



CONTEMPLATIVE
OUTREACH® SILENCE
SOLITUDE
SOLIDARITY
SERVICE

1984~2014

Celebrating 30 Years of Grace & Gratitude

2014 Annual Report of Activities of Contemplative Outreach

The essential thing that we are called to contribute is to serve the coming into humanity in our time of a deeper awareness of the love of God ...

- ❖ To see Christ as present in everything and everyone.
- ❖ To create a context in which the transformation of humanity can take place.
- ❖ To make the practice of Centering Prayer and the conceptual background as available as possible
- ❖ To heed the call to be transformed and then to rely on God to enable us to pass on the mercy, forgiveness, compassion and love to all humanity that we have received.
- ❖ To acknowledge that any good accomplished is the work of the Holy Spirit.

~Thomas Keating, Circle of Service Meeting, St. Benedict's Monastery, May 30, 2011

...

Contemplative Outreach celebrates 30 year of grace and gratitude this year. Contemplative Outreach has grown from a handful of people in 1984 to a worldwide organization that has a presence in over 55 countries. During 2014, the website had 209,032 visits, with over 109,000 unique "hits" from 187 countries. We've grown from one presenter in 1984, namely Fr. Thomas Keating to over 900 trained presenters offering approximately 200 to 300 workshops annually serving nearly 5,000 persons. In 2012 alone (the last for which data is available) we served 377 retreats, with an attendance of 8,107. We hosted 18 Formation and Training programs which served 228 persons. We have over 1,000 trained volunteers that serve retreats, workshops and training programs. We have 648 known Centering Prayer groups with a membership of over 5,372. In addition over 3,000 participants participated in our online course offerings. Statistics are gathered every other year and will be gathered in 2014.

Our staff has formed a working team and each member is empowered and encouraged to function to their fullest capacity and contribute to the overall operations of Contemplative Outreach in order to offer and support services throughout the world.

From the Contemplative Outreach Resource Center ...

- Production, editing and planning of the new video - *Voices of Grace and Gratitude*

- Launched “Voices” weekly series on home page of website
- Publication of *The Gift for Life: Death & Dying, Life & Living* companion book
- Hosted the United Day in Prayer including a virtual component for in-home use
- Implemented a new voice-over-the-internet telephone system
- Developed 2014 budget and plan
- Created 2014 Action Plans for each of the COS circles
- Staffed three *Gift of Life* retreats, and *Lean into Lent*, a practice-based Centering Prayer retreat
- The annual gathering of the Circle of Friends was held at St. Benedict’s Monastery, July 24-27
- Experimented with streaming video with Fr. Thomas from St. Benedict’s Monastery.
- Developed, reviewed and approved new guidelines for Presenter Formation.
 - These guidelines enable local chapters to train their own presenters with mentoring and guidance of the Formation Team.
- Reviewed and updated the Presenter Formation Handbook 2013.
- Review and update the Resource Handbook for Chapters on a semiannual basis.
- Update the Employee Handbook regularly
- In gratitude of 30 years, 1,500 sustaining donors are being sent handwritten thank-you notes.

Projects and Programs

Spirituality & Practice ~ In celebration of the 30th anniversary, a new yearlong program of online courses/retreats is being offered in 2014, *A Path into Divine Love* includes five live online offerings:

1. *The Grace of Lent: Foundations for Contemplative Living* with Fr. Thomas Keating. (690 participants)
2. *Lectio Divina: Heart to Heart: Listening and Living with God* (540 participants)
3. *Forgiveness: A Growth in Love* (534 participants)
4. *Lean In, Lighten Up and Let Go: Practices for a Deeper Commitment to the Contemplative Life* with Mary Dwyer, to be offered October 6-31
5. *The Grace of Advent: Consent to Contemplative Living*, to be offered November 28-December 26

About 150 people have signed up for the entire Path program, taking all five online retreats. In addition, yearlong participants receive a *Word of the Week* email and are part of an online Practice Group forum for additional support and community connection. Since we began working with S&P in 2008, over 13,000 people worldwide have taken these online retreats in either live or self-guided formats.

Sounds True ~ New inventory for the Centering Prayer in-home training program has been received and is being promoted on the website. An alternative way of going through the course for individuals is now being shipped with all packages. In addition, chapters are promoting the course as the preferred alternative to the former six follow-up sessions to Introduction to Centering Prayer which have now been discontinued.

Mobile App ~ The Centering Prayer timer app went live in the iTunes store at the end of March. As of September 8, 2014, the app has been downloaded by 6,700 users and over 124,000 sessions have been logged. The next update for the app will include a Spanish language version of the app, as well as new backgrounds, sounds and prayers. The app will also include the ability to donate to support Contemplative Outreach, and to purchase PDF versions of the Contemplative Life Program booklets. An Android version of the app will be initiated later this year.

e-News Bulletin ~ The e-news bulletin is sent to over 18,000 email addresses each month. It is also being promoted via Twitter and various Facebook sites. Response continues to be very positive and encouraging. The website traffic spikes each month after the e-news bulletin is sent out, as do store purchases, mobile app downloads, and requests to join the CO Facebook group.

Printed newsletter ~ the newsletter continues to be produced as a 16-page publication twice a year in June and December. This year, for the 30th anniversary, more space has been devoted to articles and reader contributions, reducing the directory and retreat listings, requesting that readers go online for complete listings. Twenty thousand newsletters are printed; 17,000 are mailed within the U.S (it is cost-prohibitive and unreliable to mail it to other countries). The other 3,000 are sent to retreat houses and packed-in with bookstore purchases.

Website ~ New content continues to be added to the website each month. The web developer is currently working on optimization of current capacities, as well as forum functionality to support online courses. A facelift of the home page and a new overall site look will happen in the fall, as well as mobile-friendly modifications.

CO Facebook Group ~ The CO FB group has grown quickly over the past year, from under 400 participants to over 1,100. This is due to more active posting to group members and promotion in the e-bulletin. Similar posts are also made to the largest Centering Prayer group which has over 890 members.

CLP ~ The Welcoming Prayer booklet has been significantly updated into a 40-day format with more complete background and instruction on the prayer. The Lectio Divina booklet has also been slightly updated. Both will be available in late September.

Prison Outreach ~ The publishing rights of the book, *Pathway to Freedom*, have now officially been signed over to Contemplative Outreach, Ltd by co- authors Savario Mungo and Marietta Della Penna. The next step is submitting to the Copyright Office of the U.S. Government. We understand that this process can take up to six months. We have had many inquiries regarding this book and are now happy to be able to report that it will soon be available for Contemplative Outreach to publish. We will be contacting all persons on the Prison Outreach database to update our records and make them aware of new resources that are available for prisoners. Ray Leonardini of Prison Contemplative Fellowship is partnering with Contemplative Outreach to bring Centering Prayer to those who are incarcerated. Ray has worked for many years in the California prison system. Through a grant he is able to distribute his book, *Finding God Within, Contemplative Prayer for Prisoners*, to those working in prisons, free of charge

The Gift of Life Committee ~ The Gift of Life Committee is responsible for the production of materials to spread the work and message of Contemplative Outreach especially the teaching of Thomas Keating. The members are Ray Mueller, Mary Anne Best, Gail Fitzpatrick-Hopler, Betty Sue Flowers and Carl Arico. During the last year to date: Creation of materials for the 30th Anniversary of Contemplative Outreach such as the *Voices of Grace and Gratitude* which appear weekly on the website, *30 Years of Grace and Gratitude* DVD, creation of materials for the Circle of Friends gathering, DVD for the United in Prayer day, companion book for *The Gift of Life* series, liaison with Peter Jones on *A Rising Tide of Silence*, cooperating in the sub-titling and translation of materials in Spanish, the creation of special DVD for the celebration of our 30th Anniversary. Prepared materials for downloads and mp3, future plans are to use 4 days of interviews with Fr. Thomas captured in July 2013.

Circle of Service (COS)

Circle of Service (COS) ~ The Circle of Service (COS) consists of designated representatives that collectively uphold the spiritual and service aspects of the Contemplative Outreach community consistent with the Vision, Theological and Administrative Principles. (1) **The Operations Team Circle** consists of the Officers of the Board of Trustees. The Operations Team exercises the ordinary affairs of Contemplative Outreach, Ltd. with full decision-making authority for the corporation, legal, financial, business functions and activities. (2) **Extension Contemplativa Internacional Circle** consists of persons whose mission is to support the Latin American and Hispanic CO communities throughout the world. (3) **International Circle** consists of persons whose mission is to support the emerging chapters in countries outside the United States. (4) **Chapter Program and Services Circle** consists of persons that provide communication, networking and supportive programs and services to chapter servant leaders. (5) **Keating Legacy Circle** consists of persons who oversee the intellectual property received from St. Benedict's Monastery and Fr. Thomas Keating. (6) **Research and Technology Circle** ~ consists of persons who identify and address research questions pertaining to contemplative spirituality and transformation.

Circle of Service Reports ~ The following are summary reports from the Circle of Service representatives.

Chapter Programs & Services (CPS) ~ Represented by Susan Komis, represents some of the programs and services of Contemplative Outreach and includes:

- Centering Prayer Introductory Program
- Formation Programs (*for persons engaged in service to CO*)
- Lectio Divina Introductory Program
- Living Flame I & II Program
- Twelve Step Outreach
- Contemplative Outreach Retreats
- Presenter Formation for Centering Prayer
- Welcoming Prayer Program

Service Team Leaders provide information, presenters and support for Chapters who wish to offer these programs in their local Chapter. Chapter Consultants provide “call-in” communication, networking, mentoring, on-site chapter visits and support for Chapter leadership. A community Blog is available for extended communication. Topics of interest to Chapter members invite interaction with others throughout our spiritual community. A Coordinator Advisory team is being formed to provide additional information and insight for future programs and activities of Contemplative Outreach Chapters. The Chapter Programs & Services (CPS) team is dedicated to serving the Vision and Theological and Administrative Principles of Contemplative Outreach. New Community Leadership Blog ~ a new blog was introduced for all worldwide Contemplative Outreach coordinators and contact persons. The purpose of this blog is to foster communication and connectedness. This is an online peer-to-peer wisdom circle for volunteers to ask questions and share with one another, and also for communicating announcements, resources, tips, Q&As, etc.

Extension Contemplativa Internacional (ECI) ~ Represented by Fr. Gilbert Walker Extensión Contemplativa Internacional (ECI) is currently serving groups in the following countries: the United States, Mexico, El Salvador, Costa Rica, Honduras, Nicaragua, Venezuela, Brazil, Colombia, Ecuador, Peru, Spain, Argentina, the Dominican Republic, Puerto Rico, and Cuba. Through our online groups we are also serving individuals in Uruguay and Chile. Contemplative Outreach and ECI are co-hosts of the Annual Conference in Miami. Simultaneous Spanish translation is being offered to attendees who do not speak English.

We have collected numerous videos of lectures offered by Father Thomas during his trips to Spanish speaking countries. Since these conferences offer consecutive interpretation into Spanish, we intend to make them available to all by posting them on Vimeo and listing them on the ECI website. ECI has two internet groups and offers online courses and practices. Oracion Centrante Uno has 379 subscribed members and Oracion Centrante has 278. These groups have become true virtual communities where formation is offered and members share with each other. Most participants have been together for a number of years and this promotes deepening their practice.

ECI works with an extensive group of volunteers in various countries who devote a considerable number of hours to serving our Centering Prayer groups. Our entire work in Latin America and Spain is carried out by volunteers.

International ~ Represented by David Muyskens. Three years ago I asked the international team for their reaction to my staying on as Coordinator. Their response was positive. Now, another three years have passed and I feel it is time to resign. I have enjoyed making contact with people around the world from Elia Chan in Hong Kong, Steward Dorward in Tokyo, to Martin Ogolla in Kenya, to Martin Johnson in Beijing, to John Tan in India, to Tess Colayco in the Philippines, to Brian Podesta in South Africa. Joy Zeimke has been my assistant during much of these three years. She declined to become my successor. Gail suggested Sr. Fionnuala Quinn, of Ireland, as the next Coordinator of International Outreach of Contemplative Outreach. Joy and I agree with the choice as did the international team. Joy and I plan to stay on as members of the International Team. I will meet with Fionnuala at the annual meeting this September to compare notes. The CoS is in the process of separating governance from management. This position is considered a management one. Our international team encourages all of Contemplative Outreach to think globally. Sr Fionnuala Quinn will become the new Coordinator of International Outreach. Her email address is: fmquinn48@gmail.com, 011-353-1-8299710, (cell 011-353-1-862352299).

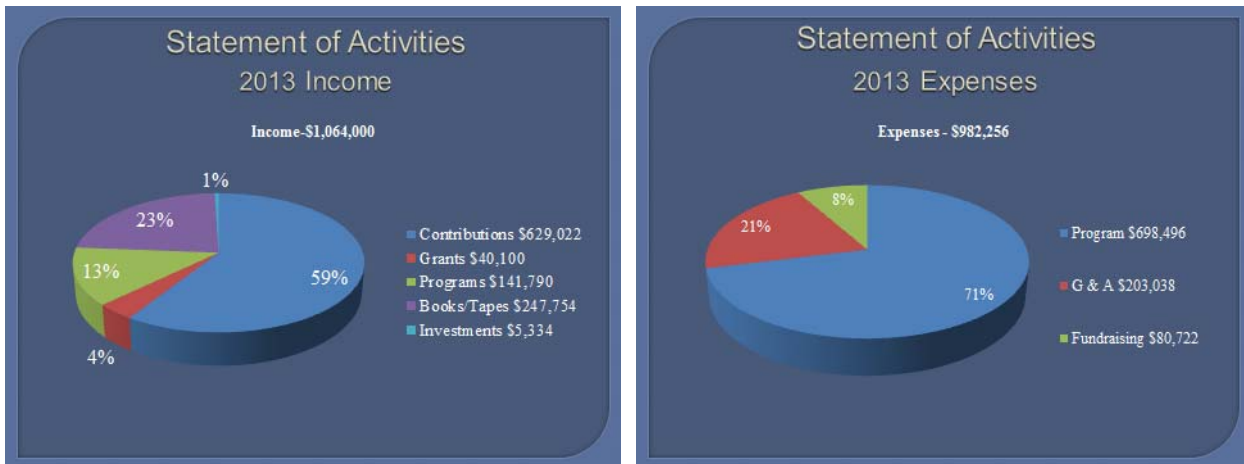
Ildiko Viczian went to Europe this summer. She gave encouragement to the leaders of groups in Paris, France and Hungary. She was scheduled to conduct a workshop on Centering Prayer but it was canceled due to opposition from a bishop. Groups are being formed in Kenya, Africa due to the work of Martin Ogalla at the Assemblies of God Church in Sondu Town in Nyakach District, Kisumu County in Kenya. There are people practicing Centering Prayer in South India; Mathew Nedumkunnel has corresponded regarding the practice of Centering Prayer in and around Kochi, India. Martin Johnson has started a new group in Beijing, China. It is a group of ex-patriots connected with a Catholic Church in Beijing. Fr. Carl Arico has recently received the permission of two people in Poland to be Contact Persons for that country. The International Outreach Team continues to function having oversight over many regions of Contemplative Outreach including South Africa, England, Ireland, Iceland, Philippines, and other places of the world. Joy Ziemke, who is completing her M.Div. at Catholic Theological Union and has completed a Masters in Social Work at Loyola University, is assisting David as Coordinator of International Outreach of CO. He hopes to be able to send her on some international trips to become acquainted with leadership of various regions of the world.

Keating Legacy Circle ~ Members: Gail Fitzpatrick-Hopler, Father Carl J. Arico, Mark F. Nowak, Isabel Castellanos and Father Thomas Keating as an ex officio member for as long as he is able to serve. Duties relative to the intellectual property are to gather, review, archive, protect, consult with Fr. Thomas; report to COS and COL; to recommend, to publish, to translate, to initiate new studies; and to encourage the promotion of these materials. Our work this year focused on: Reviewed *A Rising Tide of Silence*, a film about the life of Thomas Keating produced by Peter Jones; editorial “chunking” of four days of filming of Fr. Thomas being interviewed by Fr. Carl in July 2013; explored streaming video of Fr. Thomas from St. Benedict’s Monastery; reviewed draft of a new book by Fr. Thomas, a collection short essays; explored creation of a curriculum based on the Sounds True edition of the Spiritual Journey series; discussing gathering the works of Fr. Basil Pennington, William Meninger and Thomas Keating in one place. Fr. William has agreed to place his archives at Emory University. Communication continues with Robert V Presutti, Curator of Keating Archives at the Aquinas Library at Emory. Sounds True will continue the production of “Centering Prayer: A training course for opening to the Presence of God”, Thomas editing of materials from previous recorded presentations, e.g. ECI presentations. The Legacy Committee is planning to visit Emory University to assess their progress, to attend an exhibit of TK’s materials and to encourage a special showing of *A Rising Tide of Silence*, to explore the archiving of the history of Contemplative Outreach, to document interviews, the gathering of materials for archiving. Finally, the Legacy Circle reviewed the companion book to *The Gift of Life* series. Members of ECI have been working hard on sub-titling the DVD’s for the annual conference and for the Keating film.

Research and Technology Circle ~ Represented by Ron Barnett. This circle provides guidance to Contemplative Outreach (CO) and the COS on matters of research and information technologies including social media. In the area of research the primary activity during the past year has been the provision of consultation to several academic researchers with an interest in investigating the effects of Centering Prayer in human and social development. In the area of information technology, the Circle

has served in an advisory capacity to support CO program evaluation, web-based project collaboration, and digital communications, and the release of Centering Prayer mobile app 1.0.

Operations Team Circle ~ The financial statements and internal processes around the handling of funds are audited annually by outside auditors. Contemplative Outreach received an “unqualified opinion” on its statements for 2013, attesting to the accuracy of the statements. The following graphs highlight the Statement of Activities for 2013: income and expenses.



Program income and expenses include:

- ❖ Chapter programs and services
- ❖ Retreats
- ❖ Annual conference
- ❖ Online courses, mobile app, and other online activities
- ❖ Newsletter
- ❖ Monthly e-bulletin
- ❖ Production of *The Gift of Life* series and *Voices of Grace & Gratitude*
- ❖ Bookstore sales

The following principles guide financial operations:

1. Gratitude for 30 years of generosity by volunteers, donors, partners and staff – the fruits of a worldwide community committed to living out of the contemplative dimension of the Gospel in everyday life.
2. A commitment to stewardship, sustainability, accountability, accessibility to programs and services, and sound financial practices.
3. Intentional financial planning borne out of prayer, the Vision and Principles, participation, discernment, listening, service and experience.
4. Grounded in a philosophy of “enough” – no more, no less.

COS Working Groups ~ Made up of COS members and others, as needed, to research, study and develop plans to present to the COS for discussion and consideration in future planning ~ at the present time there are four working groups; Partnerships, Young Adults, School, Succession and Transition.

Partnerships ~ Our approach has been to identify those people, groups and organizations with which we have existing and on-going partnerships. The general vision for potential partners is simply that we agree to a shared commitment to contemplative life and practice, with a growing understanding of its implications for transformation of the world. The purpose of partnerships is to build and sustain connectivity and alliances with those who have a shared vision/mission and seek out others that are interested in becoming partners. We identified some of our longstanding partners as St. Mary's Sewanee, Garrison Institute, World Community of Christian Meditation, Center for Action and Contemplation, Spirituality and Practice, Sounds True, Shalem Institute, Prison Contemplative Fellowship, Spiritual Pathways, Incarnational Contemplation and The Church of Conscious Harmony. We are forming new alliances, such as with the Global Alliance for Peace and Charter for Compassion. A directory of existing partnerships is being maintained for historical reference for future leaders.

Young Adults ~ The COS formed a Young Adults Working Group in early 2013 to explore the general question of how CO might enhance its outreach to young adults. To date, the working group has considered a broad range of questions including: How do young adults perceive CO as an organization? Do such perceptions influence their receptivity to what CO offers? Would outreach be enhanced if our communications and media were tailored in some cases with format and content for young adults specifically? During the past year a mobile application for Centering Prayer was released on the Apple platform and this event addressed a consistent recommendation from several young adults in the CO community with established practices. In addition, an issue of the CO newsletter included an article on young adults; there has been a strong response from the CO community in the form of questions and overall interest in young adults; and a collaboration on a small project with Gravity, a contemplative organization whose services include many young adults. There remains strong interest in developing a Centering Prayer retreat tailored for young adults. These areas will be explored in the upcoming year.

School ~ The school working group met throughout 2013 and from their explorations and discussed emerged the yearlong online subscription series: *The Path into Divine Love*, co-hosted by Spirituality & Practice. The intention is for formation and deepening practice in the contemplative life. Specifics are included elsewhere in the report.

Succession and Transition ~ The Succession Group conducted interviews, invited participation on conference calls, reviewed materials from similar nonprofit organizations and collected responses to its questionnaire from the COS. Following this accumulation of information, the Succession Group felt that the assistance of a third-party facilitator would be beneficial. The COS accepted the Succession

Group's recommendation. The COS conducted interviews of various professionals experienced in assisting organizations in succession and transition. After discernment, the COS engaged Mark Pranaitis. A COS meeting was held over a weekend this summer and was facilitated by Mark. With his assistance, the COS has developed a draft governance structure. In conjunction with the new structure, the COS nominated, interviewed and discerned three additional members of the COS. These new members will join the COS at the annual meeting.

Mark proposed a research plan which included a review of relevant documents as well as interviews with full-time staff members and all Circle of Service members. Following these interviews the Circle of Service met at St. Walburga Monastery in Elizabeth, New Jersey for a weekend retreat to explore the results of Mark's research and to discern a plan. Central to Mark's insights was acknowledging three distinct functions which were blended in the current model of the Circle of Service. These three are governance, management, and fund raising. Each is essential but when they are not distinct from each other confusion follows.

Through a prayerful process, the Circle of Service agreed to make changes to its membership and configuration so as to achieve greater organizational clarity with a focus on sustainability. The first of these changes is to include within the Circle of Service only volunteers; that is, no one who is a paid employee of Contemplative Outreach will serve on the Circle of Service. This simplifies the work of the Circle of Service and provides a larger pool of people who can serve on the Circle.

Another change is to define differently the work of the Circle of Service. The original model had seven (potentially more) members each of whom are responsible for a particular project or initiative. The net result of this was an unhelpful mix of governance, management, and fund raising made even more complicated by the mix of employees and volunteers on the Circle.

The new model will have 7 – 12 members on the Circle of Service. None will represent a constituency or have a specific project for which s/he is responsible. Rather, the group will be jointly responsible for the governance of Contemplative Outreach.

The bridge between the Circle of Service and the leaders of Contemplative Outreach, whether those leaders are paid employees or volunteers, will be an executive director whose job it will be to manage/oversee the management of the organization.

What is not changing is the culture of the Circle of Service. Its purpose is to serve the organization of Contemplative Outreach so that the organism can grow and develop according to God's plan. To do this, those who serve on the Circle of Service must carefully listen to the call of the Spirit as it comes from the members of Contemplative Outreach, other people of similar mission and good will, and from each member of the Circle of Service. The Circle of Service remains committed to the Vision and Theological and Administrative Principles of Contemplative Outreach and reflected on them throughout the process that led to these changes.

In order to begin implementing these changes, the current Circle of Service members discerned the selection of three new members who will join the Circle for the first time at the Miami Conference. Then, over the (approximate) three months following the conference, other changes will be implemented. At the conference the members of Contemplative Outreach will be able to discuss these

changes at a session set aside for that purpose. After the conference this report will be distributed to all leaders of Contemplative Outreach. They will be invited to discuss it during a conference call in October or early November.

By December 31, 2014, you can expect to hear about at least the following:

1. Election of officers (president, vice-president, treasurer, secretary) from among the members of the Circle of Service
2. Separation of the role of president from the work of executive management of the organization
3. The resignation from the Circle of Service of those whose terms have ended or who are employed by Contemplative Outreach
4. A plan for discerning future additional members of the Circle of Service.

Thank you ~