
Contemplative Outreach News

Volume 18, Number 1 • Spring/Summer 2004



The Contemplative Outreach logo is taken from the monogram of Job's Redeemer which is the symbol of patient waiting. It depicts the alpha and omega, a symbol of God, the beginning and the end; a cross as the symbol of our salvation; flowers, a symbol of the abundance of life and the Resurrection; and a circle, a sign of ongoing process. This symbol has been seen in several different locations: on an ancient church in the land of Uz — the residence of Job; in the excavations of Old Jerusalem near the original stairs of the Temple; at the Southern Wall of the Old City near the Huldah Gates; and in a church in Galilee.

Contemplative Outreach Vision Statement

Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel in everyday life through the practice of Centering Prayer. The contemplative dimension of the Gospel manifests itself in an ever-deepening union with the living Christ and the practical caring for others that flows from that relationship.

Our purpose is to share the method of Centering Prayer and its immediate conceptual background. We also encourage the practice of Lectio Divina, particularly its movement into Contemplative Prayer, which a regular and established practice of Centering Prayer facilitates.

We identify with the Christian Contemplative Heritage. While we are formed by our respective denominations, we are united in our common search for God and the experience of the living Christ through Centering Prayer. We affirm our solidarity with the contemplative dimension of other religions and sacred traditions, with the needs and rights of the whole human family, and with all creation.

Networking, resources, and workshop presenters are available at the Contemplative Outreach International Office. For more information contact:

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What Can We Do?

by Thomas Keating

The basic oneness of the human family, intuited by the mystics of all religions, is reinforced by the discoveries of particle physics, bio-physics, quantum mechanics, the Big Bang, the chaos and string theories. Reality manifests the unity in diversity of the Ultimate Reality.

Anthropology reveals the evolution of the human family from pre self-conscious states to full reflective self-consciousness. Higher states of consciousness are now a possibility for every individual. Is it also possible for the human race as a whole, or at least a major portion? If so, it may require a series of crises on a global scale to force us to relinquish narrow, limited, and self-interested goals in order to venture into the world of inner freedom, mutual concern and transformation. This is the goal of the spiritual disciplines of the world religions, especially the Christian path as understood by the Fathers of the Church and contemplatives throughout the Christian tradition. The Greek Fathers boldly spoke of *divinization* in their ordinary homilies.

The witness of the Algerian Martyrs of the Cistercian Monastery of Atlas is significant for our contemporary experience. These were monks from several European monasteries who went to Algeria to live the monastic life as a witness to Christ's love for the Muslim people. Their dialogue of presence to the impoverished Arabs who lived around them might be called dialogue unto death. They forgave those who killed them in advance. They fulfilled the most profound social meaning of the Gospel of Jesus Christ: forgiveness of everyone and everything as well as a practical caring for all their neighbors. One of the consequences of this teaching is the conviction that the sufferings of others are our sufferings. It can also be said that the needs of everyone are our needs. From the perspective of the Gospel, these needs are also *God's* needs. "As long as you did it to one of the least of my little ones, you did it to me" (Matt. 25:40).

Those who died in the wreckage of the Twin Towers may not be martyrs in the strict sense of the term. Martyrs are those who lay down their lives for a cause. Jesus did not lay down his life for a particular cause. He laid down his life for the sake of the whole human family. The victims of the Twin Towers have entered into the same broader dimension. They had no time to think of a cause to die for. They were mostly concerned about their loved ones and about the ordinary lives that they were on the point of losing. In a sense they pioneered a new kind of martyrdom without even thinking about it. They were called to submit to the dark side of human transformation, which is death. But this is what Jesus did in his own person—suffering death without any power to rise except his absolute trust in the Father's faithfulness. Even that as a psychological support was sacrificed in the apparent abandonment he experienced on the cross and his subsequent descent into hell.

These were the inevitable consequences of his identification with the human condition, especially with *personal and social sin* and the natural sanctions which flow from them: guilt, shame, isolation, desolation,

loneliness, alienation. Contemplatives of all times have been called to participate in this collective anguish and to rise with Jesus to the inconceivable union and unity that is God's plan for each individual and for humanity as a whole. The victims have contributed to the great awakening that God may have planned from all eternity for us fragile human creatures. In any case, the death of the innocent victims of war and violence is the Passion of Christ extended in time and space.

Our collective sufferings, including the shock, grief, anger and shattering of our expectations and support systems, may be a necessary part of the preparation for the ultimate healing of the individual and societal wounds of the human family and its collective resurrection.

The Twin Towers' destruction was man made. It was not a natural disaster. Hence it is a lively symbol of the devastation that is the consequence of sin, especially social sin, the collective evil accumulating from millions of people seeking to escape from their personal emotional pain. Inflicting pain on others is a characteristic response to this experience. The desire for revenge always accompanies feelings of intense anger or long-simmering hostility. Retaliation, if given free reign, adds to the violence already inflicted on the human family by the original perpetrators. The need for a vindictive triumph, so often touted in war propaganda, must be sharply distinguished from legitimate measures to defend innocent people from brutal attack. At the same time we owe it to the dead not to take the low road of merciless vengeance, which is basically what destroyed *their* lives.

The Twin Towers, at least to third world countries, were symbols of unbridled capitalism, economic domination by the United States over the rest of the world, the search for wealth reaching to the skies and the power to impose our materialistic culture on everyone else. It was a symbol of pride, arrogance, greed, vanity, and the apotheosis of financial success and domination. Yet for most who worked there, it was a way of earning a living, supporting their families with a good job and "hope" for the future. As a world catastrophe, it is a kind of culmination of the escalating insensitivity to human life that characterizes the wars and violence of the last eighty to a hundred years of human history.

The people who worked in the Twin Towers were from eighty different nationalities. The perpetrators of the event had as a clear intent to destroy not just the buildings with their symbolism, but as many innocent people as possible. Anyone who lived in the USA and especially those who passed through those towers was an enemy totally beyond consideration, sympathy, or pity. Thus the attack is a denial of what is most fundamental about human beings, namely, their common unity, a oneness rooted in our common Source. We are individual and social in our very being, manifesting the unity and diversity of the Trinity and its boundless creative activity.

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What Can We Do?

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The oneness of the human family is taught in Genesis by affirming Adam and Eve as the progenitors of the race. Paul develops in Romans how Christ, in taking one human being to himself in the Incarnation, has taken every human being into union with his divine nature. In the light of this teaching, all social divisions have to be reevaluated and many of them dismantled.

The destruction of the Twin Towers was clearly an attack on humanity itself. Since God is identified with the human family and dwells in each member of it, the destruction was also an attack upon God.

The crescendo of human suffering is manifested by the disregard of ordinary citizens as possessing any rights in war, as the just war theory had once proposed as essential for a war to be truly just. The United States government has its share of blame, e.g. the saturation bombing of German cities at the close of WWII, Hiroshima and Nagasaki, support of corrupt dictatorships, refusal to ban land mines and refusal to forgive the debts of impoverished countries, building an ever more grandiose military industrial complex at the cost of neglecting the poor, health care, and protecting the environment.

The present terrorist crisis moves to certain logical conclusions. No one is safe. No place is safe. No weapons can secure anyone against a terrorist attack, especially the ultimate aggression of suicide bombing. The destruction of the Twin Towers happens to be the most visible and dramatic image of the corporate crucifixion of the human family up till now. Isaiah vividly foretells the Passion of Jesus and its consequences (Isa. 52:13-53:12). By making all the pronouns plural, the text strikingly resonates with the tragic deaths of those crushed in the falling buildings.

The agonizing deaths of the victims conform them to Christ's redeeming death. Do they foreshadow the corporate resurrection that God may be preparing for the world? Dying to the false self and inner resurrection is the path to divine union. Many *individuals* have reached this state in the course of human history. But the divine plan for the human race *as a whole* to reach this state is now becoming the central issue for religion, spirituality, and human history itself.

What might we do? Above everything else, continue or initiate in one's own life a permanent commitment to personal transformation. Be reconciled with everyone, forgive in advance those who fight against us. Act in principle out of the *reality* of the oneness of the human family and all creation. The specific way in which to serve depends on one's own talents, the call of grace, and the recognition of the immense complexity, as well as the interconnectedness and interdependence, of the developing global society. Issues of justice and peace need the input, collaboration, and cooperation of experts in many areas of human interaction if the emerging global society is to meet the world's immediate and ongoing needs.

The President's Letter

Dear Friends,

Everyday we receive a gift when we take the time to deepen our relationship with God through the practice of Centering Prayer. This treasure can't be taken for granted and must be celebrated. It offers us the inner confidence that God is present moment to moment. There are countless ways we see the benefits of Centering Prayer each day. It may be the moment when we are able to listen to someone with openness and understanding or when we let a car pull in front of us in rush hour traffic or when we have the inner strength to sit with a dying loved one. Yes, indeed we have been given a precious gift and we must value, honor and share it with others. I invite you to participate in the events below as a way of sharing our contemplative spirit.

The *Twentieth Anniversary of Contemplative Outreach celebrating Living Ordinary Life with Extraordinary Love* will be the highlight of our Annual Conference, in Toronto, Canada, September 29th to October 3rd. Fr. Thomas and Sr. Mary Margaret Funk, osb will be our keynote speakers for this special event.

As part of our conference celebration we will launch a year of practice with our worldwide network community. A beautiful *Praxis Packet* with a series of cards especially designed to commemorate each of the practices will be presented in a simple, prayerful way. We would like to celebrate with as many of you as possible so mark your calendars and plan to attend. (See the article on page 3 or visit our website.)

The *Back to Basics Materials* featured at our 2003 conference are completed and we are eager to visit our Chapters to offer workshops in re-training commissioned presenters and facilitators using the new revised Introductory Workshop Essentials and the revised, updated Method of Centering Prayer brochure. Please contact the International Office if you are interested in scheduling a program for your area.

In March, we held our 12th Annual United in Prayer Day and 145 persons hosted the event, which includes our international members. The video was from an interview with Fr. Thomas in which he spoke about *The Divine DNA*. Our United in Prayer Day is always scheduled for the third Saturday in March. Plan on participating next year.

Fr. Thomas is working on **a new book** which should be published later this year. Please check our on-line bookstore at www.contemplativeoutreach.org for ordering details.

Thank you for the abundant blessings that you have shared with us over the years.

With heartfelt gratitude,

Gail Fitzpatrick-Hopler, President

Invitation to Generosity

by Fr. Carl J. Arico,
Campaign Co-chair

We are now two-thirds of the way through our five year campaign. As part of the campaign, our 20th Anniversary Tour is under way. Yes, Contemplative Outreach has been in existence for 20 years! We are celebrating this historic time by visiting chapters for a weekend of leadership enrichment and fundraising events. The visiting team, along with me, is Fr. Thomas Keating, Gail Fitzpatrick-Hopler, and Marie Howard. When possible we will all be present, but as you may know, Fr. Thomas has had to limit his travel and will attend as many of the events as he can.

These are our up and coming events through May 2005.

2004	7/9-11	Omaha, NE
	9/17-19	Iowa City, IA
	10/8-10	Peoria held in Moline, IL
	10/15-17	Dallas, TX
	10/29-31	Raleigh, Durham, Chapel Hill, NC
2005	11/19-21	Cleveland, OH
	1/21-23	Austin TX, Heart of Texas
	1/28-30	Portland, OR
	2/25-27	San Francisco
	4/8-10	St. Paul and Duluth, MN
	4/29-5/1	Pittsburg, PA
	5/20-22	Washington, DC

Marie Howard is in contact with the chapters and she can be reached at 310-823-5863. Please give her a call.

We have had fundraising chapter events in St. Louis, MO; Orange County, NY; Chicago, IL; Los Angeles and San Diego, CA; Fredricksburg, TX; Louisville, KY; and Venice, FL.

Many people who have attended these events have had the personal experience of their lives being transformed by the practice of Centering Prayer. Their generosity – spiritually and financially – has confirmed my belief that this Campaign is one of great importance as we celebrate 20 years of Contemplative Outreach. Our hope is to be able to continue to offer the teachings of Fr. Thomas Keating, which have been so instrumental for our personal spiritual growth, to others throughout the world who are searching for the contemplative dimension in their lives. We invite you to be an integral part of the future of Contemplative Outreach as we move into the next 20 years and beyond by your continued fidelity to Centering Prayer and your ongoing financial support.

Annual Conference

by Marie Howard,
Special Events Coordinator

Plans are underway for our Annual Conference to be held in Toronto, Canada at the Don Valley Hotel, September 29th to October 3rd, 2004. It is especially exciting this year as we are celebrating the 20th anniversary of Contemplative Outreach.

Our theme for the overall conference and the Day of Enrichment is **“Living Ordinary Life with Extraordinary Love.”** The enrichment program begins on Wednesday evening and will feature many of the practices offered by Contemplative Outreach for on-going spiritual growth and support.

We will meet in Clusters and hold the Annual Business Meeting of Contemplative Outreach Ltd. on Friday morning. The coordinators will meet on Friday afternoon. Susan Komis and a committee of coordinators have already begun to plan the meeting.

The Contemplative Outreach community in Toronto is hard at work. Carolyn Gratton, Mary Ellen Carey and Shelley McVea, our local hosts, and their committees have been meeting and reporting in on our monthly conference calls. They are excited to have the conference in their beautiful city and are preparing to make our stay there most comfortable.

This year, Madeline Soo, the International Coordinator for Contemplative Outreach, is a member of the planning committee. We will be highlighting many of the activities of Contemplative Outreach offered throughout the world.

Once again, we extend to you a cordial invitation to be with us for this historic time as we celebrate 20 years of offering to others this wonderful gift we have been given. We will mark this occasion with a very special birthday party for Contemplative Outreach and hear from our elders who have been with Contemplative Outreach from the beginning.

Please mark your calendars now. You won't want to miss this special time!

“Alleluia, the Lord is Risen!” Really?

by Rev. Sandy Casey-Martus

There are moments of sheer unanticipated joy...moments when unexpected miracles happen. And there are times in life when our eyes “see,” our ears “hear,” and our hearts “know.”

Last year as I prayed my way to Easter Sunday in anticipation of glorious hymns, children flowering the cross, chocolate bunnies, coffee hour goodies, and white candles, the Easter sermon loomed over my head. My experience has taught me that I cannot prepare Good Friday’s sermon until Maundy Thursday is celebrated. I cannot work on Saturday’s Vigil sermon until the Good Friday service has ended, and I cannot prepare the Easter sermon until late Saturday night after the Vigil. Holy Week is demanding. It has a rhythm of its own, slow and deliberate. I am only now learning the dance. Well, I got home from the Great Vigil exhausted and too tired to think. I went to sleep praying that the Easter sermon would come together by 10 am.

Preaching the “Good News” on Easter Sunday is never easy. After all, everyone knows the story. It is, in fact, good that “Jesus is risen,” but hardly “news!” Last year I found it difficult to hear the “Gospel” when competing voices broadcast death, destruction, despair and war. Nevertheless, this is what Jesus asks of those who have ears to hear, eyes to see, and hearts to believe: *Hear* that life is eternal, *see* that death has been destroyed, and *know* that the Kingdom of God is at hand. “Rejoice and be glad.” Somehow last year I found it hard to hear, see, believe or rejoice. Why was this so difficult for me?

Like many, I felt deeply the denials, disappointments, and passion of Holy Week in light of world events. Prayer and petitions for peace and reconciliation commingled with feelings of human powerlessness and vulnerability. A resurrection sermon for Easter morning would not come lightly. Would it come at all? I was expected at the church in a similar way that the women in Mark’s gospel were expected at the tomb. We had jobs to do, and we had better show up.

Easter morning after a good meditation, a strong cup of tea, and a piece of toast, I settled in among my papers, books, and kitties to finish the sermon. With only an hour to go before leaving for St. Francis I kept being drawn back to the verse, “Who will roll away the stone for us to the entrance to the tomb?” (Mark 16:3) I guess

somewhere deep in me I had the same question. Who would roll away the stone for me? Suddenly and unexpectedly the next sentence jumped out at me with tremendous force. “When they looked up, they saw that the stone, which was very large, had already been rolled back.” (Mark 16:4) *There was no stone to be removed.*

I suddenly realized that this is what Fr. Thomas Keating means when he says that we are created for happiness and that the source of that happiness is our abiding experience of union with God. Any “obstacle” to that truth is one we put there, and is the source of our suffering and alienation. As Fr. Thomas reminds us, “there are no stones save the ones we put there.” My heart leapt! I got it. The obstacle to my sermon was the same obstacle for the women at the tomb—our worldviews and perceptions. After all, don’t dead people stay dead? “Don’t heavy ‘stones’ stay put?” Not according to the Good News! I only wish Mary Magdalene, Joanna, and Mary the mother of James could have dropped their “stones” and believed what they saw and heard. They could have “heard” the angel’s Good News that “He is risen!” Instead they left the empty tomb terrified, amazed and silent.

Well, not me because in that instant of revelation I decided to let *my* stone roll away. In the next moment, I was up and out of the house wanting to proclaim, “He is risen, the Lord is risen indeed.” I experienced resurrection, I understood resurrection in a new way, and I was ready to preach it! And, I did.

Looking back on this experience I realize how my practices of Centering Prayer and Lectio Divina facilitated a deeper level of faith encounter with the risen Lord. As Fr. Thomas Keating writes in “Intimacy with God”, “Every time we move to a new level of faith, there is an initial experience of disintegration, distress, confusion, and darkness.” He explains that what ultimately moves us into the experience of enlightenment is the Spirit within us—the same Spirit that wrote the Scripture. Fr. Keating elaborates, “When we are in the unitive understanding of Scripture, the outward word confirms what we already know and experience.” In my “Ah, Ha” moment I encountered Christ, heard Him, was guided by Him, and He was raised in me. Then, with all certainty of experience I could proclaim, “**He is risen, the Lord is risen indeed. Alleluia.**”

In Gratitude to a Woman Named Mary. Ten Years Later... by Mary Dwyer

I had the privilege of meeting Mary Mrozowski in the spring of 1990 and then living with her for a time at Chrysalis House. I was referred to her by Fr. Thomas Keating at an Intensive Retreat at Snowmass. Mary introduced me to the Welcoming Prayer, Forgiveness Prayer, Lectio Divina, journaling, and much, much more. But Mary’s real teaching was not just by word...it was by her being “d ath”—knowing God “with every cell of our being.” And Mary did. She did not just talk the talk; she walked the walk. October 18, 2003 was the 10th anniversary of Mary’s death—a pure letting go. And yet not a day goes by that her teachings and words are not right before me. “Do you want to be right or free?” “Everything is just an occasion to get free.” “Practice, practice, practice!” I am so very grateful to Fr. Thomas and Contemplative Outreach for encouraging Mary’s gifts and teachings, and most of all to Mary for allowing herself to become a teaching.

The Spanish Corner

by Ilse Reissner

One month after her 65th birthday, Maria Teresa Torregrosa, one of our Spanish facilitators in Orlando, left us to go home to her Heavenly Father, whom she loved so much. She will be greatly missed by all.

We celebrated our fourth International Meeting in San Diego last October, graciously hosted by David and Cherie Herrera and Cristina Romero. The attendees included coordinators from El Salvador, Mexico, Puerto Rico, Miami and Orlando. Dr. Hugo Mejia of Miami was also there, presenting Fr. Thomas Keating's follow-up videos that he has dubbed into Spanish. They are very professionally done and are now available for ordering. He is also dubbing Fr. Keating's "United Day in Prayer", and the "Spiritual Journey" Series videos. Thank you, Hugo!

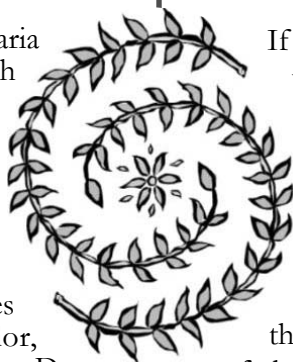
The Holy Spirit has taken our tiny mustard seed and grown it into a large plant throughout many Latin American countries. In El Salvador, Leila Membreño reports that Msgr. Romeo Tovar Astorga continues their work with seven trained facilitators and four prayer groups. In Mexico, Carmen Sanchez and I conducted a Formation for Service workshop in March, assisted by Leila, Judith, Fr. Luciano and Guadalupe Marquez. We had a full house including two from El Salvador and two from Fr. Martin's community in southern Mexico. Judith, her husband Julio, and others have been to many different locations in Mexico offering Introductory workshops and retreats from February to May, with two more planned for July and August. In Nicaragua, 90 people attended a retreat in November, one month after our October Formation workshop. There are now five Centering Prayer groups in Nicaragua. Marilu and Raul Ason continue to bring workshops to different parts of Puerto Rico, despite Raul's recent illness. There has also been an Introductory in Costa Rica, resulting in a prayer group. A big thank you from the bottom of our hearts to all.

Last, but not least, we now have Centering Prayer in Cuba! Fr. Gilberto Walker, an American who lived in Santo Domingo for a few years and learned Centering Prayer there, was assigned to Cuba a year ago. He offered his first Introductory Workshop in November. It was attended by five nuns and 25 lay people, who continue with the practice and hold weekly meetings.

Fr. Thomas Keating will visit Central America at the end of August. His trip will include visits to Mexico, San Salvador, Managua and San Juan. I will be accompanying him as a translator.

I am the Door John 10:7

by Elena Contreras



If a word could characterize the world today, the word chosen would be crisis. We are involved in all manners of crisis: family, institutional, economic, social, values... The Dominican Republic is no exception. The different shades of the crisis in our country take a particular turn. Sadness and despair seem to claim the heart of each Dominican. For many there is nothing to do. However, the resonance of these troubled times finds diverse expressions in the hearts of Christians. "I am the door," says the Word of the Lord in John 10:7. Seizing this promise we have raised our cry to God with all our might. Just like the Ninivites, we have looked for the solution to our tribulations in the merciful innermost recesses of our Creator.

All over the country, parishes have organized prayer sessions so God's wisdom will manifest itself, providing solutions to our national problems. Groups of intercession have redoubled their prayers. And all of those who pray in silence together with this contemplative community have decided to increase their periods of prayer, because we trust in the Divine Mercy, knowing that this silent hymn of love has infinite reaches that reverberate and expand to the whole creation.

Despite all, God is present even more intensely. As a very special gift, He sent us Fr. William Meninger, who, in the month of February, will hold two workshops, one on the Process of Forgiveness and the other on Enneagram and Spirituality, tools that will considerably help our spiritual journey. Now, more than ever, learning to forgive and to love becomes an urgent need in our country. Our retreat house of MonteSacro in Polo, Barahona, will also be filled with joy to receive the teachings of Fr. Meninger in a retreat for couples on the Enneagram.

As a continuing manifestation of the gratuity of God, deeply moved, we celebrate the news of Cathy McCarthy's arrival to offer our community the 21-Day Centering Prayer Immersion Retreat. God is also touching hearts in our sister island of Puerto Rico. We are also certain that God will greatly manifest Himself to us and hear the spiritual cry burning in our hearts.

Contemplative Outreach

If you are a beginner and don't know what materials suit your needs, or if you have an established practice of Centering Prayer and are looking for something to support you, we've crafted the chart below.

	Books	Videos	Audios/CDs
Getting Started	<ul style="list-style-type: none"> • Open Mind Open Heart • Spiritual Journey Video Transcripts, Part 1 • Centering Prayer in Life and Ministry • A Deeper Love • From the Center, Poetic Prayers & Meditations • A Taste of Silence • An Invitation to Centering Prayer 	<ul style="list-style-type: none"> • Six Follow-up Sessions • Spiritual Journey, Part 1, Tapes 1-5 • Contemplative Dimension of the 12 Steps • Who is Called to Contemplative Prayer? • Method of Centering Prayer (Prologue Tape 1) 	<ul style="list-style-type: none"> • Journey to Contemplation • Gift of Contemplation & the Spiritual Journey • Contemplative Journey Vol. 1 • Parish Mission: The Taste of Silence • Meditation Timers • Cont. Dimension of the 12 Steps
Establishing a Practice of Centering Prayer	<ul style="list-style-type: none"> • Lectio Divina • Too Deep for Words • The Better Part, Stages of Contemplative Living • The Human Condition • Intimacy with God • Active Meditations for Centering Prayer • Psalms for Praying • Finding Grace at the Center 	<ul style="list-style-type: none"> • Psychological Experience of Centering Prayer (Prologue Tape 2) • Practices that Bring the Fruits of Centering Prayer to Daily Life (Lectio Divina, Prayer of Forgiveness, Welcoming Prayer, Attention/Intention) • Transformation in Christ, Divine Therapy • Gifts of the Holy Spirit 	<ul style="list-style-type: none"> • Divine Therapy • Beyond Centering Prayer • Healing Human Condition • Contemplative Dimension of the Gospel
Continuing a Practice of Centering Prayer	<ul style="list-style-type: none"> • Spiritual Journey Video Transcripts, Parts 2 & 3 • Invitation to Love • Awakenings • St. Therese of Lisieux, Transformation in Christ • The Divine Indwelling • Fruits & Gifts of the Spirit • Foundations of Centering Prayer (Combined Volume: Open Mind Open Heart, Mystery of Christ, Invitation to Love) • The Process of Forgiveness 	<ul style="list-style-type: none"> • Spiritual Journey, Part 2, Tapes 6-12 • Spiritual Journey, Part 3, Tapes 13-17 • Mary, The Mother of God: A Model for Lay Contemplative Life • St. Therese of Lisieux, Transformation in Christ • A Loving Search for God • Lectio Divina Series • Centering Prayer Revisited 	<ul style="list-style-type: none"> • The Power of Silence • Contemplative Journey, Vol. II • Lectio Divina

Media Resource Guide

Please remember that these are just general guidelines and any of the materials can be ordered by anyone any step along the spiritual journey.

	Books	Videos	Audios/CDs
A Faithful Practice of Centering Prayer	<ul style="list-style-type: none"> • Crisis of Faith, Crisis of Love • Loving Search for God • An Inspirational Minute Book • ReAwakenings • Thoughts Matter • Tools Matter for Practicing Spiritual Life • The Daily Reader for Contemplative Living • A Place Apart 	<ul style="list-style-type: none"> • Fruits of the Holy Spirit • Towards Global Transformation 	
Support for a Well — Established Practice of Centering Prayer	<ul style="list-style-type: none"> • Spiritual Journey Video Transcripts, Parts 4 & 5 • The Mystery of Christ • The Kingdom of God is Like • Call to the Center - The Gospel's Invitation to Deeper Prayer • The Way of the Prisoner • Centering Prayer and Inner Awakening (Available in 7/04) 	<ul style="list-style-type: none"> • Spiritual Journey, Part 4, Tapes 18-23 • Spiritual Journey, Part 5, Tapes 24-28 • Christian Contemplative Heritage Series 	<ul style="list-style-type: none"> • Christian Cont. Heritage Series
Enrichment Possibilities	<ul style="list-style-type: none"> • Heart of the World • Transformation of Suffering, Reflections of 9/11 • Old Wine in New Skins, Centering Prayer & Systems Theory • Inspirational Minute Book 	<ul style="list-style-type: none"> • Reflections of 9/11 • Sharing the Way • Ecumenism: United in Our Search for God • Homily — The Banquet • Unity in Diversity Transcending Boundaries • Embracing Unity in the Christian Heritage • Finding Peace at the Center: A Contemplative Response Parts 1 & 2 • Finding Peace at the Center: A Contemplative Response Parts 3,4,&5 	<ul style="list-style-type: none"> • Healing Our Violence • Ecumenism: United in Our Search for God • Homily — The Banquet • Unity in Diversity Transcending Boundaries • Embracing Unity in the Christian Heritage

The Contemplative Outreach Media Center

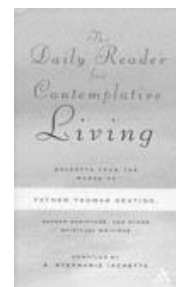
Take a look at these new resources



**Centering Prayer
and
Inner Awakening**
by Cynthia Bourgeault
Available in July 2004

Centering Prayer and Inner Awakening is a complete guidebook for those who wish to learn about the practice of Centering Prayer. Cynthia Bourgeault goes further than offering an introduction, however. She examines how the practice is related to the classic tradition of Christian contemplation, looks at the distinct nuances of its method, and explores its revolutionary potential to transform Christian life. (# B-40 \$13.95)

**The Daily Reader
in Contemplative
Living: Excerpts from the
Works of Fr. Thomas Keating**



Compiled by Stephanie Iachetta

This work brings together for each day of the year three prayer practices for contemplative living: first, a brief "active prayer"; second, excerpts from eleven of Fr. Thomas Keating's books and an audiotape; and, third, Lectio Divina. The brief introductory prayer sentences are from various sources - the Bible and traditional prayers of the church or of well-known spiritual writers. Each day's entry concludes with an appropriate selection from Scripture. (# B-43 \$16.95)

One-stop Shopping

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375 Stewart Rd., P.O. Box 1211,
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Resource Materials

Books By Fr. Thomas Keating

Active Meditations for Contemplative Prayer

By Fr. Thomas Keating #B-15 \$12.95
Contains over 100 selections of several of Keating's significant works, including *Open Mind*, *Open Heart*.

Awakenings #B-05 \$16.95

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Contemplative Outreach

Other Authors

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Tape 2: Finding Peace at the Center: A Contemplative Response

Part Three: Br. Wayne Teasdale (36 min) #V-227

Part Four: Discussion and Dialogue (29 min)

Part Five: Lectio Divina, Reflections, Closing

Recorded at the Contemplative Outreach 2003 Annual Conference,
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by Cynthia Bourgeault #B-40 \$13.95

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Spring/Summer Chapter Updates

Australia

I am pleased to send you this report from the growing Centering Prayer community in Australia. Since the formation of the core group in December 2002, we have seen the community flourish in 2003. The four-person committee has the shared vision of offering Centering Prayer to the wider community.

There are now four Centering Prayer support groups gathering weekly, or fortnightly, in different parishes around Melbourne. Two members of the core group who gave a number of Introductory talks in the parishes formed the groups. The core group is planning to document these Introductory Programs so they can be used in the future.

There have also been a number of retreats offered by members of the core group with excellent attendance. Christina Fox ran a weekend workshop titled "Opening the Heart - The Path of centering Prayer," for 15 people. Fr. Michael Mifsud ran a weekend retreat for 50 people from a charismatic community on the theme of contemplative prayer and taught them Centering Prayer. I also ran a one-day Introductory Workshop attended by 30 people.

During the year the core group met for a weekend Intensive to deepen their won practice. We then planned a support day for the Centering Prayer community in Victoria and gave the day in November to over 30 people. It was very encouraging that the group asked for four more support days in 2004. There will also be a number of retreat days and weekends offered by members of the core group in 2004.

In November we received the generous gift of the Spiritual Journey videotape series. We hope and pray to continue to support people in their journey, and these tapes will provide us a base from which to do this. We also pray that a member of Contemplative Outreach may be able to come to Australia to give us some further formation. The core group will plan at least one Intensive Retreat together during 2004.

Lastly, my thesis topic has been approved. During 2004 I hope to write a thesis based on the teaching of Thomas Keating, including a number of programs aimed at offering Centering Prayer in different settings, and nourishing contemplative living for "lay people."

Chris Morris, Melbourne, Australia

California (CO of North Orange County)

As part of a Servant Leadership Retreat in February, 2003, it was determined that several new chapters needed to be formed to better serve the densely populated area of Southern California. Contemplative Outreach of North Orange County is one of these chapters. Bob Blair is serving as Coordinator. Our leadership team includes Bob, Christina Dunlap, Jean Cauchon and Audrey Urbany. Our first chapter-wide event took place on March 20 as we participated in the International Day of Prayer. We will be offering the Introductory Program beginning on May 29. Special thanks to Marie Howard and Sr. Linda Snow for their helpful input and warm encouragement.

Bob Blair, Coordinator, CONOC

Colorado (CO of Colorado)

When you visit our Center for Contemplative Living it is very likely that you will hear at least once, "Folks, this is how the Spirit works!" Evidence of the Holy in Spirit in action abounds. Thanks to the efforts of many, an expansion of classroom space allows us

to welcome and serve record numbers of people attending the Spiritual Journey series, special class offerings and events. The staff and students have enjoyed the Divine Love and the Centering Prayer Renewal series. Our Center is more than a great facility: it is about building relationships with God and each other from the foundation of Centering Prayer. For example, last summer six of our volunteer staff attended the Contemplative Outreach Servant-Leadership Formation Workshop at St. Meinrad Retreat Center. With their leadership, we are now in the process of implementing a servant team model for Center operations. Fr. Thomas Keating was the keynote speaker for our 11th Annual Conference, March 20. With Christianity as the focus, Fr. Keating will present "The Night of the Spirit: A Commentary on the Teaching of St. John of the Cross." Our examination of other faith traditions will continue with Rabbi Rami Shapiro at our 12th Annual Conference on March 12, 2005. This spring our featured retreat is Seven Mansions of the Interior Castle (May 14-16, 2004) presented by Susan Kamas which explores the spiritual journey of Teresa of Avila. Presentations and small group experiences will enhance our reflections on the mystery of the "Interior Castle" in our personal journeys. June 11-13, 2004 our summer weekend Intensive gathers at S. Milo Retreat Center.

Sr. Bernadette Teasdale, 303-596-7729

Kentucky (CO of Northern KY)

Contemplative Outreach of Northern Kentucky is a brand new chapter which serves the local area surrounding Cincinnati. Over the past several years Centering Prayer groups have been developing in this area. A team has emerged and Introductory Workshops and retreats have been presented. Sr. Viola (Micki) Martin, CDP has been named the coordinator of this new chapter. The team is contacting Centering Prayer group facilitators and doing needs assessment in the area to determine future program offerings.

This summer we are sponsoring an Eight-Day Intensive/Post Intensive Retreat with Fr. Carl Arico, July 18-25, at the Moye Spiritual Life Center in Melbourne, KY. Because of the commitment of the Moye Spiritual Life Center to Centering prayer we are also able to offer three day-retreats and workshops. The Center is located just 15 minutes from Cincinnati.

Your prayerful support is gratefully appreciated as we serve individuals in the network as a newly formed chapter.

Louisiana (Baton Rouge)

Greetings. We are a small five-year old faith community. In 2003-2004 we started a series of five mini-retreat days to become acquainted with our Christian Contemplative heritage. Besides the weekly prayer communities, "A visit to the Origins of Centering Prayer" has brought us together one Saturday every second month for four periods of Centering Prayer, two half hours of input and sharing. We had a visit with The Desert Fathers, John Cassian, Benedict, and *The Cloud of Unknowing*. A second part of "A visit to the Origins of Centering Prayer" is scheduled for 2004-2005. We plan to continue retrieving, reclaiming and reappropriating the Inspirations of Centering Prayer in our Christian contemplative tradition. You are invited to join us.

Monica Freeman, 225-924-3812

Spring / Summer

continued from page 15

Louisiana (Lake Charles)

Contemplative Outreach is alive and well in Lake Charles. Our group meets on the third Tuesday of every month for a full day of prayer at St. Charles REtreat Center. We begin our day with Lectio Divina, intercessory prayer and then Centering Prayer. Then we are blessed to attend mass with Fr. Don Piraro, Director of St. Charles Retreat Center. After a wonderful lunch prepared by the cooking staff at the Retreat Center, we reconvene to watch one of Fr. Thomas Keating's videos from *The Spiritual Journey* series, and then another sitting of Centering Prayer. We now have about fifteen people who regularly attend the monthly meetings which are led by Barbara Tomme. Barbara also offers Centering Prayer Introductory Workshops at least twice a year at the Retreat Center.

In September of this year, Fr. Keating will be coming to St. Charles Retreat Center to give a four-day Centering Prayer Retreat. The retreat is already full and has a waiting list. A core committee has been meeting each first Tuesday of the month to prepare and pray for this wonderful event. We feel so blessed are all very excited about having Fr. Keating come down to be with us.

Charlotte Hine

Louisiana (Orleans)

From Contemplative Outreach, New Orleans: A record crowd of 72 people came to Fr. Carl Arico's workshop on "The Night of the Spirit" on January 31. We were particularly pleased that we were joined by a number of the Sisters of St. Joseph in whose Provincial House the workshop was held. The workshop evaluations were universally enthusiastic and appreciative of Fr. Carl's words. We are all very thankful for the inspiration we receive from the teaching faculty of Contemplative Outreach. Members of Contemplative Outreach New Orleans now look forward to our Intensive/Advanced Intensive Retreat this summer (July 23-August 1). The Advanced Intensive will build on Fr. Carl's workshop with further study of Fr. Keating's tapes on "The Night of Sense", "The Night of Spirit", and "The Beatitudes".

Vivien Michals

Michigan

Contemplative Outreach is growing in Michigan. In 2003 three new groups were formed as a result of Introductory Workshops. An enriching event was the Welcoming Prayer Workshop conducted by Mary Dwyer, October 31 to November 1 at the Dominican Center in Grand Rapids. Group Facilitators received a weekend of training conducted by Bonnie Shimizu, Nov. 7 to 9, at the De Sales Center in Brooklyn, Michigan. Four-day Retreats were held at the De Sales Center in March and November. A weekend retreat was offered at Queen of Angels Retreat in Saginaw in May. In 2004 we have more workshops and retreats planned. October 7 to 14 we expect to host a Formation for Contemplative Service Week led by Anne Mazza at the De Sales Center. **J. David Muyskens, 616-452-2234, jdavidmuyskens@cs.com**

Minnesota

It's hard to believe the Minnesota Contemplative Outreach organization is already three years old. It's even harder to believe how much we've accomplished since our last report to you 18 months ago. While our core board consists of 20 members, we are also supported by about 75 leaders spread throughout the state. Thanks to their dedication, we now have 18 active Centering Prayer groups meeting on a regular basis in 13 cities. We are also blessed with 18 certified teachers and numerous facilitators who donate their time and energy spreading the good news about

Centering Prayer. As a result, we've been able to offer dozens of enrichment opportunities in the past 18 months.

In addition, we are reaching out to some unique groups that have come to realize the value of a meditation practice. Over a three-week period, for example, our teachers presented Introductory Centering Prayer to 40 inmates at S. Cloud State Penitentiary. Since 2002, volunteers have been holding weekly Centering Prayer sessions with young offenders in a Juvenile detention facility, and, most recently, with inmates at a women's prison in St. Paul. Every month, volunteers put on a one-hour workshop at a world-famous rehabilitation center, showing how Centering Prayer supports the 12 Step program. And two Minnesota teachers have been offering Intensive REtreats at a Trappist monastery in Dubuque, Iowa. Last summer, Minnesota was also blessed with the presence of Fr. Carl Arico, who walked us through "The Cloud of Unknowing" at a one-day seminar in Duluth; and Gail Fitzpatrick-Hopler, who certified nine new teachers (representing four states) at a seven-day Formation Retreat in Maplewood. Right now, we're gearing up for a major fundraising event planned for April 9-10, 2005. At that time, Fr. Keating and other members of the staff will be offering enrichment opportunities to support Minnesota's growing membership. In the meantime, we continue to ensure communication and build community through our newsletter, which has almost 600 readers. And we continue to offer thanks for the gift of Centering Prayer, which is transforming our hearts and enhancing our lives.

Kathleen Lindstrom, klindstrom@outtech.com

Missouri (St. Louis)

Our hearts are overflowing with gratitude in this New Year! COSTL is celebrating 15 years of Centering Prayer service and community. We plan to rejoice in this spirit of appreciation throughout our calendar year of 2004. We are also very grateful for the new leadership that the Spirit has called forth to serve our community. We are honored to announce that Jim McElroy has consented to serve as our new Assistant Coordinator for 2004 and in 2005; Jim will assume the role of Coordinator with Marsha Hatfield Baker coming on board as Co-Coordinator.

This past year has been a very full one for COSTL. We have presented the Centering Prayer Introductory Program to 16 communities, teaching over 300 new people to surrender into the Heart of Love. We have worked diligently to create a simple, effective process of offering our Introductory Program and follow-up support to the local parish/church communities. This provides both the opportunity for our volunteers and presenters to be of service and for COSTL to answer the call.

At the same time, we are trying to remain faithful with our support of those members who have begun the Spiritual Journey, providing a second and even third tier of programming to offer encouragement, support and community sharing. After attending our Introductory Program and Follow-up Series, our new members are invited to form a prayer support group and are then encouraged to attend our Formation Series; The Spiritual Journey Videos, followed by The Living Flame. And of course, we continue to offer our various annual CP Weekend, 12 Step and Intensive/Post Intensive Retreats. This coming year we also plan to focus our efforts in sustaining the more senior members of COSTL with programs that offer ongoing community support and dialogue.

With a grateful spirit, we congratulate CO, Lt on 20 extraordinary years of inspired leadership and dedication to the vision of Fr. Thomas.

Matthew Flatley, Coordinator COSTL

Updates continued

Myanmar (Burma)

(Myanmar is not currently a Chapter. This update is from Theresa Ee-Chooi who accompanied Fr. O'Loglen to Myanmar and lives in Kuala Lumpur, Malaysia)

Archbishop Matthias U Shwe had a dream for the people of Burma. That a group of contemplatives could come together to reach out to change the hearts of the men and women there. He searched for many years, but found what Fr. Thomas Keating has described, that there has been no common teaching in our time as to how one moves from discursive meditation to resting in God. That until only recently this type of teaching was not accessible to lay persons or even to those in the active ministry, not to mention busy monks and nuns in cloisters.

Burma's present population is approximately 49 million. Of these only one million are Christian. Hence, Archbishop U Shwe's motto for his archdiocese is evangelization. He sends his priests and nuns, in particular the Zetaman Sisters, deep into the jungles to evangelize the people. There are no fewer than 67 indigenous racial groups in Myanmar and as many as 242 languages and dialects spoken.

In March, Fr. Martin O'Loglen, presently serving in the Philippines, presented Centering Prayer to 69 priests, religious sisters and seminarians in St. Joseph's Cathedral in Taunggyi, the Southern Shan State of Myanmar. "Christian meditation is very important for our Christian life," insisted Archbishop U Shwe. "We didn't know how to do this. But now, with Centering Prayer, we know we can achieve this when we open ourselves to God's presence and action. Thank you for bringing Centering Prayer to us. With this I now know that I can achieve my dream."

There were many questions relating to the methodology of Centering Prayer. Myanmar being the home of Buddhists, participants wanted to clarify the distinctiveness of Christian meditation from that of Buddhist meditation. "I had thought of going to a Buddhist monastery to learn meditation because I did not know that we also have Christian meditation", said one participant. Another religious sister confided, "I was attracted to silent prayer but I did not know how to pray in silence. There were always so many distracting thoughts. So Centering Prayer is just what I needed." Archbishop U Shwe is already planning for a follow-up in November and the possibility of sending some priests to other countries in Asia to learn more about Centering Prayer. Myanmar seems to be truly thirsting for Christian meditation. Three other bishops in Myanmar have also expressed the desire to have Centering Prayer in their dioceses.

Theresa Ee-Chooi

New Mexico (Albuquerque)

July 15th to 18th Summer Conference, "The Eternal Now—and How To Be There!" with Fr. Thomas Keating and Fr. Richard Rohr, OFM. The weekend will include contemplative practice as a group, related workshops, prayer services and a closing liturgy. For information contact **The Center for Action and Contemplation**, 505-242-9588; website www.cacradicalgrace.org.

New York (Walden, St. Andrew's Retreat House)

October 9-November 17, 2003, 15 people gathered at St. Andrew's Retreat House for a 40-Day Live-In Experience: Transformation for Everyday Life. David Frenette and Cathy McCarthy were the ongoing facilitators with the generous support of Gail Fitzpatrick-Hopler and Fr. Carl Arico. There are no words yet to adequately describe what this experience was for all who participated. We are planning another in the fall of 2005. In the middle of the 40-Day, Carl gave a hugely successful Parish Mission to over 200 people at Our Lady of the Lake Church - 60 people signed up for the 6-week follow-up, and we now have a Centering Prayer group that meets once a week at St. Andrew's.

What a blessing!! Our Nine Month Courses continue, and One Day Workshops and Centering Prayer Retreats have been added to our schedule. We have a new Contemplative Living Community from the Nine Month Course on Long Island. We continue offering leadership training at St. Andrew's in the Nine Month Courses, Formation for Contemplative Outreach Service, the Welcoming Prayer, Introduction to Centering Prayer Workshops and facilitators for Centering Prayer Groups. My deepest gratitude to God for this wonderful ministry, and to all those who come to St. Andrew's...witnessing your deepening relationship with God encourages my own commitment...to love God and serve others.

Cathy McCarthy, 845-778-2102, cathymc@frontiernet.net

New York (Westchester)

We were well represented in New York at our region's all-day conference last October 18th. Tom Skinner spoke on "Remembering Mary Mrozowski" and we prepared over 500 complimentary copies of Mary's "Forgiveness Tape for the attendees. If you would like a complimentary tape (while supplies last), please call Tom Skinner at 914-328-0420.

The new year brought new life to Westchester in the form of five Introductory Workshops! The sites for the workshops were St. Barnabus in Irvinton, St. Elizabeth Ann Seton in Shrub Oak, St. James the Less in Scarsdale, Graymoor Spiritual Life Center in Garrison and Taconic Correctional Facility in Bedford Hills. We were grateful to God for the opportunity to teach this prayer which has transformed our lives. We are excited about our new contemplative members and look forward to supporting them in their growth. In the fall of 2004, we plan on sponsoring a Centering Prayer Retreat at Graymoor.

Thomas Skinner, Coordinator, 914-328-0420

Diane Harken, Contact Person, 914-423-4888

Oregon

In the past 3 years Oregon Contemplative Outreach (OCO) has seen an explosion of interest in Centering Prayer, and in the retreats and programs that support the journey. Our mailing list has tripled to 1,000. Using the banquet analogy, the leadership team last year sorted out the menus, grouped the chefs and servers, and were able to offer a full smorgasbord of nearly every program Contemplative Outreach has developed. The spirit is at work! In 2003 our 13 commissioned presenters held 9 Introductory Workshops. The retreat team held 6 retreats. Nearly every retreat and workshop had full attendance. The prison ministry goes into 6 correctional facilities. Our Living Flame program far exceeded our expectations with 49 participants. Throughout the state our facilitators, the very heart and soul of our OCO network, hold a sacred space for 48 on-going Centering Prayer groups. However, the greatest growth has not been in the numbers of programs and participants, but in providing opportunities for our people to experience prayer as relationship to God. As more people support the service teams, attend the formation programs, and share in the vision of Contemplative Outreach as set out by Fr. Keating, our understanding of the contemplative life matures.

In 2004 the leadership team will maintain the current programs. Our intention is to further develop the service team concept so that the team leaders have the needed support, and so that more practitioners are able to grow through service. We all serve in capacities that support our prayer practice, and we all intend to open our eyes to see that it is the God in us that serves the God in others. That's a tall order, but as with Centering Prayer, it is our intention to consent that makes it prayer.

Gini Graham, Coordinator OCO

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Updates continued

Texas (C.O. of San Antonio)

Contemplative Outreach San Antonio (COSA) got off to a beautiful beginning this year with a Lectio Divina Retreat given by the beloved Fr. Carl Arico with 60 participants attending. After this retreat Carl stayed over to officiate the Blessing Ceremony of our new COSA Prayer Center and anoint for service our leadership team and facilitators. A joyful reception followed with a delicious homemade Mexican lunch and cake and miles and miles of smiles. Currently we are in the process of restructuring our leadership and establishing a COSA webpage.

In cooperation with the Omega Retreat Center and the supportive Boerne Benedictine sisters, our 2004 Calendar of Events include: Centering Prayer Retreats, Introductory Workshops and Lectio Divina. Serving the needs of our area, many of these events are offered in Spanish, English and bilingual presentations. Ya'll come see us real soon, you hear!

Timothy Koock, Contemplative Outreach Liaison,
office@coutreach.org

Washington (CONW)

In 1992, five years after CONW began here in Seattle, the vision for our contemplative community embraced the possibility that someday this community might require buildings and a staff to support it. We therefore planned for this development by incorporating CONW into a 501c.3. However, as the vision was lived out, it developed differently than predicted: instead of becoming an intense concentration around a single small group of contemplatives, growth has spread out horizontally forming a large canvass of prayers all over the state. So this year, after extensive research and reflection, we are in the process of dissolving our 501c.3 and becoming an unincorporated chapter of Contemplative Outreach (CO). The only change in our relationship with CO will be that once dissolved we'll be under national insurance instead of our own. This lateral growth is currently seen in three new contact people we've added: one across the USA border in British Columbia, one midway down the state in our capital city of Olympia and one close by the Oregon border. In May we're hosting the Pacific Northwest cluster meeting; fifteen people from Washington, Oregon, Hawaii and Alaska will be invited to gather together Friday night and Saturday to network and support each other. Our small October cluster meeting was so beneficial to those of who attended (a very experienced coordinator, a brand-new presenter who now is a contact person herself and myself, a brand-new coordinator who is serving a one-year term) that we wanted to include as many people as possible in the May one. We all experienced firsthand how extremely helpful it is to have an extended period of time to exchange information, brainstorm ideas and coordinate events and resources with other CO leaders in our region. Our present CONW vision is to be part of this active cluster area by utilizing the training, experience and resources of each of the different chapters. Through this collaboration CONW can offer to our won smaller area a more extensive and in-depth Centering Prayer program.

Laurie Basile, Coordinator of CONW

Wyoming (Alta)

We are very excited about our program schedule this year. In July, author and teacher Brother Wayne Teasdale will join Rev. Jim Clark and myself on the 21-Day Immersion Retreat. Jim Clark's excellent guidance with Lectio Divina last year immersed us into a profound experience of scripture. Brother Teasdale has written dozens of articles on mysticism and religion. He writes, "Each of us is called to be a mystic. To be

a human being means that we are invited into the possibility of transcendental life and experience." We invite you to visit our web site a www.altaretreatcenter.org and explore the many links to Brother Teasdale, as well as the practice of Lectio Divina. Just click on the "Retreats" button.

Secondly, we are hosting two Contemplative Outreach Rendezvous this summer; in early June we have the 11th Step Rendezvous and later in the month we host the Prison Ministry Rendezvous. Again, please visit our website to learn more about these programs.

In addition, we are coupling Centering Prayer and running in Roger Joslyn's "Running the Spiritual Path" Retreat in August. Imagine praying and running in the beautiful setting of the Teton Mountains!

Finally, we are hosting an Icon Writing Workshop in October facilitated by Teresa Harrison. Again, our web site has links to information a photos of the types of Icons participants will be writing during the week.

As if that isn't enough, we have published a children's book, *Exactly Like Me*. You can click on the illustration of the child on our homepage to view sample pages from the book and learn how the book spontaneously leapt into being by one of our participants on a Post Intensive.

Rev. Sandra Casey-Martus,
307-353-8100, info@altaretreatcenter.org

Centering Prayer and the 12 Steps Proposed Formation Retreat

Contemplative Outreach is planning a formation retreat/workshop for qualified people interested in becoming certified as presenters of the Introductory "Centering Prayer and the 12 Steps" Workshop. Those who successfully complete this formation will then be able to present it under the auspices of Contemplative Outreach, Ltd.

Date: January 28-February 2, 2005
Location: St. Benedict's Retreat Center, Snowmass, CO
Qualifications: Must be a commissioned C.O. presenter of the Introductory Centering Prayer Workshop; have 3 years regular CP practice; 5 years continuous sobriety in primary addiction; and living the 12 steps
Cost: \$420 per person—2 per room, meals included

Contact: If you meet the above qualifications contact **Donald Masters, 303-809-2480, donaiddm@ix.netcom.com or Madeline Soo, 414-961-2610**

Please turn to page 23
for articles on the
**Contemplative Outreach
Study Program and the
40-Day Contemplative
Living Experience.**

Calendar of Events June 2004 — March 2005

****Always Check the Website for Additions or Changes****

Introduction to Centering Prayer Retreats/Workshops

A contemporary presentation of the discipline of Centering Prayer as silent communion with God beyond concepts, words and images.

Walden, NY St. Andrew's Retreat House	Sep 3-5	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Appingedam, Netherlands	Sep 8-10	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631
Cullman, AL Benedictine Center	Sep 3-5	Contemplative Outreach Staff Contact: Gloria Garrison (256) 734-8302
Appingedam, Netherlands	Nov 12-14	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631
Port-du-Salut, France Abbaye du Port-du Salut	Nov 26-28	Contemplative Outreach Staff Contact: Charles Christophi
Cullman, AL Benedictine Center	Jan 28-30	Contemplative Outreach Staff Contact: Gloria Garrison (256) 734-8302

The "Welcoming" Prayer Workshop
A spiritual practice of "Letting Go" of feelings, emotions, thoughts and body sensations into the present moment during the ordinary routines of daily life. Prior Centering Prayer experience necessary.

None listed at this time. Please call the local contact person for your area for possible one-day Welcoming Prayer workshops.

Centering Prayer and the 12 Steps (The 11th Step)

The purpose of this weekend is to introduce or expand the experience of Centering Prayer as a part of a daily 12 Step Practice and to stimulate a desire and resolve to practice prayer and meditation on a daily basis. To schedule a workshop contact Madeline Soo at MLSoo@wi.rr.com, (414) 961-2610.

Alta, WY Alta Retreat Center	June 3-6	Contemplative Outreach Staff Contact: Carole Flaherty (307) 353-8200
Cedar Falls IA American Martyrs Retreat House	Aug 27-29	Contemplative Outreach Staff Contact: Jenny A. (319) 266-8225
Jerome, ID Monastery of the Ascension	Oct 29-31	Tim and Martha B. Contact: Grace Coassolo (208) 423-6301
Alta, WY Alta Retreat Center	Nov 10-13	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
St. Louis, MO Il Ritiro	Dec 3-5	Contemplative Outreach Staff Contact: Matthew Flatley (314) 918-8288
Winnipeg, Canada St. Benedict's Retreat Center	Feb 25-27	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
Jerome, ID Monastery of the Ascension	Mar 3-5 Intensive	Tim and Martha B. Contact: Grace Coassolo (208) 423-6301

Introduction to Lectio Divina Retreats/Workshops

Conferences and practice introducing us to the most traditional way of cultivating a friendship with Christ.

Appingedam, Netherlands	Jun 30-Jul 2	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631
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Holy Week Retreat (05)

A celebration of the contemplative dimension of the Easter Triduum. Includes silent meditation periods, liturgies celebrated by Fr. Carl Arico, silence, Lectio Divina, and sharing

Walden, NY St. Andrew's Retreat House	Mar 23-27	Fr. Carl Arico Contact: Cathy McCarthy (845) 778-2102
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Centering Prayer Weekend Retreats

Includes conferences renewing the method of Centering Prayer and a moderate amount of Centering Prayer in common.

McLean, VA Dominican Retreat House	Jun 4-6	Fr. Bill Sheehan, OMI Contact: Judith Werner (703) 356-4243
Allenspark, CO St. Milo	Jun 11-13	Contemplative Outreach Staff Contact: Sr. Bernadette Teasdale (303) 698-7729
Frenchville, PA Bethany Retreat Center	Jun 23-27 4 Day	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Des Plaines, IL Cabirini Retreat Center	Jun 25-27	Contemplative Outreach Staff Contact: Deb Pyne (312) 922-1426
Manhasset, NY St. Ignatius Retreat Center	Jun 25-27	Contemplative Outreach Staff Contact: Barbara Sullivan (516) 481-0472
Litchfield, CT Wisdom House Retreat & Conference Center	Aug 5-7 7 Day	Fr. Thomas Keating Contact: Sallianne Norelli (860) 567-3163
Port Angeles, WA Olympic Park Institute	Aug 29-Sep 3	Contemplative Outreach Staff Contact: Gay Marcontell (206) 322-7482
Polo, Dominican Republic Casa de Ritiro Montesacro	Sep 9-11	Contemplative Outreach Staff Contact: Vicky Acra (809) 548-6480
Frenchville, PA Bethany Retreat Center	Sep 24-26	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Schayler, NE St. Benedict's Retreat Center	Sep 24-26	Contemplative Outreach Staff Contact: Eleanore McNulty (402) 333-3819
St. Joseph, MN St. Benedict's Monastery Spirituality Center	Oct 1-3	Contemplative Outreach Staff Contact: Rita Budig, OSB (320) 363-7115
Appingedam, Netherlands	Oct 5-7	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631
Richmond, VA Shalom House Retreat Center	Oct 15-17	Fr. Bill Sheehan, April Swofford Contact: Reba Gabel (804) 340-0110

Calendar continued

Centering Prayer Weekend Retreats Continued

San Fernando, CA Poverello of Assisi Retreat Center	Oct 15-17	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515
Culman, AL Benedictine Center	Oct 15-19	Contemplative Outreach Staff Contact: Gloria Garrison (256) 734-8302
St. Louis, MO Marianist Center	Oct 22-24	Contemplative Outreach Staff Contact: Matthew Flatley (314) 918-8288
Frenchville, PA Bethany Retreat Center	Oct 22-24	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Winnipeg, Canada St. Benedict's Retreat Center	Oct 29-31	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
Polo, Dominican Republic Casa de Ritiro Montesacro	Nov 11-14	Contemplative Outreach Staff Contact: Vicky Acra (809) 548-6480
Frenchville, PA Bethany Retreat Center	Nov 12-14	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Santo Domingo, Dominican Republic Manresa Loyola	Nov 18-21 Advent	Contemplative Outreach Staff Contact: Vicky Acra (809) 548-6480
Walden, NY St. Andrew's Retreat House	Dec 3-5	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
St. Joseph, MN St. Benedict's Monastery Spirituality Center	Dec 3-5	Contemplative Outreach Staff Contact: Rita Budig, OSB (320) 363-7115
Blue Point, NY St. Ursula's	Dec 10-12	Contemplative Outreach Staff Contact: Roseann Filippi (516) 465-4741
Frenchville, PA Bethany Retreat Center	Dec 10-12	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Walden, NY St. Andrew's Retreat House	Dec 30-Jan 1 New Year's	Fr. Bill Sheehan Contact: Cathy McCarthy (845) 778-2102
Birmingham, AL	Feb 25-27	Sr. Meg Funk Contact: Caroline Humphreys (205) 979-1159
Appingedam, Netherlands	Feb 27-29	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631
St. Louis, MO Marianist Center	Mar 4-6	Contemplative Outreach Staff Contact: Matthew Flatley (314) 918-8288
St. Paul, MN Benedictine Center	Mar 12-13	Contemplative Outreach Staff Contact: Virginia Matter (651) 777-7251

Intensive Centering Prayer Retreats

Provides an opportunity to immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach. The 10 Day Intensive features Parts I,II,III of the "Spiritual Journey" videotape series by Fr. Thomas Keating. May be modified from 5 to 10 days.

5-6-7-8-9 Day Intensive Retreats

Sewanee, TN St. Mary's	Jun 6-13 7 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Belton, TX Cedarbroke Renewal Center	Jul 1-10 9 Day	Contemplative Outreach Staff Contact: Barbara Cook (512) 347-9673
Melbourne, KY Moye Spiritual Life Center	Jul 18-25 8 Day	Fr. Carl Arico Contact: Nancy McLaughlin (859) 441-0700 x325
Lafayette, OR Trappist Abbey	Jul 21-28 8 Day	Contemplative Outreach Staff Contact: Kathleen Muller (541) 412-7913
Richmond, VA Shalom House Retreat Center	Jul 23-30 8 Day	Fr. Bill Sheehan & April Swofford Contact: Reba Gabel (804) 340-0110
St. Louis, MO Il Ritiro	Jul 23-Aug 1 9 Day	Contemplative Outreach Staff Contact: Matthew Flatley (314) 918-8288
St. Paul, MN St. Paul's Monastery	Aug 1-8 8 Day	Contemplative Outreach Staff Contact: Virginia Matter (651) 777-7251
Alta, WY Alta Retreat Center	Aug 15-21 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Rose Mountain, NM Rose Mountain Retreat Center	Aug 21-28 8 Day	Fr. Justin Langille Contact: Andy Gold (505) 425-5728
Walden, NY St. Andrew's Retreat House	Aug 24-29 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Alta, WY Alta Retreat Center	Sep 24-Oct 2 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Alta, WY Alta Retreat Center	Oct 17-23 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Merseyside, UK Loyola Hall	Nov 29-Dec 3 5 Day	Contemplative Outreach Staff Contact: Mrs. C. Hindle 44-0-1254-851689
Sewanee, TN St. Mary's	Jan 9-16 7 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Walden, NY St. Andrew's Retreat House	Feb 22-27 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Rapid City, SD St. Martin Monastery	Feb 2-6 5 Day	Contemplative Outreach Staff Contact: Sr. Marmion Howe (605) 343-2688
Belton, TX Cedarbroke Renewal Center	Mar 8-17 9 Day	Contemplative Outreach Staff Contact: Barbara Cook (512) 347-9673

June 2004-March 2005

10 Day Intensive Retreats

Alta, WY Alta Retreat Center	Jun 10-19	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Snowmass, CO St. Benedict's Monastery	Jun 15-24 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
New Orleans, LA Rosaryville	Jun 23-Aug 1	Contemplative Outreach Staff Contact: Vivien Michals (504) 944-4000
Polo, Dominican Republic Casa de Ritiro Montesacro	Oct 7-16	Contemplative Outreach Staff Contact: Vicky Acra (809) 548-6480
West Sussex, UK Worth Abbey	Oct 11-21	Contemplative Outreach Staff Contact: Mrs. C. Hindle 44-0-1254-851689
Snowmass, CO St. Benedict's Monastery	Oct 12-21 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Alta, WY Alta Retreat Center	Dec 1-10	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Snowmass, CO St. Benedict's Monastery	Jan 11-20	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376

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. May be 5, 7, 8, 9 or 10 day.

5, 7, 8, 9, 10 Day Advanced Retreats

Miami, FL St. John Vianney College Seminary	Jun 21-27 7 Day	Contemplative Outreach Staff Contact: Barbara Rietberg (305) 251-7302
New Orleans, LA Rosaryville	Jun 23-Aug 1 10 Day	Contemplative Outreach Staff Contact: Vivien Michals (504) 944-4000
Winnipeg, Canada St. Benedict's Retreat Center	Jul 2-9 7 Day	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
Dubuque, IA New Melleray Abbey	Jul 18-25 8 Day	Contemplative Outreach Staff Contact: Yong Chin Denn (651) 306-0348
Alta, WY Alta Retreat Center	Sep 12-18 7 Day II	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Snowmass, CO St. Benedict's Monastery	Feb 8-17 10 Day	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376

Post Intensive Centering Prayer Retreats

Provides an opportunity for intensive Centering Prayer, Lectio Divina, solitude and silence in community. Prior Centering Prayer Retreat experience necessary. May be 5, 6, 7, 8, 9 or 10 day.

5-6-7-8-9 Day Post Intensives

Sewanee, TN St. Mary's	Jun 6-13 7 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
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Boulder, CO St. Malo Retreat Center	Jun 5-12 8 Day	Fr. Stephen Connor, CSP Contact: (303) 698-7729
Los Angeles, CA Mount St. Mary's	Jun 11-18 8 Day	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515
Miami, FL St. John Vianney College Seminary	Jun 21-27 7 Day	Contemplative Outreach Staff Contact: Barbara Rietberg (305) 251-7302
Belton, TX Cedarbroke Renewal Center	Jul 1-10 9 Day	Contemplative Outreach Staff Contact: Barbara Cook (512) 347-9673
Melbourne, KY Moye Spiritual Life Center	Jul 18-25 8 Day	Fr. Carl Arico Contact: Nancy McLaughlin (859) 441-0700 x325
Lafayette, OR Trappist Abbey	Jul 21-28 8 Day	Contemplative Outreach Staff Contact: Kathleen Muller (541) 412-7913
Richmond, VA Shalom House Retreat Center	Jul 23-30 8 Day	Fr. Bill Sheehan & April Swofford Contact: Reba Gabel (804) 340-0110
St. Louis, MO Il Ritiro	Jul 23-Aug 1 9 Day	Contemplative Outreach Staff Contact: Matthew Flatley (314) 918-8288
Walden, NY St. Andrew's Retreat House	Aug 24-29 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Alta, WY Alta Retreat Center	Oct 31-Nov 6 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Snowmass, CO St. Benedict's Monastery	Nov 5-12 8-Day Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Snowmass, CO St. Benedict's Monastery	Nov 16-23 8 Day	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Sewanee, TN St. Mary's	Jan 9-16 7 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Walden, NY St. Andrew's Retreat House	Feb 22-27 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102

10 Day Post Intensives

Culman, AL Benedictine Center	Jun 28-Jul 7	Contemplative Outreach Staff Contact: Sr. Mary McGehee (256) 736-5820
Frenchville, PA Bethany Retreat Center	Jul 22-31	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Snowmass, CO St. Benedict's Monastery	Aug 3-12 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Walden, NY St. Andrew's Retreat House	Aug 13-22	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Belton, TX Cedarbroke Renewal Center	Sep 8-15 9 Day	Contemplative Outreach Staff Contact: Barbara Cook (512) 347-9673

10 Day Post Intensives Continued

Snowmass, CO St. Benedict's Monastery	Sep 14-23 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Snowmass, CO St. Benedict's Monastery	Dec 7-16 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Amarillo, TX	Mar 7-16 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376

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. Different theme and presenter each week.

Walden, NY St. Andrew's Retreat House	Jun 5-25	Fr. Thomas Keating David Frenette, Gail F. Hopler Contact: Cathy McCarthy (845) 778-2102
Alta, WY Alta Retreat Center	Jul 6-27	Rev. Jim Clark, Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200

Formation for Contemplative Outreach Service

Provides training and practice in interiorizing and communicating the essential elements of an Introductory Workshop on Centering Prayer, as well as an opportunity to look at our own Centering Prayer practice in light of the Essentials. Prerequisites are prior attendance at a 10 Day Intensive Retreat and the daily practice of Centering Prayer. The Course includes Centering Prayer and presentations by the staff and participants.

Alta, WY Alta Retreat Center	Aug 8-14	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Benet Lake, WI St. Benedict Retreat Center	Aug 12-18	Contemplative Outreach Staff Contact: Margie Tomilson (847) 391-0997
Brooklyn, MI DeSales Center	Oct 7-14	Anne Mazza Contact: David Muyskens (616) 452-2234
San Diego Area, CA Oakbridge Center Presenter & Facilitator Training	Oct 18-22	Fr. Justin Langille & Bonnie Shimizu Contact: Rachel Cave (619) 596-7665
Walden, NY St. Andrew's Retreat House	Oct 22-29	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Burlingame, CA Mercy Center	Nov 14-19	Rev. Sandra Casey-Martus Contact: Diarmuid Rooney (650) 340-7468
Winnipeg, Canada St. Benedict's Retreat Center	Jun 2-9	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
Alta, WY Alta Retreat Center	Feb 13-19	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200

Contemplative Outreach Ltd. Study Program in the Christian Contemplative Tradition

The twelve week course is divided into two parts and covers contemporary expressions of the Christian contemplative tradition and then reaches back, during the last six weeks to the beginnings of the systematic practice of contemplative prayer among the desert monks of Syria, Egypt and Palestine. Objectives of this course include facilitating a deeper understanding of the depth and richness of the Christian contemplative tradition and the chance to engage the study material beyond the intellectual level in order to find the living tradition as we personally interact with it in our everyday lives. For more information, call:

Bonnie Shimizu (970) 945-5612 or email bjs@rof.net

Nine Month Course: The Practice of Contemplative Living

An ongoing process of formation enabling participants to create their own unique contemplative lifestyle in the contemporary world. Commitment is one weekend a week for nine months. 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:

Walden, NY	Cathy McCarthy	(845) 778-2102
Denver, CO	Rose Meyler	(303) 863-0932

Nine Month Course, Part II: A Deepening of Contemplative Living

Walden, NY	Cathy McCarthy	(845) 778-2102
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The Living Flame

A national program on contemplative issues, designed to heighten the awareness of the dynamic of Centering Prayer in the context of the Spiritual Journey, offering guidance and intelligibility needed to stay faithful to the practice. It is an opportunity to receive and share conceptual background at a deeper level, as well as experiential insight, thus building a faith community committed to the Centering Prayer practice. Meets one Saturday a month during seven consecutive months. The Living Flame Program is now being offered or will be offered in the near future in the following chapters:

Chicago, IL	Los Angeles, CA	Tampa, FL
New Jersey	St. Louis, MO	Portland, OR

Contact: Matthew Flatley, 314-918-8288 or flatmattley@juno.com

Parish Missions/Retreats -Fr. Carl Arico Contact: C. O. International Office (973) 838-3384

June 11-12	Retreat	St. Vincent de Paul Society WV
June 13-17	Priest Retreat	Altoona-Johnstown, PA
June 9-11	20th Anniversary Tour	Omaha, NE
July 18 - 25	Post/Intensive Retreat	Melbourne, KY
Aug 5 - 9	Welcoming Prayer Training	Denver, CO
Sep 17-19	20th Anniversary Tour	Iowa City/Davenport, IA
Oct 8-10	20th Anniversary Tour	Peoria, IL
Oct 15-17	20th Anniversary Tour	Dallas, TX
Oct 16-19	Parish Mission	St. Susanna, Pittsburgh, PA
Oct 24-28	Priest Retreat	Portland, ME
Oct 29-31	20th Anniversary Tour	Raleigh, Durham Chapel Hill, NC
Nov 5-7	Parish Mission	St. Matthew's, Pacific Palisades, CA
Nov 19-21	20th Anniversary Tour	Cleveland, OH
Nov 27-Dec 1	Parish Mission	Holy Apostles, Meridian, ID
Dec 4-7	Parish Mission #2	St. Joseph's, Brookfield, CT
Dec 18	Day of Prayer	New Jersey

June 2004-March 2005

CONTEMPLATIVE OUTREACH, STUDY PROGRAM

Bonnie J. Shimizu

This little program involves the participants in comparing the insights from their own practice of Centering Prayer and the spiritual journey with the living contemplative tradition as it is today and as it was in the life of the Desert Monks of the first centuries of Christianity. The Study Program is now 11 years old. It was a pilot program whose first participants in April of 1993 were the members of the Board of Trustees and the Faculty of Contemplative Outreach. They mentored each other through the experience and found it not just a duty, but a real avenue of exploration and growth in their spiritual lives.

After that successful beginning, the program was offered twice a year to those in the Contemplative Outreach Network who had an established practice of Centering Prayer. Several hundred people have since signed up in the United States and in many other countries. From the beginning, one of the goals of the program was to make it available to people who could not

easily attend other workshops and retreats of Contemplative Outreach. The mentoring system is uniquely suited to this goal as it allows people to connect personally with someone who has taken the course and walks with them through the material as well as acts as a point of accountability for the assigned written reflections. Some have even developed on-going spiritual friendships.

At first, most of the communications between the participants and mentors was through phone, mail, or fax, but as email developed and became almost universal, the speed and immediacy of contact has given a great gift to participants and mentors alike.

The Study Program continues quietly today and offers what we have found over the years to be another avenue of spiritual insight and growth complementary to the main offerings of Contemplative Outreach, and adds a unique dimension of spiritual exploration to those who feel attracted to it. For information call (970) 945-5612 or email me at bjs@rof.net.

40 DAY CONTEMPLATIVE LIVING EXPERIENCE

Beury Simons

When I saw the description of the 40-Day Contemplative Living Experience at St. Andrew's Retreat House I knew it was what I wanted! Over the past year I had been looking for some type of contemplative activity that had more interaction and lasted longer than the 10-Day Post Intensive retreat. After about eight years of doing Centering Prayer I felt like I was "treading water" and needed a more clearly defined focus. This experience far exceeded any expectations.

The organization and planning were exceptional. Cathy McCarthy and David Frenette put together a schedule around the framework of three daily Centering Prayer periods that provided just the right balance between *prayer, instruction, meditations and solitude*. Sisters Martha and Catherine and two volunteers, Dolores and Alfreda, took care of our comfort needs and also provided us with well-balanced, delicious meals. Once a week, we were blessed to have Gail Fitzpatrick-Hopler spend time with us using art as a medium for working with community process.

I returned home two weeks ago and am just beginning to realize some of the effects of this community living

experience. In community, with 16 others, we soon discovered which people "pushed our buttons" and, living in community, we didn't have the luxury of being able to avoid them. Dealing with our "afflictive emotions" was a growing process as many of us became aware of our dominant energy centers. Just being aware of my unconscious programs for happiness gave me an amazing feeling of *freedom*. I spent much less time worrying about what "others" thought about my actions and was free to discern God's will for me.

We arrived on October 9th, with the fall colors just beginning and by our last day, November 17th, the trees were bare. It occurred to me that when I arrived I was feeling pretty good about myself, maybe even a little virtuous, and my defenses were solidly in place. As the days passed, and as we spent between two and three hours a day in Centering Prayer, I repeated my active prayer sentence, "Lord, I open to your loving presence within." My defense mechanisms fell as the Divine Physician was transforming me. I began to experience my "dark side"; the judgmental attitudes, the need to be in control and my basic selfishness.

My "tree" lost its leaves and I could no longer cover up my brokenness. This would have been devastating without the continual, loving presence of God, who was present in Centering, in Lectio, in daily meditations and in the faces and lives of my 16 companions.

This 40-day contemplative living experience has already been life changing for me and I highly recommend it for your consideration. This may be "the" opportunity of your lifetime!

Centering Prayer is a way of preparing the soil to grow a contemplative way of life. Centering Prayer is like watering daily so that the practice of consenting to God's presence and action within us will form strong roots. We follow the model of the experts like Father Keating to use this method and discipline to prepare our faculties to receive the gift of contemplative prayer and the growth of a contemplative way of life. Centering Prayer is what we do. Contemplative prayer is what God does. And our relationship with Him is the gift that we receive.

For Information about Contemplative Outreach in the U.S.

AK Anchorage	Kess Frey	907-338-2894	KY Melbourne	Micki Martin	859-441-0679x321
AK Juneau	Fr. Thomas Weise	907-789-7307	KY New Haven	Jean Johnson	502-549-3122
AL Birmingham	Aloysius Golden	205-592-3930	LA Baton Rouge	Monica Freeman	225-924-3812
AL Pelham	Diana Tschache	205-991-6964	LA Houma	Sr. Fionnuala Quinn	985-580-3444
AZ Phoenix	Therese Wagner	602-276-6418	LA Lake Charles	Barbara Tomme	337-855-4239
AZ Tucson	Frank Tuoti	520-749-3443	LA New Orleans	Ed & Vivian Michals	504-944-4000
CA Brea	Bob Blair	714-990-2508	LA Shreveport	Alan Prater	318-797-8721
CA Camarillo	Kate LeBlanc	805-388-8979	MA Amherst	Connie Daniel	413-256-1369
CA Eureka	Rev. Ken Meece	707-269-4245	MA Boxborough	Kathleen Long	978-263-1319
CA Fairfield	Deni Harding	707-425-8138	MA Lowell	Fr. William Sheehan	978-454-0039
CA Hermosa Beach	Rev. Paul Lawson	310-376-8989	MA Rockport	Robert Hope	978-546-6044
CA LaCanada	Catherine Marie Bazar, OP	626-685-8559	MA Taunton	Ethel Fraga	508-822-2410
CA LaVerne	Sr. Michele Harnett	909-599-3113	MD Annapolis	Carol Leach	410-263-1752
CA Long Beach	Barbara B. Thompson	562-433-7901	MD Germantown	Ronald Barnett	301-540-3858
CA Marina Del Rey	Marie Howard	310-823-5863	MD Potomac	Guy & Dana Semmes	301-983-1857
CA Orange	David & Sharon Hoover	714-744-3175x440	ME Waldoboro	Adele Millette	207-832-6263
CA Pasadena	Rev. Ellen Murasake-Wekall	818-790-3323	MI Bloomfield Hills	John Fischer	248-258-5973
CA Piedmont	Eileen Halliburton	510-763-1829	MI Elk Rapids	Pat Yamaguchi	231-264-6747
CA Sacramento	Liberty Kovacs	916-452-0483	MI Grand Rapids	Rev. David Muyskens	616-452-2234
CA San Diego	Fr. Justin Langille	619-226-6000	MI Grosse Pt	Bernadette Thibodeau	313-882-4824
CA San Francisco	Mary English	415-282-8076	MI Haslett	Bella Mody	517-339-1647
CA San Francisco	Mark Lodico	415-252-1667	MI Saginaw	Nan Spence	989-791-7079
CA San Gabriel	Rev. Jim Clark	626-282-5147x19	MN Chasset	Nicholas Eltgroth	218-328-6396
CA San Jose	Jean Ramacciotti, OPL	650-326-5256	MN Duluth	Meridith Schifsky	218-525-9363
CA Santa Barbara	Diana Buzerak	805-962-8906	MN Inver Grove Hts	Robert Abbott	651-450-7337
CA Shasta	George Wilkins	530-246-4277	MN Mendota Heights	Yong-Chin Denn	651-306-0348
CA Sherman Oaks	Sr. Linda Snow	818-986-9080	MN St Joseph	Sr. Katherine Howard	320-363-7187
CO Boulder	Barbara Hayden	303-494-2845	MN St. Paul	Sr. Virginia Matter	651-777-7251
CO Breckenridge	Jim Bernlohr	970-453-6003	MN Staples	Carol Weber	218-894-3631
CO Carbondale	Pat Johnson	970-963-1258	MO Jefferson City	Sr. Laura Magowan	573-893-4776
CO Colorado Springs	David Salamon	719-475-7011	MO Jefferson City	Sr. Joanne Rataj	573-893-4776
CO Colorado Springs	Sr. Anne Stedman	719-473-6184	MO Lake St. Louis	Susan Komis	888-350-5088
CO Denver	Drue Pollan	303-753-9099	MO Nixa	Gary Johnson	417-724-9598
CO Denver	John Congdon	303-355-1731	MO Springfield	Mary & David Fromme	417-823-8359
CO Denver	Rev. David Morgan	303-832-7309	MO St. Louis	Matthew Flatley	314-918-8288
CO Denver	Sr. Bernadette Teasdale	303-698-7729	MS Clinton	Tom Lewis	601-955-4743
CO Fort Collins	Rosemary Kisling	970-225-6359	MS Tupelo	Allen Cooley	662-377-2854
CO Longmont	Rosalie Gansecki	303-494-1742	MT Missoula	Jean Woessner	406-721-3540
CO Montrose	Christine Claasen	970-249-8329	NC Asheville	Joe Lancaster	828-625-9753
CO Snowmass	Carol DiMarcello	970-927-9376	NC Cary	John Kelsey	919-467-0045
CO Snowmass	Bonnie J. Shimizu	970-704-1501	NC Chapel Hill	Jim Biggins	919-969-9604
CT Avon	Rev. Jon Widing	860-676-0294	NC Raleigh	Alice Stanford	919-781-5860
CT Greenwich	Patricia Castellano	203-531-6528	NC Raleigh	Betty Stoddard	919-782-2599
CT Wilton	Sr. Lorraine Pianka	203-762-3318	NC Spruce Pine	Rev. Thomas Morris	828-765-7023
DC Washington	Laurel LaCivita	202-398-6728	NC Winston-Salem	Joan Ricci Hurst	336-765-0865
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FL Bradenton	Janet Gallagher	941-795-3991	NE Omaha	Eleanore McNulty	402-333-3819
FL Longwood	Basha Perez	407-869-0781	NJ Bayonne	Therese Saulnier	201-436-8256
FL Merritt Island	Adalberto Henriquez	321-453-8040	NJ Lincroft	Barbara Woodzell	732-842-3876
FL Miami	Carmen Sanchez	305-412-2793	NJ Medford	Doris Curley	609-654-3417
FL Miami	Truemin Chin	305-477-4066	NJ Rancocas	Sr. Marcy Springer	609-877-0509
FL Satellite Beach	Rosemary Van Pelt	321-777-3389	NM Albuquerque	Sr. Amata Dawson	505-877-4211
FL St Petersburg	Marjorie & John Rafferty	727-345-7908	NM Albuquerque	Sally LaFaver	505-823-9648
FL Vero Beach	Fr. Terry Ryan	772-567-0976	NM Sante Fe	Susan Rush	505-466-4527
FL Vero Beach	Sally Byrnes	772-231-1068	NV Boulder City	Gard Jameson	702-294-0980
FL West Palm Beach	Ellen McCormack	561-840-7700	NY Albany (Hillsdale)	Bruce & Melinda Gardiner	518-325-5546
GA Carrollton	Roseanne Havird	678-796-9158	NY Brooklyn	Dr. William Fredrickson	718-499-7366
HI Honolulu	Dr. Cathie Jordan	808-536-6090	NY Buffalo	Sr. Dorothy Feltz	716-895-2591
IA Fairfield	Rev. Stephen Page	641-472-3179	NY East Meadow	Anne Mazza	516-794-8233
IA Iowa City	Mary Merkel-Hess	319-338-9128	NY Fishkill	Nancy Behanna	845-896-2805
IA Long Grove	Lolita Dierickx	563-285-7242	NY Franklin Square	Barbara Sullivan	516-877-4930
IA Waterloo	Ken Neibauer	319-233-4348	NY Hartsville	Thomas Skinner	914-328-0420
ID Boise	Ken Eklund	208-343-0413	NY Manhattan	Anne Simpkinson	917-492-8626
IL Bloomington	Florrie Dammers	309-664-5921	NY Manhattan	Rebecca Barnes	212-222-8109
IL Bolingbrook	Robert Gordon	630-679-1797	NY Middletown	Ray Romaine	845-343-7423
IL Chicago	Rev. Ted Curtis	312-922-1426	NY Rochester	Marilyn Catherine	585-328-9369
IL Chicago (NW)	Margie Tomlinson	847-391-0997	NY Rockland	Judy O'Toole	845-942-0505
IL Chicago (Far Western)	Sr. Benita Jasurda, OSB	630-969-7040	NY Walden	Cathy McCarthy	845-778-2102
IL Chicago (Asian)	Patrick Uhm	847-676-0200	NY Whitestone	Rev. Robert Cheesman	718-321-1096
IL Moline	Sr. Audrey Cleary	563-333-6189	NY Yonkers	Diane Harkin	914-423-4888
IL Rock Island	Sr. Catherine Cleary	309-283-2108	OH Cleveland	Barbara Grants	216-341-5722
IN Beverly Shores (North IN)	George Cairns	219-395-9347	OH Cleveland	Kay Powers	216-932-8911
IN Ferdinand	Sr. Kristine Harpeneau	812-367-1411x2656	OH Dayton	Barbara Lobbstaef	937-436-3188
IN Indianapolis	Laurel Simon	317-876-0147	OH Mansfield	Anita Donnan	419-525-3243
KS Chanute	Greg Merrill	620-431-6767	OR Beaverton	Gini Graham	503-645-3448
KS Lenexa	Rev. Robert Carr	913-438-5821	OR Brookings	Warren & Kathleen Muller	541-412-7913
KS Wichita	Dan Rensel	316-838-4751	PA Altoona	Fr. Mark Begley	814-942-5503
KY Louisville	Millie Clements McElroy	502-244-0878	PA Carnegie	Jeanne Kish	412-279-9505
KY Melbourne	Nancy McLaughlin	859-441-0700x325	PA Clarks Summit	Christine Kessen	570-587-2223

U.S. Continued

PA Eric	Mary Dwyer	814-838-6469
PA Eric	Sr. Rita Panciera	814-456-1802
PA Frenchville	Sr. Theresa Dush	814-263-4855
PA Gibsonia	Mark Nowak	724-625-6474
PA Greensburg	Sr. Margaret Ann Calcutta	724-834-8073
PA Greensburg	Judy Molter	724-834-4374
PA Immaculata	Sr. Margaret Gradl	610-647-6630
SC Columbia	Rev. Michael Sullivan	803-771-7300
SC Greenville	Judy Lineback	864-246-3973
SD Rapid City	Sr. Marmion Howe	605-343-2688
TN Chattanooga	Rev. Margaret Marshall	423-757-9580
TN Jackson	Norma Moore	731-661-0138
TN Memphis	Sr. Joann Mascari	901-274-2914
TN Nashville	Carol Wray	615-373-0613
TN Sewanee	Rev. Tom Ward	931-598-5088
TX Austin	Sylvia Wedward	512-506-8877
TX Austin	Douglas Sanders	512-263-8908
TX Boerne	Cleo Tamez	210-286-4320
TX Corpus Christi	Mary Tom Hefte	361-387-8789
TX Dallas Area	Sandra & Ed Guancial	972-722-6029
TX Fort Worth	Fr. Tim Thompson	817-284-4811
TX Fredericksburg	Timothy Kooock	830-997-9554
TX Houston (Prison/Homeless)	Fred Eckart Jr.	888-526-9186
TX Houston	Fr. Bill Fickel	713-661-3958
TX Houston	Robert Hesse	281-752-9786
TX Houston	Kim Kehoe	713-348-6267
TX No. Richland Hills	Darlene Sullano	817-498-6793
TX Rockport	Sharon Mungo	361-729-2139
TX San Antonio	Rev. Homer Bain	210-616-0885
VA Charlottesville	Susan Clark	434-973-8475
VA Richmond	April Swofford	804-262-1451
WA Bellevue	Laurie Basile	425-644-4775
WA Bothell	Jerry Baldwin	425-821-1008
WA Olympia	Miguel Perez-Gibson	360-357-7576
WA Seattle	Paul Peterhans	206-722-9400
WA Spokane	Gary/Lynnette Meisen-Vehrs	509-325-1909
WI Madison	Eugenia Brown	608-233-9188
WI Milwaukee	Sr. Kathryn Ann Kobelinski	414-282-7310
WY Alta	Rev. Sandy Casey-Martus	307-353-8100
WY Cheyenne	Sr. Therese Steiner	307-682-3319

Outside U.S.

Australia

East Warburton	Fr. Michale Mifsud	61-0-3-5966-2049
Sidney	Sr. Sheila Normoyle	02-4575-3059
Victoria	Chris Morris	61-0-3-9386-6671

Bahamas

Nassau	Sr. Annie Thompson	242-323-5517
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Brazil

Bela Horizonte	Jandira Soares Pimental	011-55-31-3241-8129
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Canada

Edmonton Alberta	Fr. Raymond Sevigny	780-469-4375
Toronto	Carolyn Gratton	416-922-6451
Windsor	Rose-Marie McIsaac	519-734-7241
Winnipeg	Sr. Catherine Labinowich	204-338-4601

Cuba

Havana	P. Gilberto Walker	011-537-861-8606
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