara Sullivan @ 516 481-0472, sullivn2@adelphi.edu

CO of Mid Ohio - The year began with a truly historic event. Roseanne Havird, our regional representative, came to Mansfield to present a Facilitator Training. To our great delight our friends and neighbors from the Northeastern Ohio chapter joined us from the Cleveland area. The information Roseanne presented was exactly what we, as a young chapter, needed most and we welcome Wanda Dean, Emmy DeVore, Mary Holm, Paul Isaac, Adele Sheffieck, and Bill Waldron to our facilitator team. The United in Prayer Day was once again a very special celebration of our community as the members from our prayer groups come together to share in this day. We held our second four day retreat in Fremont. Our Lady of the Pines is a beautiful retreat center and provides an ideal setting for going deeper into the silence. For the fourth year, we celebrated Mother’s day with a weekend retreat at Maria Stein. It is beautiful to see a group come together to celebrate this special weekend in this way. Information about upcoming events and prayer group meetings are posted on our ContemplativeOutreachMidOhio.org website. **Anita Donnan, Coordinator @ 419-610-8520, comidohio@aol.com**

CO of New York, New York - We have been very busy offering Introductory Workshops in the New York City area with workshops having been held this past April at St. Paul the Apostle, in October at St. Luke in the Fields, and in January at St. Bartholomew’s. Upcoming Introductory workshops are slated for June and again in the fall. Additionally, we will be hosting a Spanish Introductory this spring, to be presented by Fr. Joachim Lally. We continue with our program, “Journeying in the Spirit.” Held on the second Saturday of each month, the day includes opportunities to join together for liturgy, Centering Prayer, viewing of one of the Spiritual Journey videos, and brunch with fellow practitioners of Centering Prayer. On February 9, Fr. Carl Arico presented a Lenten Retreat Day on the Forgiveness Prayer. It was a very enriching day and we were delighted to have a number of attendees from some of our neighboring Contemplative Outreach chapters. In March, Dr. David Keller, Ed. D, a member of the faculty at General Theological Seminary and co-founder, with Fr. Thomas Keating, of the Contemplative Ministry Project, will speak at the Church of St. Luke in the Fields on “Prayer through Quiet Contemplation” in which he will discuss the history of desert spirituality and the contemplative path, and lead a short contemplative prayer. Dr. Keller is author of *Oasis of Wisdom: The World of the Desert Fathers and Mothers* and his essay, *Reading Living Water: The Integral Place of Contemplative Prayer in Christian Transformation*, is featured in Fr. Keating’s latest anthology, *Spirituality, Contemplation, and Transformation: Writings on Centering Prayer*. We are delighted to be participating again this

year in the Annual United in Prayer Day which will be hosted by the University Parish of St. Joseph in Greenwich Village, in conjunction with the larger Contemplative Outreach network. Finally, we are happy to welcome Joseph Hemmes and Rose Hendricks to the Chapter Leadership Team and thank them for their service. **Rebecca Barnes, Coordinator, 646-533-1836, r_barnes36@hotmail.com**

CO of Orange County, NY - For all of you who have participated in the wonderful retreats and programs held at St. Andrew's Retreat House in Walden, NY, you might be interested in knowing that St. Andrew's was finally sold the end of February 2008 - to a Buddhist Group - so the wonderful silence and prayer will continue. We participated in the United Day in Prayer on March 15 and it was a huge success. Our August Ten Day Post Intensive with Bill Sheehan and 6 Day Intensive/Post Intensive Retreats will be at the Franciscan Center in Ringwood, NJ (air-conditioned rooms and an Olympic size swimming pool). The Contemplative Wisdom School with Cynthia Bourgeault was an incredible experience, and we are already receiving registrations for 2009-2010. Another first is the 10 Day Christophany Retreat with Fr. Thomas and Cynthia, June 20-30, 2009. We are still offering Introductory Workshops (low attendance), Days of Prayer and are grateful for all the faithful members of Centering Prayer groups. The 21 Day Centering Prayer Immersion Retreat scheduled for September 2008 has been cancelled, and in its place another first - a 10 Day Inner Room Retreat with Fr. Thomas (waiting list only). We invite you to visit our website www.centeringprayernys.org - We are more and more grateful to the God who has provided and continues to provide so loving and supportive a community on this contemplative journey.

Cathy McCarthy, Coordinator @ 845 534-5180, cmccarthy001@hvc.rr.com - website - www.centeringprayernys.org

CO of Metro Washington, DC (COMW) - It seems that it was only yesterday that we were together at the annual CO meeting in Houston. I was joined by three others from our Chapter there, Carol Leach, Ron Barnett, and Merle Helen Morrow. I think everyone would agree that it was a rewarding and enriching experience. The Chapter is doing well with a steady flow of requests for Introductory Workshops, and a very successful second year of the Living Flame II program coordinated by Laurel LaCivita and the Living Flame Service Team. We are offering a one-day Facilitator Training Workshop with Roseanne Havird co-sponsored by the National Cathedral (a very central location) that has offered their "Cathedral College" facility for the event. The COMW Servant Leadership is undergoing a reformation period.

Guy H. Semmes, Coordinator @ 301 983-1857, gsemmes@hopkinsandporter.com - website - www.comwcp.org

CO of Westchester, NY - Contemplative of Westchester is delighted that, for the first time, Fr. Thomas Keating will be coming to our Chapter. He will lead us in a Centering Prayer retreat, October 1-3, at Graymoor Spirituality Center, Graymoor, NY. You may request registration material from Diane Harkin or myself. We are also continuing with our Second Saturday prayer days in Armonk, NY. March will be Contemplative Outreach United in Prayer; April: Facilitator Recognition; June, Open Leadership Team Prayer, meeting, and "pot luck" luncheon. September: The Forgiveness Prayer, November: 12 Step; and December, Advent readings and reflection.

Sr. Rose Vermette, RCD, Coordinator @ 914 961-1559, vermettercd@aol.com

***Southern Region* includes TN, NC, SC, GA, FL, AL, MS, LA, AR**

Regional Chapter Service Representative, John Kelsey @ 919 467-0045, srcoutreach@bellsouth.net

CO Birmingham, AL - This is the 15th year for our February annual conference. Fr. William Meninger will be joining us to share the "Fruits of Contemplation." Fr. William was with us in 2002 so we know we are in for a treat. In 2009 our conference speaker will be Susan Komis with a presentation on Theresa of Avila and the seven mansions in "The Interior Castle." This yearly conference is a rich offering for the people in the southeast. We host five retreats a year at the Benedictine Sisters' Retreat Center in Cullman, Alabama. Two of those are Introductory, two Intensive and one an 8 Day Intensive/Post Intensive. We are adding another Introductory Retreat in the spring due to an influx of interest in Centering Prayer. Also, we tried something new with our December Intensive Retreat. This retreat had a body motion (gentle yoga) component as a vehicle into Centering Prayer. It was so well received that we are going to offer the body motion component again at our Spring Intensive Weekend. **Diana Tschach, Coordinator @ 205 991-6964, tschached@bellsouth.net**

Contemplative Outreach of New Orleans - During the months after the post-Katrina flood we here in New Orleans practiced "letting go" over and over—letting go in our plans, our relationships, the bricks and mortar of our possessions. Centering Prayer has been our teacher in "letting go", using God's peace in the middle of devastation. Now, we turn to our practice in the middle of the flurry of re-building our homes, our city, reconfiguring our organizations and our relationships, to help us find that space to be open and quiet before our God. Our Post Intensive Retreats at Rosaryville (last summer and again in the Summer of 2008) are our mainstays. We continue to receive help from C. O., Ltd: Myrna Toohey, leading an Introductory Workshop on Centering Prayer as an 11th Step practice, and our anchor, Fr. Bill Sheehan, presenting an Introductory Workshop at the great Benedictine Abbey across Lake Ponchartrain from New Orleans. Many New Orleanians have re-located on the Northshore of the Lake. We want Centering Prayer to be there with them.

Vivien Michals @ 504 944-4000, vived2@cox.net

CO of Tampa Bay, FL - December 2007 was especially memorable in Sarasota, FL when Fr. Thomas Keating and Fr. Laurence Freeman shared the stage for a weekend in dialogue on Contemplative Prayer sponsored by the World Community for Christian Meditation. Well over fifty of our COTB network joined with hundreds of WCCM participants in both silence and conversation. Truly a blessed and high energy weekend! CO of Tampa Bay continues blending national and local presenters, delivering five workshops a year to interested Centering Prayer practitioners throughout the central west coast of Florida. Fr. Bill Sheehan has become an annual presenter, and the themes he develops are woven throughout the remainder of the year. Sr. Maria Tasto presented a Lectio Divina workshop, as well as a presenter's training. Mary Dwyer returned again for the Welcoming Prayer practice, and local presenters Rickey Cotton, Bob Fasulo, Janet Gallagher, Marge Rafferty and Ed Savoy remind us of the wonderful spiritual presence we share here in Florida. Our core team meets regularly, and will be hosting Cynthia Bourgeault for a weekend retreat in February 2009. Some of our core team members are responding to whispers from the Holy Spirit: Rickey and Anna Cotton have begun both Lectio Divina and Centering Prayer groups for young people and faculty members at a Christian college in Lakeland, and Janet Gallagher was on staff for the second year at the annual Florida Intensive/Post Intensive retreat, held this year in Miami. **Kaethe Perez, coordinator**

CO of Tennessee (Middle) - Members of our steering committee organized the First Annual Gathering of Contemplative Outreach of Middle Tennessee and were stunned when about a hundred people showed up at St. George's Episcopal Church for this event. Their shock deepened when it became evident that a number of the participants were new to the practice of Centering Prayer. With a flurry of activity, two Introductory Workshops and Follow Up Sessions were organized in response to the requests received that day. To support this growth spurt in our chapter, a facilitators' luncheon was held on January 19th. Some of the facilitators drove three hours to eat Catherine Snell's food and to share their experiences with other small group leaders. Planning is already underway for a Second Annual Gathering and another Facilitators' Luncheon. On March 15, our chapter will join with many others around the world in observing the Annual United Day of Prayer. These developments would give us reason enough for celebration but our cup overfloweth. This upcoming year, St. Mary's Sewanee will host eleven Centering Prayer retreats ranging in length from 1 Day Introductions to 8 Day Post Intensives as well as retreats on The Process of Forgiveness, the Welcoming Prayer, a Presenter's Formation Training, Lectio Divina and a special Advent Centering Prayer retreat. Presenters will include Tom Ward, Carl Arico, Cathy McCarthy, Gail Fitzpatrick-Hopler and Sr. Maria Tasto. We give thanks for these signs of God's presence within our midst. Submitted by Carolyn Goddard, Presenter and member of Middle Tennessee Steering Committee **Carol Wray @ 615 373-0613, carolwray@aol.com or Tom Ward @931 598-9063 tward@sewanee.edu or visit our new website at www.centeringprayermidtn.com**

CO of Tennessee (West) - In September 2007, Contemplative Outreach of West Tennessee sponsored a Seven Week Introduction to Centering Prayer Program at Church of the Holy Communion in Memphis, which presented the practice over seven weekly meetings rather than a full-day workshop with follow-up sessions. In December, we offered our second annual Centering Prayer Weekend Retreat. Most of the participants were new to Centering Prayer, so the retreat included basic instruction and extended guidance in a quiet, supportive environment. Our monthly First Saturdays at Church of the Holy Communion, featuring three 20-minute periods of Centering Prayer, a contemplative walk, and an optional labyrinth, continues to be a popular entry point and supportive gathering for many people in our area, with average attendance of about twenty-five people. We now have a chapter web site (<http://centeringprayer.com/chapters/westtennessee.htm>) that features contact information about each of our prayer groups, as well as information about upcoming events. **Mike Potter, Coordinator @ 901-274-3488, mikep7@comcast.net**

Midwest Region includes WI, MI, IN, IL, IA, MO, NE, KS, OK

Regional Chapter Service Representative, Susan Komis @ phone-fax 636 327-0637; susankomis@charter.net

CO of Indianapolis has now been established for one year. We are continuing to grow "organically" as is suggested by the model that was supplied us by Chapter Resource & Communication Services (CRCS). To help celebrate this year of growth and to feed and nourish us individually and collectively, we have invited Susan Komis, Director of CRCS, to lead a retreat/workshop, "Our Human Condition/Divine Therapy". Reflection, discussion, small group process, and questions and answers will be a part of the weekend retreat experience deepened with periods of Centering Prayer. The retreat will be held at Benedict Inn Retreat and Conference Center on October 10 – 12, 2008. The cost for the weekend is \$165.00 with two overnights or \$100.00 for commuters. For more information, please contact **Laurel Simon @ 317 876-0147, laurelsimon@sbcglobal.net - or marilynwebb@sbcglobal.net.**

CO of West Michigan - A Day of Prayer was held in January using the DVD of Fr. Thomas Keating "Living the Paschal Mystery: Hope and Redemption." Our observance of the United Day of prayer was to meet March 15 using the video tape of Fathers Richard Rohr and Thomas Keating prepared for that day. Another Day of Prayer is scheduled for June. It will be a day of sharing insights and experiences of people in our chapter. Then in September we plan to host Fr. Carl Arico for a retreat on Forgiveness. With each of these events, all held at the Dominican Center in Grand Rapids, a leadership team meeting is held previous to the arrival of other participants.

CO of Southeast Wisconsin (COSEW) - As twenty-one facilitators gathered at our bi-monthly meeting, Lois Blasinski, Coordinator of Outreach Ministry, lead the discussion about centering prayer groups in new places with new boundaries - meal sites, retirement communities, and a hospital. Each place brings challenges and blessings to the practice of centering prayer. At St. Ben's Meal Program "people are able to put their stuff down and close their eyes for ten minutes". At the Southside Meal Program the centering prayer opportunity has expanded to include a weekly activity evening. At Repairers of the Breach, a daytime homeless shelter, the group is fluid. There is a five minute introduction to centering prayer focusing on God's love and presence - in silence. A few words about the desert fathers of Africa are spoken and then everyone is invited to "get down in the river with Jesus". The time concludes with holding hands, saying the Our Father, and prayers of intercession and thanksgiving. At Hope House homeless shelter the centering pray-ers really want the silence! Recently lectio divina was introduced. At a hospital, patients experiencing a long stay, family members of patients, and staff personnel all center together within a 30 to 60 minute setting. Both the local Regency Senior Community and Tudor Oaks Senior Retirement Community have weekly prayer groups. As one of the elderly persons said, "We already have a lot of practice in letting-go". Many thanks to these outreach facilitators: Lois Blasinski, Mary Ann Erdtmann, Emil Harder, Carol Hegland, Ted John, Mary Ellen Schmidt, and Kitty Shinkle. **Judee Weber, Coordinator @ 262 662-4445, jweberhaus@peoplepc.com**

CO of Southwest Wisconsin - The Centering Prayer practice is growing in the Madison area. In March of 2007 we held a 3-day Centering Prayer as an 11th Step Practice Retreat at Sinsinawa in Southwestern WI where 30 people attended. In September there was an Introduction to Centering Prayer at Saint Maria Goretti's Catholic Church in Madison also well attended by more than 30 people. We have three people going through formation training in March and we have two new commissioned presenters. We have grown from three ongoing prayer groups to five in 2007. On May 3rd, 2008 we have another Introduction to Centering Prayer session at Advent Lutheran Church. We were really blessed in November when Father Keating came to Madison to participate in the Panel Discussion "Science, Religion, and Contemplative Practice." **Hatheway Brooks, Coordinator @ hathewayb@gmail.com**

Southwest Region includes WY, UT, CO, NM, TX

Regional Chapter Service Representative, Susan Komis @ phone-fax 636 327-0637; susankomis@charter.net

CO of Austin, TX - The Heart of Texas Chapter of the Greater Austin area is growing in Spirit. From the 22 attending July's Formation Training (presented by Timothy Kooek), 12 became new Presenters -in-Training. To date, they have helped introduce Centering Prayer to 75 people, in customary settings as well as in Methodist, Episcopal, and Unity churches. In addition, we are excited about the Five-Day Welcoming Prayer Immersion led by Timothy Kooek, to be held at Cedarbrake Retreat Center, Aug 20-25. Contact person: Judith Strassman, (512) 585-2500, judz@austin.rr.com. **June Jeffers, Co-ordinator @ 512 892-6504, june@yourlivingroom.com.**

CO of Denver, CO - The Center for Contemplative Living in Denver has been blessed with a grand new space and we are now enjoying our first year at our new address, 3650 Yates Street, Denver, CO 80212. We look forward to many years in this location that will carry us forward into the next stage of our growth here in Colorado. Spring 2008 brought an air of excitement as we prepared for 600 attendees at our March Annual Conference. This year we welcomed Fr. Thomas Keating as our keynote speaker. People from across Colorado and the country come to experience the teaching of our spiritual leader and to reconnect with the greater community of Contemplative Outreach. We continue to present new programs such as our Thursday night spirituality seminars and David Frenette's Deepening Centering Prayer to support prayer practitioners no matter what their level. We hope to carry forward these successful programs into Fall 2008 in addition to our Introductory Workshop, The Spiritual Journey Series, Saturday Immersion Experiences, Days of Prayer and the Nine Month Course. Our annual October Mini-Retreat, our Advent and Spring Retreats at the Sacred Heart Jesuit Retreat Center, and a growing network of prayer communities along the Front Range offer other opportunities to deepen our prayer practices and our spiritual growth. Our servant leadership teams and volunteer staff are blessed to serve a growing community of seekers.

Sr. Bernadette Teasdale @ 303-698-7729, srb@contemplativeoutreach-co.org

Ogden, UT - Our group continues to meet monthly. We have added a few new members since our last update so we are now ten strong. When we have new members join us we continue to show the video series "Follow up Sessions to the Introductory Workshop." We find they give the new members a firm foundation and it is a good review for those of us who have been centering for sometime. At other times we are continuing to read Father Basil Pennington's book "Centered Living." We have found Parish Bulletins are a good place to let people know we are meeting. One of our new members saw our update in the last Outreach Newsletter and brought a friend. It does pay to keep you informed of what we are about. We appreciate the Contemplative Outreach Newsletter. The articles are so inspirational and encouraging. God bless you for all of the work you do.

Contact Person, Sr. Danile Knight @801 479-6030, danileknight@hotmail.com

Upper Northern Region includes MN, ND, SD, MT, ID, OR, WA, AK

Regional Chapter Service Representative, Susan Komis @ phone-fax 636 327-0637; susankomis@charter.net

CO of Yankton, South Dakota (Upper Northern Region) - We are happy to report the first birthday of CO in Yankton, South Dakota, in the southeast corner of the state. Two very fruitful Introductions to Centering Prayer Workshops were held in 2007, birthing a weekly centering prayer group which is ecumenical in membership. 2008 holds the promise of two more Introductions and an anticipated
C.O. News June 2008

new prayer group. We are the “new kid on the block” for this area of South Dakota and yet are so grateful for the visible faith development that Centering Prayer graciously produces. **Contact Person: Ellen McVay @ 605-665-3344, emcvay@iw.net**

Pacific Coast/West Region includes HI, CA, NV, AZ

Regional Chapter Service Representative, Marie Howard @ phone-fax 310 823-5863, mrhfamlife@aol.com

CO of Fresno, CA - We have been blessed by the growth of Centering Prayer during the past year in Fresno, CA and the surrounding areas. Introduction to Centering Prayer Workshops were given by presenter, Everardo Pedraza in 2007 in Jan., April and June and by co-presenter, Beverly Garcia, in Nov. and Jan. 2008. New Centering Prayer Groups were started in Jan. 2007 at St. Anthony Claret Church in Fresno (bilingual), facilitated by Everardo and Beverly; in April at the First United Methodist Church in Hanford facilitated by Kathleen Wilson; in Nov. in Prather, (a mountain community about an hour's drive from Fresno), facilitated by Denise Herrick; in Jan. 2008 at St. Peter's Church in Lemoore facilitated by Robert Sandoval and also in Jan. at St. Anthony of Padua Church in Fresno, the follow up sessions are being facilitated by Kevin Crary. Other events included a United in Prayer Day in March 2007, facilitated by Beverly; a TV interview on Ch. 49 in June, on Centering Prayer with Everardo and Beverly; attendance at Formation for Presenting Intros, Servant Leadership Formation and the Annual Conference by Beverly; attendance at Fr. Keating's talks in San Francisco by several of our members in Nov.; and approval by Contemplative Outreach of Everardo and Beverly in Jan. 2008 as Contacts for our area. Future plans include a United in Prayer Day gathering on March 15th, 2008, and a Prayer Day of Visioning on May 3rd, led by Marie Howard our Regional Chapter Service Representative. We hope at that time to increase mutual support for the newly established Centering Prayer Groups in our area and select a Chapter Coordinator. For more information contact **Everardo @ 559 230-9736, evpedraza@yahoo.com.**

CO of North San Diego, CA - During the first six months of 2008 CONSD offered several spiritually enriching opportunities for our membership and the community at large. We hosted an Introductory Program in March. In addition we have developed an hour and a half “mini” presentation on Centering Prayer which we recently presented at two churches. Our North San Diego Chapter gathered in February for a Half Day Retreat to experience a morning of “Sacred Rhythm” which included Centering Prayer, silent reflection, mindful walking accompanied by reverent music and a time of sacred movement. In the afternoon we had a follow up to our recent Event “Contemplative Dying.” Bryan McNutt, M. Div. reviewed the similarities between the death of the false self in Centering Prayer with our own physical death and much thought provoking discussion ensued. Our two San Diego area Chapters gathered in the North County to join the worldwide network of Contemplative Outreach on our United In Prayer Day. In May Fr. William Meninger will present an Event on “Forgiveness” which has been eagerly anticipated by all. In the last half of this year we are looking forward to beginning the Living Flame 1 Program in September. We continue to hold quarterly Prayer Group Facilitator Support and Affirmation Meetings and monthly Servant Leadership Team Meetings. Our Hospice Outreach Team continues to serve end of life patients with their contemplative presence. Our website at www.consd.com is updated frequently so check us out! We strive to live both our CONSD Vision Statement and Mission Statement which is to teach Centering Prayer, build a Christ centered community and support the contemplative life. **Sue and Chris Hagen, Co-Coordinators @ 760 745-8860, sue.hagen@sbcglobal.net, chris.hagen@sbcglobal.net**

CO of Hawaii - Aloha from Hawaii! In September we had a 7-Session Introduction to Centering Prayer on the Island of Kauai at Lihue Lutheran Church and now have a Centering Prayer Group on Kauai. We have added two silent Mornings of Centering Prayer on Oahu, on the North Shore and on the Leeward side of the Island. We have added a Contemplative Life Program using the Praxis booklets where participants are paired as a way of providing mutual encouragement and support through cards, email, phone calls or other contact during the 40 day study-retreat period. At the end of the 40 days all participants gather in community to share their journeys experiences and consider embarking on another Contemplative Life Program. We started during Lent with The Paschal Mystery, A Journey into Redemption and Grace. We would love to have visitors join us in Hawaii this July for our 8-Day Intensive\Post Intensive Centering Prayer Retreat at the St. Anthony's Retreat Center in beautiful Kalihi Valley on Oahu.

Carol Alevizos, Coordinator @ 808 536-6090, cohi@lava.net

12 Step Outreach

A Contemplative Dimension of The 12-Step Weekend Retreat was held Jan.4-6, 08, Boerne Texas, at the Omega Retreat Center. There were 50 retreatants from the San Antonio area, as well as Fort Worth, Dallas and Houston. Fr Bill Sheehan was the guest speaker presenting the Welcoming Prayer and the Spirituality of Forgiveness. We had 26 retreatants participating in the introductory workshop. It was a weekend of recovery and transformation. Interns Bill W and Sandy E, along with Myrna T, presented the Introductory Workshop. Eighteen members who serve 12 Step Outreach gathered at Snowmass for 10 days in January. Beth B, Dave D and Jenny A served the 8 day retreat and a day of meetings was conducted to determine projects for the following year. Father Thomas addressed the group several times and advised the Leadership group on the direction of 12 Step Outreach. Jim M volunteered to be the new contact for the group. For information about 12 Step Outreach, contact him at 314-725-7944 or jmac150@sbcglobal.net

20 **Jenny Adamson, 12-Step Outreach @adamsonje@cfu.net**

Steering Committee for International Outreach

A Steering Committee is a group who are responsible for providing guidance on an overall strategic direction. It does not take the place of a Service Team, but makes the larger portion of the organization aware of the general direction that needs to be followed as well as the information that has been gathered. This Steering Committee is made up of the following Contemplative Outreach members who have had some experience bringing Centering Prayer to other countries, and will act as Liaisons:

Timothy Koock
Gail Fitzpatrick-Hopler, Susan Komis
Fr. Thomas Keating
Patrick Uhm, Madeline Soo,
Fr. Bill Fickel
Bonnie J. Shimizu
Patricia Johnson

Virgin Islands, Australia, New Zealand, India, Pakistan, Bangladesh
South Africa
Brazil, UK
South & North Korea, Malaysia, Vietnam
Taiwan, China
Trinidad & Tobago, Philippines, Canada
Ireland

International Updates

Extension Contemplativa Internacional - The pilgrimage to Greece and the Islands, followed by an optional excursion into Turkey, which is meant "to follow the footsteps of St. Paul" DID NOT TAKE PLACE IN 2007! It is scheduled and still "ON" for October of 2008. We are trying to fill the space as it is a fundraiser for Extension Contemplativa and Contemplative Outreach of Central Florida. We will be leaving on October 12th and returning on October 24th for the basic portion of our tour, and those who want to stay for the optional excursion, the group will be returning on October 29th. The price of the basic portion is \$2,949 and for the optional part to visit Turkey (including beautiful Capadocia), Antioch, Konya and Pamukkale. Please contact Ilse Reissner at 407-767-7567 or Basha Perez at 407-869-0781 for more details or to receive a brochure. The price includes airfare, daily buffet breakfast and dinner, and during the cruise three meals a day. Our spiritual guide will be Fr. Bill Sheehan, and the Tour Host, Ilse Reissner. The people that join us are usually very congenial, we offer Centering prayer twice a day, and celebrate the Eucharist daily for those wishing to participate. Our Spanish ministry keeps growing. We had over 20 people attending this past September Annual Conference. We were joined by our coordinators from the Dominican Republic, El Salvador, Puerto Rico, and the three coordinator groups in Mexico (North, Central and South Mexico) as well as our core group from Florida. We also have many Intro. workshops and retreats at these places. CONGRATULATIONS to Everybody!!!
Ilse Reissner @407 767-7567, ireissner@juno.com

CO of Southwestern Ontario, Canada - The Southwestern Ontario Chapter of Contemplative Outreach continues to enjoy weekly meetings of the four groups in Windsor, and vicinity. We have 4 people who form the Service Team for the Southwestern Ontario Chapter: Rose-Marie McIsaac, Rev. Joe Quinn, S. Yvonne Parent, and Marlene Kelly-Kolotylo, Coordinator. Three members of our Service Team attended the Canadian Visioning Retreat held in Winnipeg, Manitoba in August 2007 with Gail Fitzpatrick-Hopler, President leading and facilitating it. It was an enriching experience as well as an opportunity to come together with people involved with Contemplative Outreach from across Canada, and to share our common concerns, issues, dreams and hopes. The National Service Team for the next two years was established: Angelo Iasconi, Raymond Sevigny, John Wiebe and myself, Marlene Kelly-Kolotylo. In September 2008, there were over 20 people who attended a Centering Prayer Introductory Workshop in Windsor; those who completed the follow up sessions and wished to join a group were invited to join the open groups already existing in Windsor and Essex. In January 2008, a group of over 30 people attended the Introductory Workshop on Centering Prayer and the follow up sessions in London, Ontario. Rev. Kevin, Pastor of the Presbyterian Church arranged the Introductory Workshop as a gift to his congregation. They are presently forming groups which will be meeting regularly in London. There will be seven people from this chapter attending a workshop for new facilitators being held in Toronto on April 19th, 2008. We are presently planning follow-up and support meetings to be held in our area as Toronto is four hours away from us. We are grateful and enthused with the interest and commitment of these individuals to assume this function and volunteer to serve in this chapter. In November, 2007, we held a Welcoming Prayer Workshop where the Welcoming Prayer practice was shared with the members of the 4 groups. Many of those who attended found it a powerful insightful experience and the effects are being felt not only in their personal lives but also in the depth of the sharing in the groups. On March 8th, 2008, we are looking forward to being in union with other Centering Prayer-ers in the world for World Day of Prayer. Some of our members will be attending an Intensive Retreat being held in Toronto in March, 2008 as well. We have set up what we call a traveling library with a set of the books published by T. Keating to be shared by 2 groups. The group members appreciate the opportunity to read the books and to purchase those they wish to own. As we are in the formative stages, we are discussing with the Steering Committee of Ontario the aspects of communication, of regional needs, of formation of leaders in the area, and the coordination of events and resource people who come into our vicinity.
Marlene Kelly-Kolotylo, Coordinator @519 324-0118, kolkel@sympatico.ca

CO of Dublin, Ireland - Contemplative Outreach of Dublin is growing steadily. We are amazed to see the plan of God unfolding with such grace. People are coming, and the same people are coming back! We opened on October 6, 2007 and have been running since. We have had six Introductions to Centering Prayer, four of these at the Resource Centre of the Dominican Sisters in Cobra, one in Galway city and one in Belfast, Northern Ireland. The follow up sessions in Dublin are most promising, with forty people participating, ten on a Thursday and the other thirty on the second Saturday of the month. We have had a Lectio Divina day, an Advent day of reflection and a Lenten day is planned in February. Two retreats are being offered in summer (see web page) and on August 9th we look forward to welcoming Father Murchadh O Madagain, author of "Centering Prayer and the Healing of the Unconscious". We are so fortunate to have him in this small island as a resource. Please view our web page: www.dominicansisters.com/contOutreach All inquires are most welcome.
Fionnuala Quinn, OP, Coordinator @mobile 01-086-235-2299, fquinn@dominicansisters.com

CO of Trinidad & Tobago, West Indies - The past twelve months have seen the Contemplative Outreach of Trinidad & Tobago grow steadily. We now have 10 groups that meet weekly with a total of over 130 members. We have conducted workshops on themes that included, The Christian Contemplative Tradition presented by Fr. Henry Charles, In May Fr. Michel de Verteuil CSSP introduced members to the ancient contemplative practice of Lectio Divina. In September Justice Peter Jamadar's workshop, Love and Forgiveness, guided us through an experiential exploration of love leading to forgiveness and the healing that forgiveness brings from a Christian Contemplative perspective. Our 4th Annual Conference was held on October 06 2007, the keynote address, Centering Prayer & the Christian Life was delivered by Boyd Reid. This address is on our website: www.humandevlopment-tt.org

Sr. Paul D'Ornellas, Coordinator @868 624-8267, srpaal@tstt.net.tt

CALENDAR OF EVENTS - June 2008 - December 2008

Introduction to Lectio Divina Retreats/Workshops - conferences and practice introducing the most traditional way of cultivating a friendship with Christ..

Date	City/State	Contact Person	Telephone #	Email Address	Comments
June 6-8	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
July 25-27	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Aug 6-8	Uithuizen, NL	Sr. Anje	0595 435600	deboracommunititeit@zonnet.nl	
Aug 22-24	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Sept 26-28	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Oct 17-19	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Oct 19-21	Sewanee, TN	Carol Wray	615 373-0613	carolwray@aol.com	
Nov 21-23	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Dec 5-7	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	

Five Day Welcoming Prayer Immersion Retreat - an in-depth introduction, review and immersion into the Welcoming Prayer practice to establish it as a part of our daily lives and to deepen our relationship with God. Prior Centering Prayer experience required.

Date	City/State	Contact Person	Telephone #	Email Address	Comments
Aug 20-25	Austin, TX	June Jeffers	512 892-6504	junejeffers@sbcglobal.net	

Introduction to Centering Prayer Weekends - a contemporary presentation of the discipline of Centering Prayer as silent communion with God beyond concepts, words and images.

Date	City/State	Contact Person	Telephone #	Email Address	Comments
Aug 22-24	Durban, KZN	Norman McNally	27.31.201.5278	mcnally@iafrica.com	
Aug 29-31	Cullman, AL	Sr. Therese Haydel	256 734-8302	retreats@shmon.org	
Sept 19-21	Jerome, ID	Br. Selby Coffman	208 324-2377x215	selby@idahomonks.org	

Centering Prayer Weekend Retreats - includes conferences reviewing the method of Centering Prayer, and a moderate amount of Centering Prayer in common.

Date	City/State	Contact Person	Telephone #	Email Address	Comments
May 29-Jun 1	Trinidad & Tobago	Sr. Paul D'Ornellas	868 624-8267	srpaul@tstt.net.tt	Advanced
June 13-15	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
June 27-29	Manhasset, NY	Barbara Sullivan	516 481-0472	sullivan2@adelphi.edu	
July 11-13	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Aug 14-17	Mt. St. Francis, IN	Pat Weidner	812 923-8817		
Aug 15-17	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Sept 5-8	Santa Barbara, CA	Annette Colbert	805 684-6344	w.colbert4@verizon.net	S. Komis
Sept 12-14	Hampton Bays, NY	Mary Ellen MacKay	516 931-0463	maryellen@verizon.net	
Sept 18-20	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Sept 21-23	Sewanee, TN	Carol Wray	615 373-0613	carolwray@aol.com	
Oct 3-5	Graymoor, NY	Sr. Rose Vermette	914 961-1559	vermettercd@aol.com	T.Keating
Oct 10-12	St. Joseph, MN	Sr. Rita Budig	320 363-7115	rbudig@csbsju.edu	
Oct 10-12	Indianapolis, IN	Laurel Simon	317 876-0147	laurelsimon@sbcglobal.net	S. Komis
Oct 16-19	Western Cape	Brian Podesta	011 27-021-557-5185	briamp@isat.co.za	
Oct 22-23	Uithuizen, NL	Sr. Ange	0595-435600	deboracommunititeit@zonnet.nl	
Oct 23-25	Cullman, AL	Sr. Therese Haydel	256 734-8302	retreats@shmon.org	
Oct 24-26	Encino, CA	Sr. Linda Snow	818 784-4515	srlinda.snow@gmail.com	
Oct 31-Nov 2	Melbourne, KY	Micki Martin	859 441-0700x349	mickimartin76@hotmail.com	
Oct 31-Nov 2	St. Louis, MO	Retreat Team Leader	314 918-8288	cost1@centeringprayerstl.info	
Nov 7-9	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Dec 5-7	New England	Sr. Mary Anne L.	603 627-9493	srmariannel@aol.com	
Dec 5-7	St. Joseph, MN	Sr. Rita Budig	320 363-7115	rbudig@csbsju.edu	
Dec 5-7	Racine, WI	Sr. Kathryn Kobelinski	414 282-7310	kkobelinski@ssnd-milw.org	
Dec 5-7	Ferns, Ireland	Sr. Christina	053 93 66634	staidansfern@eircom.net	
Dec 5-7	Hastings, NY	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	Advent
Dec 12-14	Sewanee, TN	Carol Wray	615 373-0613	carolwray@aol.com	
Dec 29-Jan 1	Highland, NY	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	Sheehan

Centering Prayer as the 11th Step Retreats - "Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."
Step 11 of the 12 Step Programs.

Date	City/State	Contact Person	Telephone #	Email Address	Comments
Oct 23-26	Jerome, ID	Br. Selby Coffman	208 324-2377x215	selby@idahomonks.org	Advanced
Oct 24-26	St. Charles, LA	Myrna Toohey	830 981-4151	mjtsatx.rr.com	
Oct 31-Nov 2	Racine, WI	Deb Ross	608 271-8479	dross40665@aol.com	
Nov 14-16	St. Louis, MO	Michael Kramer	314 367-3885	michaelkramer@charter.net	

Centering Prayer Intensive Retreats - 4 to 10 days - An in-depth retreat for those with experience in Centering Prayer, in an atmosphere of silence, solitude and community. Videotapes of the Spiritual Journey series with Fr. Thomas Keating are shown. The 10 Day features Parts I, II & III of the Spiritual Journey series.

May 30-Jun 8	St. Joseph, MN	Sr. Rita Budig	320 363-7115	rbudig@csbsju.edu	10 Day
June 1-8	Sewanee, TN	Carol Wray	615 373-0613	carolwray@aol.com	8 Day
June 10-19	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciousharmony.org	10 Day
June 12-19	Union, WA	Diane Haavik	206 567-5906	dhaavik@yahoo.com	8 Day
June 13-20	St. Louis, MO	Retreat Team Leader	314 918-8288	costl@centeringprayerstl.info	8 Day
June 15-22	Dublin, Ireland	Sr. Fionnuala Quinn	01 868 3041	fquinn@dominicansisters.com	8 Day
June 16-20	Stoneville, NC	Joan Hurst	336 418-0028	jr9540@earthlink.net	5 Day
June 17-26	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net (wait list)	10 Day
June 21-27	Ferdinand, IN	Sr. Maria Tasto	812 367-1411 x2656	maria@thedome.org	7 Day
June 23-30	Cullman, AL	Diana Tschache	205 991-6964	tschached@bellsouth.net	8 Day
July 4-11	Winnipeg, Canada	Sr. Catherine, osb	204 338-4601	stbenscentre@mts.net	8 Day
July 13-20	Edmonton, Alberta	J. Marple	780 701-1852	jmarple@providencerenewal.ca	8 Day
July 14-21	Kalihi, HI	Carol Alevizos	808 536-6090	cohi@lava.net	8 Day
July 16-20	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciousharmony.org	5 Day (Men)
July 19-26	Melbourne, KY	Micki Martin	859 441-0700x349	mickimartin76@hotmail.com	8 Day Sheehan
July 20-27	Maple Mt., KY	Kathy McCarty	207 229-0200	kmccarty@maplemount.org	8 Day
July 24-28	Barranquitas, PR	Marilu Ason	787 753-0758	mariluas@aol.com	5 Day
July 30-Aug 3	Frenchville, PA	Nicole Fedder	814 263-4855	bethanyadult@pennswoods.net	4 Day
Aug 1-6	St. Paul, MN	Virginia Matter	651 777-7251	virginia@benedictctr.org	5 Day
Aug 6-10	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciousharmony.org	5 Day (couples)
Aug 7-10	Santo Domingo, DR	Vicky Acra	809 543-5802	lic.acra@codetel.net.do	4 Day
Aug 15-19	Anchorage, AK	Rosemary Insley	907 346-2343	rinsley@holyspiritcenterak.org	5 Day
Aug 15-22	Mt. Holly, NJ	Sr. Marcy Springer	-----	FHOP@verizon.net	7 Day
Aug 19-24	Ringwood, NJ	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	6 Day
Aug 21-30	Jerome, ID	Br. Selby Coffman	208 324-2377x215	selby@idahomonks.org	10 Day
Sept 9-18	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net	10 Day
Sept 11-14	Santo Domingo, DR	Vicky Acra	809 543-5802	lic.acra@codetel.net.do	4 Day M.Tasto
Sept 17-21	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciousharmony.org	5 Day (women)
Sept 26-30	Conyers, GA	Mary Joyce Dixon	706 896-8275	vandmjdixon@alltel.net	5 Day
Oct 7-16	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net	10 Day
Oct 15-19	Durban, KZN	Norman McNally	27.31.201.5278	nmcnally@iafrica.com	5 Day
Oct 16-19	Capetown, S.Africa	Brian Podesta	27.21.557.5185	brianp@isat.co.za	4 Day
Oct 16-19	Grtr Vancouver, BC	Anne Larochelle	604 944-2742	marlan2@telus.net	4 Day
Oct 20-29	Santo Domingo, DR	Vicky Acra	809 543-5802	lic.acra@codetel.net.do	10 Day
Oct 22-26	New England	Sr. Mary Anne L.	603 627-9493	srmaryanne@aol.com	5 Day
Oct 24-31	Lafayette, OR	Patricia Lacy	541 754-9945	patricia.lacy@oregonstate.edu	8 Day
Oct 26-Nov 2	Ferns, Ireland	Sr. Christina	053 93 66634	staidansfern@eircom.net	8 Day
Nov 16-20	Sewanee, TN	Carol Wray	615 373-0613	carolwray@aol.com	5 Day
Nov 16-20	Kalihi, HI	Carol Alevizos	808 536-6090	cohi@lava.net	5 Day
Nov 27-30	Santo Domingo, DR	Vicky Acra	809 543-5802	lic.acra@codetel.net.do	4 Day
Nov 30-Dec 7	Valle Crucis, NC	Rev. Thomas Morris	336 667-4231	rector@stpaulwilkesboro.org	8 Day
Dec 2-7	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciousharmony.org	5 Day
Dec 3-7	Santa Barbara, CA	Annette Colbert	805 684-6344	w.colbert4@verizon.net	5 Day

Post Intensive Centering Prayer Retreats - 4-8 Days - Provides an opportunity for intensive Centering Prayer, Lectio Divina, solitude and silence in community. Prior Centering Prayer Retreat experience required

June 1-8	Sewanee, TN	Carol Wray	615 373-0613	carolwray@aol.com	8 Day
June 10-19	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciousharmony.org	10 Day
June 12-19	Union, WA	Diane Haavik	206 567-5906	dhaavik@yahoo.com	8 Day
June 13-20	St. Louis, MO	Retreat Team Leader	314 918-8288	costl@centeringprayerstl.info	8 Day
June 18-22	Trinidad & Tobago	Sr. Paul D'Ornellas	868 624-8267	srpaul@tstt.net.tt	5 Day
June 21-27	Ferdinand, IN	Sr. Maria Tasto	812 367-1411 x2656	maria@thedome.org	7 Day
June 23-30	Cullman, AL	Diana Tschache	205 991-6964	tschached@bellsouth.net	8 Day
Jun 29-Jul 6	Encino, CA	Sr. Linda Snow	818 784-4515	srlinda@adelphia.net	8 Day
July 4-11	Winnipeg, Canada	Sr. Catherine, osb	204 338-4601	stbenscentre@mts.net	8 Day
July 10-13	Port-of-Spain	Sr. Paul D'Ornellas	868 624-8267	srpaul@tstt.net.tt	4 Day
July 14-21	Kalihi, HI	Carol Alevizos	808 536-6090	cohi@lava.net	8 Day
July 19-26	Melbourne, KY	Micki Martin	859 441-0700x349	mickimartin76@hotmail.com	8 Day Sheehan
July 20-27	Maple Mt., KY	Kathy McCarty	207 229-0200	kmccarty@maplemount.org	8 Day
July 25-30	Rosaryville, LA	Vivien Michals	504 944-4000	vived2@cox.net	6 Day
Jul 27-Aug 3	Frenchville, PA	Nicole Fedder	814 263-4855	bethanyadult@pennswoods.net	8 Day
Aug 19-24	Ringwood, NJ	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	6 Day
Sept 26-30	Conyers, GA	Mary Joyce Dixon	706 896-8275	vandmjdixon@alltel.net	5 Day
Oct 24-31	Lafayette, OR	Patricia Lacy	541 754-9945	patricia.lacy@oregonstate.edu	8 Day
Nov 6-9	Port-of-Spain	Sr. Paul D'Ornellas	868 624-8267	srpaul@tstt.net.tt	4 Day
Nov 7-14	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net	8 Day
Nov 17-24	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net	8 Day
Nov 30-Dec 7	Valle Crucis, NC	Rev. Thomas Morris	336 667-4231	rector@stpaulwilkesboro.org	8 Day

10 Day *Post* Intensive Retreats

June 10-19	Austin, TX	Lisa Genung	512 347-9673	officemgr@consciouharmony.org	10 Day
Jul 29-Aug 7	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net	10 Day
Aug 1-10	Ringwood, NJ	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	10 Day Sheehan
Sept 12-21	Hastings, NY	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	10 Day Keating
Dec 2-11	Snowmass, CO	Carol DiMarcello	970 927-9376	coc@sopris.net	10 Day

Advanced Centering Prayer Retreats - Provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of silence and community support. The Advanced Intensive usually features Part IV of the Spiritual Journey Videotape series by Fr. Thomas Keating. Prior Centering Prayer retreat experience required.

June 6-13	Racine, WI	Sr. Kathryn Ann K.	414 282-7310	kkobelinski@ssnd-milw.org	8 Day
July 4-11	Winnipeg, Canada	Sr. Catherine, osb	204 338-4601	stbenscentre@mts.net	8 Day
Sept 8-13	Leicester, UK	E. M. Smith	(0) 1772 620 746	infocouk@btinternet.com	6 Day
Sept 24-28	Port-of-Spain	Sr. Paul D'Ornellas	868 624-8267	srpaul@tstt.net.tt	5 Day

21 Day Centering Prayer Immersion Retreat - unique opportunity for those already established in Centering Prayer to deepen the experience of living the commitment to the contemplative dimension of the Gospel in daily life. Each week has a new presenter and theme.

Jun 7-28	Frenchville, PA	Nicole Fedder	814 263-4855	bethanyadult@pennswoods.net	21 Day
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Nine Month Course: The Practice and Deepening of Contemplative Living - An ongoing process of formation enabling participants to create their own unique contemplative lifestyle in the contemporary world. Commitment is for one weekend a month for nine months, September through May. Prayer, contemplative living and the integration of contemplation and activity are cultivated; the process is aided by the development of relational prayer through contemplative prayer practices. For information contact:

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Formation for Contemplative Outreach Service - Training and practice in communicating the essential elements of an Introductory Workshop on Centering Prayer, and an opportunity to look at our own Centering Prayer practice in light of the Essentials. Prerequisite: prior attendance at a 10 day Intensive Centering Prayer Retreat and daily practice of Centering Prayer. Includes periods of Centering Prayer and presentations by staff and participants.

June 25-Jul 2	Highland, NY	Cathy McCarthy	845 534-5180	cmccarthy001@hvc.rr.com	7 Day
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Facilitator Training and Formation - An in-depth training prepared especially for Facilitators of small Centering Prayer groups and those who want to train and nurture Facilitators as part of a Leadership Service Team. The workshop is open to all who are interested in serving their chapter and prayer groups. This includes Coordinators, Contact Persons, Current and future facilitators and Presenters, as well as those who wish to enrich their experience as a member of a Centering Prayer Group.

July 18-25	St. Louis, MO	Pat Simon	314 576-6241	pat.simon@att.net	8 Day
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Parish Missions/Retreats by Fr. Carl Arico

Contact: C.O. International Resource Center, 973 838-3384

June 6	Racine, WI	8 Day Intensive/Advanced Retreat
July 24-28	Snowmass, CO	Circle of Friends Gathering
Sept 19-20	Grand Rapids, MI	Forgiveness Workshop
Sept 24-28	Pittsburgh, PA	Annual Conference
Oct 4-7	Brookfield, CT	Parish Mission, St. Joseph's Church
Oct 13-17	Florida	Priest Retreat - Diocese of Pensacola-Tallahassee
Oct 17-19	Florida	Deacon Retreat - Diocese of Pensacola-Tallahassee
Oct 31-Nov 2	San Damiano Center, CA	Weekend Retreat - Journey to Rest
Nov 6-20	Hawaii	Parish Mission and Retreat
Nov 21-23	Basking Ridge, NJ	Weekend Retreat - St. James
Nov 29-Dec 2	New Milford, NJ	Parish Mission - St. Joseph
Dec 6-10	Port Orane, FL	Parish Mission
Dec 12-13	New Jersey	Day of Prayer

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Return

by Carolyn Goddard

Living outside the garden
there is shame,
desire, dominance.
The curse of thorns and thistles—
seeking security in relationships and work—
leaves a dry taste of dust.

Ah, but there is a secret!
The cherubim are not posted
to keep you out - only
to keep I out.

The essential you
the you under the I,
is protected forever,
undefiled and undefilable.

You can return
for you never left

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Centering Prayer as taught by Contemplative Outreach can serve as a spiritual resource for any structure including a corporate model, but is not itself a structure. It infuses into all activity the motive of divine love and personal commitment to transformation in Christ. It provides interior resources for many lifestyles without having an independent existence of its own. Hence, it competes with no other organization, work of mercy, or spiritual discipline. It is the contemplative dimension of the Gospel, not the gospel itself. It can be lived and practiced in any state of life that supports or manifests the values of the Gospel without being identified with any particular state of life. It fosters the divine way of being human in every situation. It is not exclusive to any one religion but nourishes the heart of every religion. Thus it can enhance the practice of every religion by sustaining as its primary responsibility the process of human transformation in Christ, as the eternal Word of God made flesh." *Excerpted from Thomas Keating's presentation at the 2006 Contemplative Outreach Annual Conference.*

Networking, resources, & workshop presenters are available at the Contemplative Outreach International Resource Center For more information contact: **Contemplative Outreach, Ltd.**

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