



CONTEMPLATIVE OUTREACH®

SILENCE
SOLITUDE
SOLIDARITY
SERVICE

Support for your ongoing Centering Prayer practice: Living the contemplative life

Stay Connected to Contemplative Outreach

Keep informed of retreats, workshops, special events, books and programs through our monthly enews bulletin. **Sign up to receive this bulletin** by going to the [“Stay Connected”](#) introduction and following the directions.

Twitter: Centering Prayer on Twitter currently has over 2500 "followers."
See <http://twitter.com/CenteringPrayer>

YouTube: Subscribe to “coutreach” to receive notices of new video content from Fr. Thomas Keating and others. See <http://www.youtube.com/user/coutreach>

Centering Prayer Online: "We welcome you as Christ"

There are four online contemplative communities for those interested in learning Centering Prayer or are already practicing it as taught by [Fr. Thomas Keating OCSO](#) and [Contemplative Outreach, Ltd.](#) Those interested may apply at any time.

CENTERING PRAYER ONE

This online community begins every six months, in January and July, with the teaching of the Introductory Program for the practice of Centering Prayer. The program is followed by the reading and discussion of Fr. Thomas Keating's Centering Prayer primer, *Open Mind, Open Heart*, 2006 Edition. This book explains in detail the conceptual background of Centering Prayer and the Christian Contemplative Heritage. Daily guidance, direction and support in establishing this prayer as a twice daily practice is also provided. Admission can take place at any time during the year. To request subscription to the Centering Prayer One list write to the List Owners at CENTERING PRAYER ONE <http://groups.yahoo.com/group/centeringprayer-one/>

CENTERING PRAYER TWO

This online community consists of those practitioners who already have practiced Centering Prayer twice daily for a year. It consists of a one year cycle and is the next step after the Centering Prayer One list. In this group the student will continue to receive teachings and support for the daily practice of

Centering Prayer. The reading and discussion of Fr. Thomas Keating's book, *Invitation to Love*, explores the core material of "The Spiritual Journey," examining the process of healing the human condition through the "Divine Therapy" of contemplation that may occur with a sustained practice of Centering Prayer. This is followed by the reading and reflecting on *Intimacy with God*, Fr. Keating's more advanced book on Centering Prayer. There will also be an introduction to Lectio Divina (praying Scripture), which complements Centering Prayer, and a time to spend with this practice. Questions, commentaries, and sharings are encouraged throughout the year. After a year or more, the participants with a continued established practice of centering prayer are invited to move to the Spiritus List. To request subscription to the Centering Prayer Two list write to the List Owners at CENTERING PRAYER TWO <http://groups.yahoo.com/group/centeringprayertwo>

SPIRITUS

This list is an online community founded in 1994 for those who are more experienced in the practice of Centering Prayer and are looking to deepen their experience of the Christian Contemplative Tradition and the nuances of Centering Prayer through the slow reading and sharing of the material that covers all other books of Fr. Thomas Keating posted online daily. From time to time, members of this community in union with the other online groups meet for retreats that sustain and deepen their Centering Prayer practice and enrich their spiritual life. This is an opportunity to meet the lists' members, deepen their practice of Centering Prayer and enrich their spiritual life. Spiritus' membership spans the English speaking global village. To subscribe to the Spiritus List email the list owners at SPIRITUS-request@LISTSERV.ICORS.ORG

LUXDIVINA-L

This online community is designed to serve those members who have had a twice-a-day Centering Prayer practice for 10 years or more. It takes the reading and discussion to another level with books suggested directly by Fr. Thomas Keating. It also offers his Advanced Workshops from time to time. Membership is by invitation only. Those who are interested can also ask to be invited. To indicate your interest or to request information email the list owners at LUXDIVINA-L-request@LISTSERV.ICORS.ORG.

Other Programs and Online Courses

The Contemplative Life Program

The Contemplative Life Program (CLP) explores how to be a practicing contemplative, abiding in the presence of God in the midst of ordinary life. The CLP provides the in-home tools, the Christian contemplative teachings and the support necessary to live and embody the contemplative dimension of the Gospel. There are 17 different topics. You may participate either via year-long subscriptions or individual booklets. For more information, [visit here](#). Scholarships are available. Questions and requests for scholarship applications may be directed to CLP@coutreach.org or 1-973-838-3384.

Online, Self-Guided Courses

In partnership with Spirituality & Practice and Sounds True, Contemplative Outreach offers several online courses that can be taken anytime, anywhere you have internet access, including ones on **Centering Prayer**, **Lectio Divina**, the **Welcoming Prayer**, the **Prayer of Forgiveness and more**. More information on these self-guided courses may be found [here](#). Spirituality & Practice also offers a

Centering Prayer online course featuring Cynthia Bourgeault. You can read more about [this course here](#). Sounds True also offers a Centering Prayer course, which you can read more about [here](#).

In-depth, In-Person Courses

Two courses are offered periodically by local Contemplative Outreach chapters. The **Living Flame Program** is designed to heighten the awareness of the dynamics of Centering Prayer in the context of the spiritual journey and offer guidance for staying faithful to one's Centering Prayer practice. It meets one Saturday a month for seven consecutive months. More information may be [found here](#).

The Practice of Contemplative Living is a nine-month process of formation enabling participants to create a contemplative lifestyle in the contemporary world. Prayer, contemplative living and the integration of contemplation and action are cultivated, and the process is aided by the development of relational prayer through contemplative prayer practices. The program requires an established Centering Prayer practice and a commitment of traveling one weekend a month to the designated regional location for nine months. More information may be found [here](#).

Retreats

Retreats are a way to take one's relationship with God and one's practice deeper. They offer time and space away from the busyness and demands of daily life, and allow the mind, body, and spirit to surrender to God's presence and action within. The Contemplative Outreach website has an online calendar of retreats all over the world. [Browse here](#).

Retreats, workshops and special events are also featured in our monthly news bulletin. **Sign up to receive this bulletin** by going to the [“Stay Connected”](#) introduction and following the directions.

Join a local Centering Prayer group

Belonging to a Centering Prayer group supports growth in this prayer practice. A typical weekly meeting consists of experience, education and sharing. For example, a group meeting might begin with a 20-minute period of Centering Prayer followed by a time for educational enrichment in the conceptual background to Centering Prayer and the Christian contemplative heritage, and end with experience-based sharing on the prayer and its effects in daily life. Some groups may also practice a form of Lectio Divina. To see if there is a prayer group in your area, [visit the Community section](#) of the website and choose your local region.

(updated 09/11/12)

