
Contemplative Outreach News

Volume 17, Number 1 • Spring/Summer 2003



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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Towards Global Transformation

Reflections on John 1:1-14

By Thomas Keating

“In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but came to testify to the light. The true light that enlightens everyone was coming into the world. He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God. And the Word became man and lived among us. John 1: 1-14

In the Johanine community out of which this gospel emerges, there evidently were very advanced contemplatives who were experiencing the glorified Christ in their midst.

Contemporary science throws light on what this text means. You have heard of the Big Bang, of course. Most scientists seem to accept that event as proven beyond reasonable doubt. The Big Bang is described as a super explosion with temperatures and density of matter that are inconceivable to us. This initial thrust of creation was so condensed that it included the energy of all the black holes in the universe, which irresistibly draw into themselves everything within range, including light.

Scientists affirm that there must have been an even greater force present to reduce that density to a point where matter could move out in all directions resulting in the universe that we dimly see around us. What could that force have been, a force greater than the immeasurable density of the matter that existed in that first trillionth of a second of creation?

This is the all-powerful vibration of the Eternal Word of God calling forth out of nothing all of creation: a power strong enough to blast apart the gravitational pull of the Big Bang.

Now that creation has evolved and life itself has occurred, it seems that this initial vibration of the Word is still going on at the deepest level of everything that exists. This is the Word with whom every human being from the beginning of time has been in contact. This is the Word whose body, so to speak, is the universe, and in a more particular way, the human family.

When Jesus presents us with a formula for contacting this immense energy, he invites us to do three things. In Matthew 6:6 he says: “If you want to pray,” that is, if you want to enter into a relationship with the infinite Source of all that is, “enter your inner room”—the spiritual level of your being—“close the door, and pray to your Father in secret.”

“Close the door” is a metaphor according to the early desert fathers, of silencing the interior dialogue that accompanies most of us day and night. Both the external world and the noise of the interior dialogue prevent us from hearing the

subtle movements of eternal light, life, and love that are always available to us at the deepest level of our being.

The third step that Jesus recommends is to pray to your Father, the loving Creator, in secret. Centering Prayer is a contemporary form of detailing this invitation in a way that is accessible to ordinary people. The eternal creative Word penetrates all creation as a kind of primordial “hum”. (You can almost hear it if you are quiet enough.) The ultimate secrecy that Jesus invites us to in praying is nothing less than the secrecy or hiddenness of the Father: “Pray to your Father in secret and your Father who is in secret will reward you.” What is the reward? The awareness of That which is.

Thus, in Centering Prayer we leave behind our external environment, our own interior dialogue and concerns, and finally ourselves; that is, our over-identification with the false self and who we think we are. This process might be called the Divine Therapy. It invites us to cooperate with the divine action that takes place in the inner room: the healing of the illusion of our idealized self-image. The latter is upheld in daily life by the working out of our emotional programs for happiness based on the instinctual needs for security, affection and esteem, and control.

The sacred word is not a substitute for thoughts. The key attitude for fully accessing the Centering Prayer practice is to listen to the Silence beyond thoughts; that is, to listen to the Word of God before it is articulated into any thought or translated into any perception.

Listening at this depth frees us from the domination and confusion of diversity. There is nothing, of course, wrong with diversity; it is our over-identification with it that hinders us from hearing the Word always present and manifesting the goodness and tenderness of the Father in everyday life. Perhaps this is what St. Paul is trying to say when he writes of being “in Christ Jesus.” “Christ” refers to the Eternal Word; “Jesus” refers to the humanity of the human person we know as Jesus who, at the same time, is united in the fullest possible way with the Eternal Word of God, the expression within the Trinity of all that the Father is. (continued on page 2)

**“Centering Prayer leads to bonding with others
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adventure that God has initiated.”**

Towards Global Transformation

continued from page 1

To be in Christ Jesus is another way of proclaiming the Divine Indwelling. The Eternal Word of God together with the Father and the Holy Spirit created all things and is present within us. The experience of this Word is beyond any particular kind of expression. Accessing the Eternal Word by faith also establishes us in relationship with everything that exists.

Thus, as we emerge from Centering Prayer, saturated by the values of the inner room and by the liberating action of the Holy Spirit, we perceive this Word vibrating in everything and everyone that we meet. The Word is present in everything while at the same time beyond everything. We gradually become aware of this Divine Presence that is in and beyond the immediate contents of the present moment.

The primary focus of Centering Prayer is on the created Word that I have just been describing; in particular, on Christ's passion, death, descent into hell, resurrection and ascension that we call the Paschal Mystery. The Paschal Mystery is the place where God is most profoundly revealed.

The regular practice of Centering Prayer in daily life can accelerate our accessing this dimension of life. The Paschal Mystery reveals the heart of God in the most profound way available to us. We will not find it by thinking about it, although this is a way to engage our faculties in the project, so that at least they can recognize their limitations and accept the need to be still in the presence of the divine reality.

In Christ's descent into hell, he has taken our personal melodrama, the whole of our personal history, all the trauma, guilt, failure, disappointment — and all damaging or disastrous events — into himself. What causes God pain is not so much our sins, but the suffering we feel as a consequence of them. This, I suggest, is the point where God unites himself to us. Divine Union is not achieved through personal accomplishments of any kind. Rather, Divine Union takes place when we accept ourselves and our whole personal history just as we are, in total honesty, without anxiety or self-recrimination. At the moment of utter powerlessness and, to us, the failure of everything the false self wanted to achieve, God joins us in our suffering and transforms it into our redemption for ourselves and for others.

We come from one and the same Source and through contemplative prayer become aware of our basic interconnectedness and interdependence. What we do, in a sense, everybody is doing, and what we don't, everybody is not doing. The virtues of others belong to us as much as to them, and vice versa. Everyone is together in the mystery of unfolding love in which the primary purpose is to reveal God's infinite mercy. Such is God's choice: to manifest God through mercy rather than in any other way.

As thoughts, feelings, and perceptions arise in prayer, they need not have any control over us. Identifying with them is the mistake that causes most of the problems we have in prayer. Similarly, in daily life, it is not the existence of diversity itself that is the problem because God is present in

everything. It is rather our possessive attitude to things that binds us. The capacity to perceive the basic unity in diversity—the presence of the eternal Word in everything that happens—frees us to live in God and God in us. As Paul wrote, "I live now not I, but Christ lives in me" (Gal. 2:20). Living in Christ means that daily life and its events are not just our experiences, but the manifestation of God's love and of his intent to transform the whole human family into His glorified body.

Centering Prayer leads to bonding with others and with the whole universe, and brings with it the call to participate in the redemptive adventure that God has initiated.

To sum up, the first step of the spiritual journey is to become fully aware that there is an Other; that is to say, there is a God who is calling us into relationship and who has made us part of a race that is accountable to each other for everything that happens. We can't escape from the consequences of being a member of the human race. Rather, it is in submitting fully to them, including death, that we fully become who we are. To accept death is to accept God. And to accept the little deaths of everyday life is to accept God in everyday life.

The second step of the spiritual journey is to *become* the Other. This practice is enshrined in the Christian tradition as the imitation of Christ. This leads not only to union with Christ, but to a place beyond union to which Jesus calls us in his concluding prayer at the Last Supper, "That they may be one, Father, as we are one" (John 17:11). Unity in the Trinity is absolute and infinite. The creative Word is the basis of the unity of the human family. All the diversity in creation can never change it. In embracing the divine presence in diversity we are freed from our possessive attitudes including that toward our personal identity.

Jesus, on the cross and in his descent into hell, seems to have lost his identity as the Son of God, a surrender that is almost inconceivable since he was God in his inmost being. According to Paul, "he was made sin" (2Cor 5:21) and hence became, in a sense, the opposite of God. Here is the ultimate double bind, the ultimate polarization of opposites that plunges us into a mystery that is beyond our comprehension, but to which spiritual suffering introduces us in a way that nothing else can. Jesus' loss of identity invites us to let go of ours, to let go, that is, not only of our false selves but of our ego identity itself.

When we sit down in Centering Prayer, we are sitting on the cross with Christ. This means that the inner resurrection of our true self is assured.

The experience of the Eternal Word as the ultimate Source of the universe, as that which is deepest in everything, or at least beyond the senses or anything we can imagine or conceptualize, is the realization that there is no Other. Paul affirms this amazing truth when he writes, "God is all in all" (1Cor. 15:28), and again, "Christ is everything in everyone" (Col. 3:11). If we maintain awareness of the Divine Presence in everything that happens, Christ lives in us and experiences our human uniqueness in a way that no one else can ever give him.

The President's Letter

Dear Friends,
Spring Greetings!

Our Annual Conference in San Diego, September the 24th to 28th at the Shelter Pointe Resort and Marina, will feature "Back to Basics." The focus will be the Introductory Program on Centering Prayer. We are looking forward to this conference and hope to see many of you there. We encourage all commissioned presenters to attend since we will be sharing updates for the Introductory Program presentations and resources. Fr. Thomas will be our keynote speaker on Wednesday evening and again on Saturday. If you are interested in attending, please contact Liz at liz@coutreach.org or call her at 973-838-3384. Space is limited so register early! See the article on page 4.

The United Day of Prayer, held on March 15, 2003, was a great success. 125 persons hosted the event. Our global community felt that the featured video presentation by Fr. Thomas, "[Reflections on 9/11](#)," was particularly poignant in light of the present world situation. The group discussion, Centering Prayer and shared silence completed the day.

Please see page 9 for the details on our new on-line bookstore. It features one-stop shopping for all our resources at www.contemplativeoutreach.org or call 1-800-608-0096 to place your order. This edition of our newsletter incorporates a product catalog for your convenience. Turn to page 12 to explore the many resources we have available to support your Centering Prayer practice. Please make note of page 10 where you will find a guide to help you select the materials to fit your needs.

A new resource, *An Inspirational Minute Book*, from the works of Thomas Keating illustrated by Meridith Schifsky and inspired by Sr. Margaret Ann Calcutta is now available. It is a very beautiful book and has space for your personal reflections.

The Coordinator Servant-Leadership Formation at St. Meinrad Monastery is scheduled for August 15 to 22, 2003. This course is especially designed for coordinators, contact persons and leadership team members. If you would like to know more about it, contact: Susan Komis, 888-350-5088 or email her at susankomis@earthlink.net.

We are so grateful for the many people who offer their time, talent and financial resources to make Contemplative Outreach what it is today. Thank you so very much for your kind service. May the peace of the risen Christ be with you and your family now and always.

With a grateful spirit,

Gail Fitzpatrick-Hopler, President

An Invitation to Generosity

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

We are in the middle of our 5-year campaign for \$2,500,000 to meet the needs of our growing global spiritual network. At this time we have reached \$1,500,000 in pledges, contributions and grants. This is due to the outstanding support of the voting members along with the full support and hard work of the Chapters in St. Louis, Orange County, New York, Chicago, the Los Angeles area and San Diego where fundraising events were hosted.

At these events it was exciting to hear first hand the personal stories of people whose lives were transformed by the practice of Centering Prayer. The generosity of so many — spiritually and financially — has confirmed my belief that this campaign is one of great importance and possesses the ability to do much good. Its ultimate outcome will stretch far beyond what any of us could have ever imagined.

And some more exciting news!!

Contemplative Outreach will celebrate our 20th year in 2004. We are offering a 20th Anniversary Tour from 2003-2005. Fr. Thomas Keating, Gail Fitzpatrick-Hopler, and I are looking forward to visiting your area for a weekend which would include leadership enrichment and special events for Contemplative Outreach's continuing fundraising capital campaign.

Coordinators have received a letter inviting their chapter to host this weekend. Marie Howard, former coordinator in Davenport, Iowa, now residing in California, will be assisting chapters and areas in planning the weekend events. To contact Marie call 310-823-5863.

Once again, I believe that it is a miracle of God's grace that so many women and men are drawn to Centering Prayer. It is the power of prayer that is causing the spiritual network of Contemplative Outreach to grow globally. Thank you, Lord.

Looking forward to hearing from you. Please give me a call at the office, 973-838-3384. More next issue.

The Annual Conference

by Marie Howard, Special Events Coordinator for C.O. Ltd.

Our conference this year, September 24-28, will be held at the Shelter Pointe Hotel and Marina in San Diego, California. The beautiful, casual setting of this resort hotel offers many diverse activities on site. We will have time for Centering Prayer, educational input, our annual business meeting and opportunities for sharing with one another.

This year, the educational/formational focus, suggested by many, is entitled: "Back to the Basics: Presenting the Introductory Program on Centering Prayer." Attendees will receive the latest updated materials and have the opportunity to review helpful resources. All voting members and commissioned presenters are encouraged to attend.

The keynote speakers for the Day of Enrichment are Father Thomas Keating and Brother Wayne Teasdale. The day will include an informal dialogue between Fr. Thomas and Br. Wayne which will be moderated by Gail Fitzpatrick-Hopler. We are expecting a large turnout from the Southern California area for this special day.

Our local host, Fr. Justin Langille, has the San Diego teams in place. They are eager to share their beautiful city with you. Anne Mazza and the members of the Faculty Introductory Program Service Team are hard at work securing presenters for the "Back to Basics" Day.

We encourage you to make your hotel and conference registrations early as there are other groups who have scheduled conferences in the area during this time. You won't want to miss this enriching opportunity. Looking forward to seeing you in San Diego!

The CCC

by Susan Komis, CCC Chairperson

In its third year of service, the Coordinator Communication Committee (CCC) continues to discern effective ways and means of providing support to Contemplative Outreach Chapters and to Coordinators who serve those chapters. As a communication "arm" of the international office, the primary purpose of the CCC is to network with and facilitate channels of open communication with Coordinators and Contact Persons. In addition, the services of the CCC have grown to include on-site visits to chapters by CCC members, a servant-leader formation program, and a mentoring program. The on-site chapter visits are an opportunity to spend quality time with the chapter leadership or core team, to listen to their issues and concerns, to present workshops on team building and collaborative leadership, and facilitate a visioning process for their future growth and development.

A mentoring program provides an experienced personal mentor for newly appointed Coordinators and Contact Persons to foster interactive communication and support for their particular volunteer role. But most important, the CCC supports the Coordinators in their commitment to a regular practice of Centering Prayer and to the Vision Statement of Contemplative Outreach, Ltd., which is the basic and essential commitment of the Coordinator and/or the Contact Person.

Members of the CCC feel privileged to be able to be of service to the servant-leaders of Contemplative Outreach. We will continue to listen to their needs and find more effective and efficient ways to serve them.

Faculty Corner

by Mary Dwyer, Faculty Chairperson

The Faculty Service Teams and Outreaches have been very active in their respective areas. The Introductory/Formation Team is part of the planning process for this year's Annual Conference in San Diego. The Lectio Team is working on the criteria for commissioning Lectio presenters and are also developing a bibliography. The Retreats Team is working on updating the list for qualified staff persons for the various retreats. The three Extended Experiences Teams are at various stages with their offerings. And the Twelve Step Outreach continues to refine Centering Prayer offerings designed to meet the needs of the 12 Step recovering communities. The new faculty structure seems to be refining itself as we move into this second full year of its existence. We welcome any comments, questions or suggestions anyone may have. They can be directed to Mary Dwyer (Faculty Chairperson) at sycamore@velocity.net or 814-838-6460 or to the Team/Outreach Leaders:

Introductory Formation:

Anne Mazza
MAANNE@msn.com

Lectio Divina:

Sr. Maria Tasto
mariat@thedome.org

Retreats:

Marie Howard
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Extended Experiences I:

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 303-698-7729

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Prison Outreach:

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Hispanic Outreach:

Ricardo Lopez
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Coordinator's Communication Committee:

Susan Komis
susankomis@earthlink.net

Twelve Step Outreach:

Madeline Soo, mlsoo@wi.rr.com

The Spanish Corner

by Ilse Reissner

Today I write with a heart full of gratitude for all the blessings the Lord continually pours on our outreach to the Spanish-speaking communities both here and overseas. In spite of many obstacles and difficulties we encounter along the way, there is a mysterious force pushing us forward with incredible energy, renewing our desire to continue.

We had our second Spanish Formation for Service here in Orlando the week of July 21st. We had an incredible group! Only the Holy Spirit could have possibly put this together! We invited Leila from El Salvador, Raul from Puerto Rico and Judith & Julio from Mexico to join our team and receive the training to conduct future workshops at their locations. There were three more people from each country that participated, including a priest from Mexico, Fr. Luciano Villanueva. We also had Spanish-speaking participants from California and Florida, making a total of 16 attendees. We can see that we put our effort in and the Lord blesses it. It pops up here and there and grows, and in turn bears fruit, and so on and on and on.

After the workshop, the International Contact persons stayed an extra day. Gail Fitzpatrick-Hopler flew in especially for this meeting with the Board members of Extensión Contemplativa. We had a very productive session and put together a plan for the next three years.

Our recent pilgrimage with Fr. William Meninger, "In the Footsteps of St. Paul," that included Greece, Turkey and a cruise visiting certain Mediterranean islands like Patmos and Rhodes, was an awesome experience!

Our new 15-day pilgrimage, leaving from Newark, NJ to Great Britain (excluding London), will be held on Aug 18 - Sept 1, 2003. The cost is \$3,099 per person. A 4-day optional trip to London on Aug 15 - 19 is \$572. The pilgrimage will be led by Fr. Bill Sheehan. For further information contact Ilse Reissner at (407) 767-8271 or ireissner@juno.com

Have a Story to Share?

The *Contemplative Outreach News* is an opportunity to share your experiences of Centering Prayer and the Spirit with others. Please send your articles, poems, reflections, and drawings, to us for possible inclusion in the newsletter. Space limitations may prevent us from using them right away, but we will include all suitable items as soon as we can. Materials should be mailed to Susan Supak, Contemplative Outreach, Ltd., P.O. Box 737, Butler, NJ 07405 or by email to supak@warwick.net.

Libros en Español

Extensión Contemplativa, the branch of Contemplative Outreach serving our Spanish-speaking members, will now be handling the sale of books translated in Spanish, formerly sold by the International Office. Orders can be placed by calling Maria López at (305) 223-7329.

Libros disponibles en Español (Books available in Spanish):

By Fr. Thomas Keating

Crisis de Fe, Crisis de Amor	\$11
El Misterio de Cristo	\$13
El Reino de Dios es como...	\$11
Intimidad con Dios	\$14
Invitación a Amar	\$13
La Condición Humana	\$10
Mente Abierta, Corazón Abierto	\$15

By Fr. William Meninger

Buscando a Dios Con Amor	\$10
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By Sr. Mary Margaret Funk

El Corazón en Paz	\$15
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Cintas y Grabaciones en Español (Audio Cassettes and Guidebooks available in Spanish)

Travesía Espiritual (Spiritual Journey) by Fr. Thomas Keating	
Serie I: Sesiones 0-5; II: 6-11; y III: 12-17	
Estuches con 6 cintas audio por serie	\$18
Libros Guía	\$12
Juegos de 6 Cintas Con Libro Guía	\$25
Grabaciones Cántico Jerusalén: CD	\$ 7
Audio	\$ 4

Ordene de Maria López, Tel. 305-223-7329

Recycled Resources

Do you have any used books, videos, audiotapes or CD's by Fr. Thomas Keating that you would like to send to us to be recycled into our outreach programs? Many of these programs, groups and organizations have requested donations of our materials. We ask that these resources be by Fr. Thomas Keating only. On behalf of those who will be supported through your generosity, we thank you.

Corrections

Please note that a production error by the printer caused a one-month postponement in the mailing of the previous issue of our newsletter, Fall-Winter 2002-2003. We apologize for any inconvenience resulting from this delay.

Mark your calendars! The printing deadline for the upcoming Fall/Winter newsletter is Aug 5, 2003. Please submit your information and articles by this date.

Updates

Alta, WY

Greetings from the Tetons! The Alta Retreat Center continues to respond to the inspirations of the Holy Spirit in our attempt to meet the growing needs of the network. Plans for the expansion of our retreat facility are moving right along and reflect attendees' suggestions and recommendations. We are excited about our first 21 Day Immersion in July and are looking forward to the Rev. Jim Clark's week on "The Human Condition and the Divine Therapist," and Gard Jameson's discussion on "Contemplative Traditions of the World." Check our website to see if there is space available for this retreat!

Prison Ministry Update: Sr. Catherine Bazar and I visited the Women's Correctional Facility in Pocatello three years ago and began a Centering Prayer ministry at the invitation of Rev. Diane Paulson. Diane and volunteers from her parish continue that ministry by visiting the women three days a week! I revisited that facility this February for a follow-up workshop and can report enthusiasm and gratitude from the women who continue to benefit from Centering Prayer. Recognizing the great intensity of the work, and the need to share experience and information, ARC will host the first International Network Prison Ministry and Leadership Seminar from June 24-27, 2004. Agenda planning for this seminar will take place at our National Convention in California this September. Ministry Service Leader Fred Eckhart will coordinate this planning. We would like to identify all interested persons and plan carefully for this event. Please contact us if you want to help!

11th Step Update: CO-service Retreat Leaders Martha and Tim Black report growing interest in CO's new offerings for people in 12-Step Recovery programs. They have been invited to lead a "Round-Up" at the Priory, a Benedictine Monastery in Jerome, Idaho, this spring. Interest in learning Centering Prayer as a meditation practice to fulfill the 11th Step guideline is gathering momentum and interest. ARC hopes to offer a similar International Leadership Seminar for 11th Step Service Teams in the summer of 2004 and is exploring this possibility with Madeline Soo. We will keep you posted in our next communication. In closing, I want to express my deepest appreciation to Marie Howard, Chair of the Retreat Ministry Service Team, for all her support and encouragement.

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

Atlanta, GA

Contemplative Outreach-Atlanta and Emory University will host Fr. Keating at Emory University on November 7 and 8. The seminarians from Chandler School of Theology and Columbia Seminary in Decatur will be invited for Friday evening and the general public for Saturday. Requests continue to come from various areas in Georgia for Introductory Workshops on Centering Prayer. To help us in this work, our first Formation for Contemplative Outreach Service will be held at the Trappist Monastery of Our Lady of

the Holy Spirit in Conyers, Georgia from July 11-18. The contact is Roseanne, 678-796-9158, rmaryh@earthlink.net. Anne Mazza and Therese Saulnier will lead the program. The Trappist Monks in Conyers provide weekend workshops in Centering Prayer for the remainder of 2003 in the months of June, August, October, and December. Spaces are available. Contact: 770-760-0959/email:rhouse@trappist.net. We find that putting advertisements in local church bulletins is the best way to bring people to the workshops. We are happy to announce that the 13 existing Prayer Groups in the Catholic, Episcopal, and Presbyterian churches were recently joined by the addition of The Church of God denomination. Atlanta's new website was established in December 2002. It can be reached through a link with the C.O. Ltd. website or at www.centeringprayer.com/chapters/Atlanta.htm In a grateful spirit, we are excited about the number of individual members willing to take on the responsibilities of finance, books, tapes, bulk mailings, data entry, facilitators and workshop leaders. We thank them for their generous spirits, look for more willing volunteers and thank God for blessing our efforts.

Roseanne M. Havird, 678-796-9158, rmaryh@earthlink.net

Brazil

We've had the most exciting days here with the presence of Abba Thomas Keating, from January 2-8 in Rio de Janeiro and 9-15 in Belo Horizonte. He conducted the first retreat in Rio de Janeiro for 82 people and the second in Belo Horizonte with about 66 people participating. The talks had an attendance of approximately 150. Three of the talks were in Rio and three were in Belo Horizonte. We wished he could stay with us forever because when he opens his mouth, only wise words on the love of God come out. Everyone here is in love with him, men and women, young and old, priests, nuns and lay people because of the way he talks about God, putting it in a simple way, accessible to each of us! The last day of our retreat he talked for about two hours in the morning and two hours in the afternoon. He had private 15-minute conversations with many people all afternoon, and then talked for more than two hours in the evening. The latter had not even been scheduled. Everyone was amazed at the amount of energy he has. God bless you, Fr. Keating, and thank you.

For two years we had only a small group in St. Ephigenia's Church in Belo Horizonte, from where Fr. Keating gave the talks. Now we have three new support groups and other new ones will begin soon. People here are saying they're practicing Centering Prayer, and they are very much enchanted with this simple form of prayer. Many priests have become interested too and are thinking of having groups in their parishes. Fr. Aloisio, who welcomed us in his church some two years ago, is thinking of having a fixed hour every day at the church, where people can go and sit for Centering Prayer. Thank God we had this opportunity to have Fr. Keating with us. God bless him and give him strong health to go on with his holy mission. Again, thanks so much. Come back some day, Fr. Keating! You may be sure you left many friends and followers here! We'll be praying for you. Love from Brazil,
Jandira Soares Pimental, 55-31-3242-2835

continued on next page

Spring / Summer

Denver, CO (CO of Colorado)

The surge of growth and activity we experienced last year continues. From September 2002 to June 2003, we are on track to have served almost 3,000 people through our classes, workshops, outreach ministries, days of prayer, retreats and annual conference. In January, our own Margaret Johnson presented workshops on "Care of the Soul" and "Be Free Where You Are" to sell-out crowds. We expanded our retreat offerings to include David Frenette's 5 Day Retreat, "Integrating Centering Prayer into Daily Life" (Jan 30-Feb 3), in addition to our 2 weekend Intensives and staff retreat. In February, staff members Bernard Jacques and Julie Saad introduced and presented their new Lectio Divina workshop. On March 23rd, over 500 people attended our **10th Annual Conference — "A Buddhist-Christian Exchange,"** the second of a 3-part series with Fr. Thomas Keating and special guests looking at different faith traditions and deepening our understanding of the oneness of the entire human family. By 2004, we will have hosted a Sufi teacher, a Buddhist Acharya (senior dharma teacher) and a rabbi. This program has been a deeply spiritual and hope-filled experience. Plans for the 2003-2004 Session of the Nine Month Course: The Practice of Contemplative Living are underway. This year, summer vacation brings the anticipation of an expansion project, here at the Center, to better serve the growing demand for the contemplative experience through Centering Prayer.

Sr. Bernadette Teasdale, 303-698-7729

Encino, CA (West San Fernando Valley)

We are very thankful for the opportunities for spiritual enrichment and chapter growth this past year. In February 2002 we were blessed to have Mary Dwyer lead the Welcoming Prayer Weekend Retreat at Holy Spirit Retreat Center, Encino. Then in July, Bonnie Shimizu and C.O. staff gave the Formation for Service and an 8 Day Intensive Retreat. In November, Fr. Thomas Keating, Gail Fitzpatrick-Hopler, and Fr. Carl Arico traveled to Los Angeles for a very successful fund-raising event at our new Cathedral of Our Lady of the Angeles for about 700 people. Most recently, Feb 14-16, 2003, Susan Komis, Chairperson of the CCC, met with 23 of us from the Los Angeles area for the Servant Leadership Formation. Susan more than met our expectations, providing us with both spiritual enrichment and presentations/processes that moved us forward in our growth and development as chapters within the Los Angeles/Orange County areas. Regarding our local chapter, we feel we are evolving. Our core group meets regularly and looks forward to sponsoring the Living Flame Program beginning in November 2003.

Sr. Linda Snow, 818-784-4515

Heart of Texas Chapter

In conjunction with the Cedarbrake Renewal Center in Belton, we staffed and facilitated a 5 Day retreat with Fr. Thomas Keating that was attended by 95 persons, many of whom were fairly new to Centering Prayer and to Fr. Thomas. In spite of some logistical matters, e.g. how to do a contemplative walk with 95 people, the retreat was a very significant event in our area. Chapter networking continues to connect with persons, churches and groups that want to deepen their practice. Several Introductorics are planned in new areas. A core group of committed practitioners has become fully engaged in the Centering Prayer Prison Ministry, actively working at two women's prisons. We are indeed blessed to serve this prayer that has so served us.

Doug Sanders, Chapter Coordinator

Kentucky (CO-KY)

Several members from CO-KY attended the Ecumenism Conference in October 2002 at the Nashville, TN Airport Marriott. All were especially moved by Fr. Keating's talk and by the inter-denominational sharing that took place. Everyone enjoyed renewing friendships with other Contemplative Outreach folks there. Later, in October 2002, Fr. Carl Arico came to Louisville and spoke first at Bellarmine University; then he facilitated a workshop at the Catherine Spalding Retreat Center in Nazareth and finished his stay by giving a parish mission at St. Catherine's in New Haven. Fr. Carl returned to us March 28-April 14 leading our 8 Day Intensive/Post-Intensive retreat at the Abbey of Gethsemani in Trappist, KY with 40 persons in attendance. He was such a lively and wonderful presence and we were so grateful to have had him.

CO-KY's leadership group is planning our **Tenth Anniversary event September 12-13, 2003. We are excited to have Fr. Keating return to Kentucky to speak at Bellarmine University. He will give a second presentation at the Catherine Spalding Retreat Center in Nazareth. We would like to welcome and encourage people from all over the region to attend.**

CO-KY is considering a fund-raising event to tie into this celebration... HELP... we need ideas! Several Introductory workshops are scheduled throughout 2003. More than 20 groups are meeting regularly at present with three more in formation stages... and we have a superb newsletter. Deo Gratias!

**Jim Vanderhaar, habitatjim@hotmail.com for
Jean Johnson, CO-KY Coordinator, 502-549-3122**

Korean C.O. Community

In the Korean community in the U.S. and Korea, the demand for workshops, formation, and retreats is growing rapidly. In the U.S., I gave a workshop/retreat to people from the Charismatic Renewal Movement in March of this year. The Charismatic Renewal Movement is very strong among Korean Catholics in the U.S. Probably several thousand people belong, and they have found that Charismatic Prayer is not enough for furthering their spiritual growth. Once Centering Prayer is accepted among them, it will grow fast and bring more demand for workshops and retreats in a short time. I wish I had many who are willing, ready and able to contribute their efforts to meet the need in the near future. If not, it will be too much for me to cope with everything all by myself. I pray for God's help.

In Korea, demand is also growing rapidly, however, there are some people who can serve at the entry level. Now I need to concentrate my efforts to form and settle the prayer groups all over the country, on one side, and provide the enrichment programs for future servant leaders, on the other. Therefore, I will have two Formations for Facilitators, two Formations for Presenters, two 10 Day Intensive Retreats, and possibly a retreat for in-depth study of the conceptual background of Centering Prayer for that purpose.

Contemplative Outreach Korea is about to form an administrative network. To help them, Gail Fitzpatrick-Hopler visited in April to discuss the implementation of the Vision Statement, Principles, and Guidelines, as well as the construction of a network. C.O. Korea published their first newsletter and set up a website at www.CenteringPrayer.co.kr

Patrick Uhm, 847-676-0200

Updates continued

Long Island/Queens, NY

Greetings from Contemplative Outreach of Long Island/Queens. We have had a very busy and spirit-filled year. The Formation for Presenters was completed, which was both successful and inspiring for all the participants. Some of the new presenters have already been put to work sharing God's gifts. We offered an open invitation to the Long Island/Queens population to attend our Visioning Day. People responded beautifully and brought forth many suggestions of areas that they felt Long Island should be looking into. Some were willing to get involved with our Committee, which was a blessing. Stepping out in faith last year, we offered two Centering Prayer Retreats — one in Nassau County and one in Suffolk County. This was a first for us and from the enthusiastic response, we will, hopefully, do it again. I could go on and on about all of our activities, but I feel it's enough to say that the Lord has been working through the Committee, Prayer Groups, parishes, and all of us that say "Yes" every day. God bless all of you.

Barbara Sullivan, 516-481-0472

Missouri

In Springfield, MO, an Introductory workshop was held on March 1, 2003. Renee Bennett and Susan Komis of Contemplative Outreach of St. Louis were the presenters. Holy Trinity Catholic Church and King's Way Methodist Church sponsored the event. The Holy Spirit has brought together diverse people and groups from many denominations and faith communities with contemplative practices and interests. We had over 50 attendees. The challenge was to make follow-up sessions available to everyone, to organize and support the prayer groups forming from the workshop, and to plan future spiritual enrichment events and retreats. We are just getting started, and prayers and advice are needed. If you have advice or encouragement, please call **Dave or Mary Loraine Fromme, 417-823-8359** or email at cospr@earthlink.net. Pray for peace.

New Orleans, LA

February of 2003 brought us the blessing of Fr. William Sheehan, O.M.I. for the commissioning of the new Contemplative Outreach of New Orleans leadership team and an inspiring three day retreat on the human condition. By popular demand, Bonnie Shimizu joined us in February for a Faciliator's and Deepening Participation workshop. After having completed the Formation for Service training with Susan Komis last year, two new local presenters, Joan Fischer and Cetta Dyer, gave an Introduction to Centering Prayer Workshop on March 8. The greater New Orleans Chapter joined with Contemplative Outreach globally for the United in Prayer Day on March 15. We are happy to again be able to sponsor a 10 Day Intensive Retreat this year, July 25th to August 3rd in the beautiful countryside of Pontchatoula, LA.

The steering committee meets once a month during the year to assess the progress towards our goal of bringing Centering Prayer instruction and support to the community. We are grateful to Fr. Thomas and all the people in Contemplative Outreach who have made it possible for us to be a part of such a profound and healing ministry. THANK YOU

Walden, NY (CO of Orange County)

The big news from Walden is that the **40 Day Live-In Experience will held at St. Andrew's Retreat House, October 9-November 17, 2003.** The Nine Month Course, Part II: A Deepening of Contemplative Living will have completed its first year when you read this article. Thus far it has met and exceeded its intention — *A Deepening of Contemplative Living!* We have scheduled another 21 Day Centering Prayer Immersion Retreat June 5 to 26, 2004. The first Immersion *Renewal* Retreat (6 Day) was so well-received, we have scheduled another in January 2004. In February we began a Centering Prayer Program which includes the Introduction, Six Week Follow-Ups, and the Spiritual Journey Videotapes, each part separated by six weeks of Centering Prayer Group experience. Leadership potential is coming from within the Prayer Groups that have formed. A Parish Mission is scheduled in October with Fr. Carl Arico. We are coming to the end of our 7th year here at St. Andrew's. In reviewing our year, it appears that the Spirit is inviting us to focus on the more formational experiences reflected in our new Calendar. We continue to be grateful to God for all the people who support our retreats and programs, and for the privilege of serving God and others in and through Contemplative Outreach.

**Cathy McCarthy, 845-778-2102, cathymc@frontiernet.net
www.centeringprayernys.org**

Westchester, NY (CO of Westchester)

We continue to meet the third Saturday of each month at St. Patrick's in Armonk for our monthly prayer meeting from 9:30 a.m.-12:30 p.m. Our agenda includes two sessions of Centering Prayer with Lectio Divina. All are welcome!

Our United Day in Prayer was particularly special this year because we recognized our facilitators with much love, applause, and a unique gift. We are so grateful to these dedicated people who serve silently with great faith!

This past spring we did an Introductory Workshop at St. Patrick's in Armonk and this coming fall we'll be doing an Introductory at St. Magdelene's in North Tarrytown. We are excited about our new prayer group members and look forward to our continued growth.

Diane Harkin, 914-423-4888

Connect on the Web!

Visit our web site:

www.contemplativeoutreach.org

Weekly articles by Fr. Thomas Keating

Information about local events

Locations of Centering Prayer Groups

Order Centering Prayer resources

Contacts and Coordinators who wish to list information about local events and groups can contact the International Office.

Email: office@coutreach.org

Phone: 973-838-3384 Fax: 973-492-5795

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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 	<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? • Intro to Centering 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 	<ul style="list-style-type: none"> • Psychology of the Spiritual Journey (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 in Faith, Crisis in Love • Loving Search for God • An Inspirational Minute Book • ReAwakenings • Thoughts Matter • Tools Matter for Practicing Spiritual Life 	<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 	<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 	<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 	<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

Contemplative Outreach

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

By Fr. Thomas Keating
A selection of homilies calling the reader to a new level of awareness of the Gospel.

The Better Part #B-29 \$15.95

By Fr. Thomas Keating
Various facets of Centering Prayer are described, including Lectio Divina, the "sacred gaze" and the "sacred breath."

Crisis of Faith/Crisis of Love

By Fr. Thomas Keating #B-11 \$10.95
Keating develops the theme of faith and love.

Foundations for Centering Prayer and the Christian Contemplative Life

By Fr. Thomas Keating #B-38 \$27.95
A combined volume of *Open Mind*, *Open Heart*; *The Mystery of Christ*; and *Invitation to Love*

Fruits and Gifts of the Spirit

By Fr. Thomas Keating #B-30 \$12.00
A compelling guide to the spiritual life, its blessings and unexpected gifts from a best-selling leading spiritual teacher.

Heart of the World

By Fr. Thomas Keating #B-26 \$9.95
An introduction to contemplative Christianity. Keating's description of the contemplative approach to the practice of prayer.

The Human Condition

By Fr. Thomas Keating #B-25 \$6.95
Lectures delivered at Harvard Divinity School discussing how Christ calls on people to repent and reclaim their "true selves."

Intimacy with God

By Fr. Thomas Keating #B-08 \$16.95
Transformation through contemplation – a deeper understanding of the spiritual journey.

An Inspirational Minute Book

Editor: Sr. Margaret Ann Calcutta #B-42 \$10.00
A series of short readings from the works of Fr. Thomas Keating, with room for personal journaling. Illustrated by Meridith Schifsky.

Invitation to Love

By Fr. Thomas Keating #B-03 \$13.95
The spiritual journey is covered in detail in this book.

The Mystery of Christ

By Fr. Thomas Keating #B-02 \$13.95
A discussion of the contemplative dimension of the Gospel.

Open Mind, Open Heart (Paperback)

By Fr. Thomas Keating #B-01 \$13.95
The Contemplative Dimension of the Gospel-Centering Prayer resource. Many questions regarding the Centering Prayer method are answered here.

Gift Edition (Hard Cover) #B-40 \$19.95

Reawakenings #B-06 \$12.95

By Fr. Thomas Keating
More selections of homilies for a deeper understanding of the contemplative dimension of the Gospel.

St. Therese of Lisieux, A Transformation in Christ

By Fr. Thomas Keating #B-31 \$10.00
A biography and study of the spiritual wisdom of the "Little Flower."

Spiritual Journey Tape Handbooks

These books correspond with the Spiritual Journey video tapes.
Vol 1 (Tapes 0-5) #TR-001 \$14.95
Vol 2 (Tapes 6-11) #TR-002 \$14.95
Vol 3 (Tapes 12-17) #TR-003 \$14.95
Vol 4 (Tapes 18-23) #TR-004 \$14.95

The Transformation of Suffering

By Fr. Thomas Keating #B-39 \$10.00
An exploration of the tragedy of September 11 through the perspective of Christ-consciousness and a discussion of John's Gospel account of the wedding feast of Cana.

Other Authors

Centering Prayer in Life and Ministry #B-16 \$11.95

by Keating, Pennington, Ward, Neenan, Lawson, Butler, Morgan, Casey-Martus, Clark, Miller & Reiningger
This book, with its ecumenical contributors, celebrates Centering Prayer as a common ground for Christian unity.

A Deeper Love #B-28 \$10.95

By Elizabeth Smith and Joseph Chalmers
Brief but illuminating introduction to Centering Prayer based on the writings of Thomas Keating.

The Divine Indwelling #B-36 \$10.00

By Keating, Ward, Cairns, Fitzpatrick-Hopler, Lawson & Butler
Essays discussing several features of Centering Prayer and the Contemplative Outreach movement.

From the Center #B-33 \$12.95

By Robert J. Hope
A presentation of intense verse reflections on the universal presence of God in each of us and in all of nature.

Lectio Divina #B-22 \$15.95

By Fr. Basil Pennington
An informative and practical guidebook for today's Christian describing the time-tested method of praying with the Scriptures.

Resource Materials

Loving Search for God #B-12 \$12.95

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The contemporary contemplative life in terms of the book, *The Cloud of Unknowing*.

Lumen Christi, Holy Wisdom #B-41 \$16.95

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An explanation of how a conscious practice of Centering Prayer can create a healthy church environment, dynamic leadership, and a vibrant community worship.

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By Fr. William Meninger

An exploration of the most complex but necessary facet of spiritual life – forgiveness.

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By Nan Merrill

A rework of the Book of Psalms in a loving, contemplative manner which betrays none of the book's vigor or essence.

A Taste of Silence #B-24 \$15.95

By Fr. Carl Arico

Arico explores the fundamentals of Centering Prayer, providing the practitioner with a historical foundation, insight, a degree of humor, and peace of mind.

Thoughts Matter #B-17 \$13.95

By Sr. Mary Margaret Funk

An exploration of the work of John Cassian and its implications for the spiritual life, focusing on Christian life as a practice.

Too Deep for Words #B-09 \$8.95

By Sr. Thelma Hall

Rediscovering Lectio Divina with 500 Scripture texts for prayer.

Tools Matter (Hardcover) #B-37 \$19.95

By Sr. Mary Margaret Funk

More than two dozen "tools" or practices of the spiritual life.

Video Tape Series By Fr. Thomas Keating

The Spiritual Journey #KV-01 \$774.69

Fr. Thomas Keating

Video Series

Series includes prologue and all five parts (31 tapes)

Prologue: The Method of Centering Prayer and the

Spiritual Journey (2 tape set) #KV-02 \$49.99

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The Psychology of Centering Prayer #V-PR2 \$24.99

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See Instructions for
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Contemplative Outreach

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Session 3 - What Centering Prayer is Not and What It Is		
Session 4 - The Basic Principles of Centering Prayer		
Tape 3	#V-052	\$24.99
Sessions 5 - The Method of Centering Prayer I		
Session 6 - The Method of Centering Prayer II		

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Fathers Basil Pennington, Thomas Keating and William Meninger
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Fr. Thomas Keating	#KV-11 (Video)	\$49.99
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Sr. Mary Margaret Funk, Gail Fitzpatrick-Hopler, Fr. Bruno Barnhart	#V-084 (Video)	\$24.99	#A-084 (Audio)	\$11.95
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Fr. Thomas Keating	#V-086 (Video)	\$24.99	#A-086 (Audio)	\$11.95
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Lectio Divina and the Spiritual Journey

Panel includes Fr. Thomas Keating, Fr. Bruno Barnhart, Sr. Mary M. Funk				
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Centering Prayer Revisted

Fr. Thomas Keating #V-207 \$24.99

A presentation to deepen our understanding of Centering Prayer and its fruits.

Fruits of the Holy Spirit

Fr. Thomas Keating #V-204 \$24.99

An exploration of the fruits as an indication of God's presence at work in us, not only in our lives but in the practice of Centering Prayer.

Fruits of the Holy Spirit — Q's & A's

Fr. Thomas Keating #V-205 \$24.99

Gifts of the Holy Spirit

Fr. Thomas Keating #V-203 \$24.99

An exploration of the gifts as the manifestation of the tenderness of God with their application to contemplative and active aspects of our lives.

Inter-Religious Dialogue

Fr. Thomas Keating #V-223 \$24.99

A discussion of the relationship between Eastern and Western traditions related to the Christian spiritual journey.

Mary, The Mother of God

Fr. Thomas Keating #V-212 \$24.99

Mary as a model for the contemporary contemplative. Her greatest gift was her willingness to consent to God's presence and action in her life.

Reflections on 9/11

Fr. Thomas Keating #V-211 \$24.99

Reflections by Fr. Thomas Keating on his own experience being in New York City on September 11, 2001.

Sharing the Way

Fr. Thomas Keating #V-217 \$24.99

Informal conversations in which Thomas Keating and Laurence Freeman discuss the impact of contemplatives in the world today and tomorrow.

Spirituality of Centering Prayer Support Groups

Fr. Thomas Keating #V-219 \$24.99

Keating discusses the reasons practioners of Centering Prayer can benefit from these contemplative communities which share similar commitments and experiences.

Towards Global Transformation, Reflections on John 1:1-5, 16

Fr. Thomas Keating #V-209 \$24.99

A homily delivered at the 2001 Annual Conference in the Dominican Republic one month after 9/11.

Transformation in Christ/St. Therese of Lisieux

Fr. Thomas Keating #V-202 \$24.99

The wisdom of the life and teaching of the Little Flower as it impacts on our contemplative journey.

Who is Called to Contemplative Prayer?

Fr. Thomas Keating #V-208 \$24.99

Discussion of the call to contemplation and the various responses and qualifications that need to present themselves.

Other Video Tapes

Fruits of the Holy Spirit Revisted

Fr. Carl J. Arico #V-206 \$24.99

An exploration of the wisdom of St. Paul in the Epistle to the Galatians as it sets the stage for a deeper understanding of the fruits of the Spirit.

Introduction to Centering Prayer

Fr. Carl J. Arico #V-201 \$24.99

Aired by the Denver Catholic Hour with Arico presenting a Parish Mission on the conceptual background of Centering Prayer.

Let's Talk About Prayer on the Christopher Hour

Fr. Thomas Keating, Mary Mrozowski and Fr. Carl J. Arico

#V-200 \$24.99

A discussion on Centering Prayer hosted by Fr. John Catoir

Transformation in Christ, Divine Therapy

Gail F. Hopler #V-213 \$24.99

This presentation speaks about Centering Prayer, Lectio Divina, and The Welcoming Prayer as tools and support for transformation.

See Instructions for
Ordering on Page 9

Resource Materials

Audio Cassette Sets by Fr. Thomas Keating

The Contemplative Journey

(24 audio cassettes with Guidebooks) #KA-50 \$168.00

This is the audio cassette version of the original 24-tape Spiritual Journey Series.

Volume I (12 audio cassettes) #A-010 \$99.95

An introduction to Centering Prayer and a discussion of the human condition.

Volume II (12 audio cassettes) #A-011 \$99.95

An exploration of living the contemplative dimension of the Gospel and contemplation as divine therapy

Divine Therapy

(4 audio cassettes) #A-002 \$27.50

A presentation regarding the spirituality needed for recovery with compassion for the human condition.

Gift of Contemplation and the Spiritual Journey

(6 audio cassettes with album) #A-008 \$32.50

Various presentations in Texas with inmates, therapists, and a number of ecumenical gatherings.

Journey to Contemplation

(8 audio cassettes) #A-001 \$35.00

Expanded Introductory Workshop recorded live in the Philippines.

Kingdom of God is Like

(4 audio cassettes) #A-003 \$23.00

Homilies dealing with Christ's message in the everyday world.

Who is God?

(2 audio cassettes) #A-027 \$12.00

A discussion of our perceptions of God versus the reality of God.

Other Audio Cassette Sets

Beyond Centering Prayer

Mary Mrozowski
(6 audio cassettes) #A-006 \$31.00

Thorough coverage of the practices of Lectio Divina, The Active Prayer, and the Prayer of Forgiveness as integral to the Spiritual Journey.

Christian Mysticism: A Visit With Some of the Superstars

Fr. Carl J. Arico
(5 audio cassettes with study guide) #A-007 \$30.00

Arico covers Julian of Norwich, St. Ignatius of Loyola, The Cloud, Teresa of Avila, John of the Cross, Merton, Chardin, and the Christian contemplative tradition.

Parish Mission: Taste of Silence

Fr. Carl J. Arico
(3 audio cassettes) #A-004 \$20.00

A series of presentations at a 3-Day mission covering the spiritual journey, prayer as relationship, Centering Prayer, thoughts, cultural conditioning and the fruits of Centering Prayer.

Power of Silence

Fr. Carl J. Arico
(3 audio cassettes) #A-005 \$18.00

Refreshing and practical insights on Centering Prayer

Single Audio Cassettes by Fr. Thomas Keating

Centering Prayer and Progress in Daily Life

#A-022 \$6.00

Dynamics of the Sacred Word

#A-023 \$6.00

False Self in Action

#A-021 \$6.00

Who are We in God's Love?

#A-024 \$6.00

Other Single Audios

Prayer of Forgiveness

Mary Mrozowski #A-026 \$6.00

20-Minute Meditation Timer Tape

#A-025 \$6.00

Compact Discs

by Fr. Thomas Keating

The Contemplative Dimension of the Gospel

(2 CD Set) #CD-03 \$24.00

Healing the Human Condition

(2 CD Set) #CD-04 \$24.00

Other Compact Discs

Cello: 3-Track 20-Minute Meditation Timer

#CD-01 \$12.00

Jerusalem — Spanish Chant 20-Minute

Meditation Timer #CD-02 \$10.00

New Resource Materials

Ecumenism: United in Our Common Search for God

Fr. Thomas Keating #V-215 (Video) \$24.99
 #A-016 (Audio 2 Tapes) \$12.00
 #CD-06 (2 CD set) \$18.00

The keynote address at the 2002 Annual Conference. Includes question and answer session.

Embracing Unity

#V-222 (Video) \$24.99
 #A-018 (Audio 2 Tapes) \$12.00
 #CD-08(2 CD Set) \$18.00

Part I: Gail F-Hopler - Embracing Unity in the Christian Heritage
 Part II: Panel: Unity in Diversity - Transcending Boundaries through Centering Prayer, 2002 Annual Conference.

Parable of the Great Banquet: Luke 14:15-24

Fr. Thomas Keating #V-216 (Video) \$24.99
 #A-017 (Audio) \$10.00
 #CD-07 (CD) \$12.00

Homily from the 2002 Annual Conference.

Healing Our Violence Through the Journey of Centering Prayer

Fr. Thomas Keating and Richard Rohr #A-015 (Audio 5 Tapes) \$40.00
 #CD-05 (6 CDs) \$50.00

An exploration of the integration of our inner and outer journeys.

Living in the Presence of God Day After Day After Day

Fr. Thomas Keating #V-214 (Video) \$24.99
 #A-020 (Audio 2 Tapes) \$12.00

Keynote address given at a Day of Enrichment focusing on being truly present to God through Contemplative Prayer.

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Why Make An Intensive Centering Prayer Retreat?

The spiritual journey is an invitation into the unknown — an adventure in faith. It is a process of continual transformation toward union with God which ultimately encourages transformation of the world. While spiritual progress is dependent primarily upon grace, it also depends on our response to this gift through the practice of various spiritual disciplines, such as Centering Prayer.

Both grace and personal response are active components in the process of moderating the instinctual drives stimulated by the false self. It is the false self which lies at the root of much of human unhappiness. The regular practice of Centering Prayer encourages the letting go of the afflictive emotions arising in daily life and promotes the loving acceptance of other people. As a result of an ongoing commitment to the prayer, our behavior becomes more and more motivated by divine love which is totally self-giving, detached from selfishness. Extended prayer periods wear away our opposition to grace and restore our willingness to give ourselves completely to God, and to share our life and gifts with others — especially those with whom we live and work.

When one desires to grow in their contemplative experience by responding to God's call to enter into a deeper relationship, it is most advisable to participate in an Intensive Centering Prayer Retreat. In an attitude of openness we say "yes" to Christ who calls to us: "Come to me all you who labor and are burdened and I will give you rest." A primary function of the retreat is to strengthen and increase our willingness to continue responding to the grace of a pilgrimage into the unknown. It is not important to know where you are on this journey, for wherever you are it is an immense gift of God — and there are more places to go. The mutual support of others traveling a similar journey is an enriching experience and an invaluable aid in the daily abandonment of self to God.

In an Intensive Retreat setting, the length of the periods of Centering Prayer are extended. Multiple periods of Centering Prayer can help to deepen the experience of interior silence and open us to the possibility of greater intimacy with God. Extended prayer periods may also accelerate the process of unloading the unconscious, thereby reducing our self-centered programs for happiness.

Reprinted from the Contemplative Outreach of South Florida Newsletter, Summer 2001

Blessings From Snowmass

One of the monks of Snowmass was preaching. He referred to a sermon a few days earlier by Fr. Theophane: "Baptismal garments should not be frilly, lacy, delicate white things. They should be sweatshirts."

I looked at my red sweatshirt. It had been handed down to me from the son of one of my wife's friends. It was red.

After mass I went over to Fr. Theophane in the bookstore and asked him to bless my sweatshirt. I was expecting a sentence or two. Maybe even a whole paragraph. All I got was one word.

Disappointed, I began to walk back to the guest compound. Then I began to giggle. The giggles turned into laughter. I was dizzy with it. I fell down in the snow and guffawed heartily for at least five minutes. My gut heaved. My sides ached.

The word from Fr. Theophane?

Joy.



The Gift by Sandra Mackey

I have just completed an Intensive Centering Prayer Retreat at St. Andrew's Retreat House in Walden, New York. This morning I had a very powerful lesson delivered through three little birds, a winter storm, and a brand new birdseed bell. Our family has been feeding birds by placing loose seed on our deck railing. This morning the birds returned to their usual spot for food. However, the snow had covered the seed, so they feverishly fluttered their little wings and scratched at the snow-covered surface.

It came to me that perhaps it would be more advantageous for them if I were to put out a new solid birdseed bell. It would not blow away and would be far more visible. I felt so happy that I could provide this food for these beautiful creatures at this stormy time. Then I observed myself expecting the birds to immediately flock to this new source of nourishment! God's lesson became apparent through observing myself through these three little birds, The Holy Trinity! First, no attachments to the outcome, no expectations and no judgments. My purpose is to allow God's bell to ring through me, but it is not up to me how or when others hear it resonating within them.

The birds persisted in pecking and scratching at the same old spot. This familiar source seemingly blinded them to the solid core of bountiful nourishment right in their midst. I thought, "Oh if they could only see, they would no longer experience the feeling of scarcity!" Then another thought came. Perhaps I should unwrap the bell. I wanted them to see! Then this loving lesson came. "In their own time they will see. You do not have to unwrap the gift you give. When you extend a gift, it is not up to you to determine when or how the individual should unwrap it."

Peace enveloped me as I recognized the profound truth of this message. Humble and grateful, I recognized the reflection of my individual spiritual journey in my brother and sister birds! I recognized that all creation's spiritual lessons are so highly individualized that only arrogance could profess to know what the lessons are or how and when they are delivered! Salvation is inevitable. So with profound peace, faith and fellowship, I watch these beautiful creatures peck and scrape for seed as the falling snow covers the bell.

Calendar of Events

June 2003 — March 2004

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.

San Diego Area, CA Jun 6-8 Contemplative Outreach Staff
Vina De Lestonnac
Retreat Center
Contact: Martha
(619) 226-6000

Hot Springs, NC Jun 20-22 Mary Dwyer
Southern Dharma
Retreat Center
Contact: Dagmar Nickerson
(828) 622-7112

Chautauqua, NY Jul 13-19 Mary Dwyer
Chautauqua
Institute
Contact: Mary Dwyer
(814) 838-6469

Cullman, AL Aug 29-31 Contemplative Outreach Staff
Benedictine
Center
Contact: Sr. Eleanor Harrison
(256) 734-8302

Cullman, AL Jan 23-25 Contemplative Outreach Staff
Benedictine
Center
Contact: Sr. Eleanor Harrison
(256) 734-8302

Walden, NY Feb 6-8 Contemplative Outreach Staff
St. Andrew's
Retreat House
Contact: Cathy McCarthy
(845) 778-2102

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.

Montpelier, VA Mar 14-16 Susan Komis
Shalom House
Retreat Center
Contact: Reba Gabel
(804) 344-3309

Walden, NY Mar 26-28 Contemplative Outreach Staff
St. Andrew's
Retreat House
Contact: Cathy McCarthy
(845) 778-2102

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 MLS00@wi.rr.com, (414) 961-2610. If you would like to share ideas; find out how you can be of service in this Outreach, and be part of an e-mail conversation, please contact Susan Thornett, thornetts002@hawaii.rr.com

Orlando, FL Oct 10-12 Contemplative Outreach Staff
Cantebury
Retreat & Conference Center
Contact: Gus Galloway
(352) 622-8127

Weston, MA Oct 17-19 Contemplative Outreach Staff
Campion
Retreat Center
Contact: Kathy Long
(978) 263-1319

Alta, WY Nov 13-16 Rev. Sandra Casey-Martus
Alta
Retreat Center
Contact: Carole Flaherty
(307) 353-8200

Winnipeg, Canada Jan 23-25 Contemplative Outreach Staff
St. Benedict's
Retreat Center
Contact: Sr. Catherine Labinowich
(204)339-1705

Introduction to Lectio Divina Retreats/Workshops

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

Tenancingo, Mexico Oct 4-6 Contemplative Outreach Staff
Monastery
Santo Desierto
Contact: Judith Bernal Amodio
(527) 271-1703

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

Germantown, MD Jun 19-22 Ronald Barnett
Dayspring
Retreat Center
Contact: Carol Wilkinson
(301) 428-9348

Manhasset, NY Jun 27-29 Contemplative Outreach Staff
St. Ignatius
Retreat Center
Contact: George Gerardi
(516)431-6602

Pittsburg, PA Jul 25-27 Bonnie Shimizu
Tabor
House of Prayer
for facilitators
Contact: Jeane Kish
(412) 279-9505

Winnipeg, Canada Aug 8-10 Fr. Thomas Keating
St. Benedict's
Retreat Center
Contact: Sr. Catherine Labinowich
(204)339-1705

Warrensburg, NY Aug 15-17 Contemplative Outreach Staff
Ogden Lodge
Retreat House
Contact: Bruce & Melinda Gardiner
(518) 325-5546

Melbourne, KY Aug 16-17 Contemplative Outreach Staff
Moye
Spiritual Life Center
Contact: Nancy McLaughlin
(859) 441-1077x325

**Polo, Barahona
Dominican Rep.** Sep 3-5 Contemplative Outreach Staff
for facilitators
Contact: Isabel Marion-Landais
(809) 548-6480

Rock Island, IL Sep 11-14 Contemplative Outreach Staff
Benet
House
for facilitators
Contact: Sr. Audrey Cleary
(563) 333-6189

**Polo, Barahona,
Dominican Rep.** Sep 11-14 Contemplative Outreach Staff
Contact: Isabel Marion-Landais
(809) 548-6480

Calendar continued

Centering Prayer Weekend Retreats Continued

Melbourne, KY Moye Spiritual Life Center	Sep 20-21	Contemplative Outreach Staff Contact: Nancy McLaughlin (859) 441-0700x325	Winnipeg, Canada St. Benedict's Retreat Center	Nov 21-23	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 339-1705
Pacific City, OR Nestucca Sanctuary	Sep 28-30	Contemplative Outreach Staff Contact: Hannah Thomassen (541) 767-0832,hannahstar@aol.com	St. Joseph, MN Spirituality Center St. Benedict's Monastery	Dec 5-7	Katherine Howard, OSB Contact: Sr. Rita Budig (320) 363-7115
Osakis, MN St. Elizabeth Retreat Center	Sep 26-28	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631	Walden, NY St. Andrew's Retreat House	Dec 5-7	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
St. Joseph, MN Spirituality Center St. Benedict's Monastery	Oct 3-5	Katherine Howard, OSB Contact: Sr. Rita Budig (320) 363-7115	Walden, NY St. Andrew's Retreat House	Dec 30-Jan 1 New Year's	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Tenancingo, Mexico Monastery Santo Desierto	Oct 4-6	Contemplative Outreach Staff Contact: Judith Bernal Amodio (527) 271-1703	Melbourne, KY Moye Spiritual Life Center	Jan 10-11	Contemplative Outreach Staff Contact: Nancy McLaughlin (859) 441-1077x325
Niskayuna (Albany), NY Dominican Spiritual Life Center	Oct 10-12	Contemplative Outreach Staff Contact: Bruce & Melinda Gardiner (518) 325-5546	Richmond, VA Shalom House Retreat Center	Jan 23-25	Contemplative Outreach Staff Contact: Reba Gabel (804) 344-3309
Cape Town, South Africa Riebeck-Kasteel Goedgedacht Retreat Center	Oct 10-12	Contemplative Outreach Staff Contact: Brian Podesta 021-531-9114, brianp@isat.co.za	Lacey, WA St. Placid's Priory	Feb 20-22	Contemplative Outreach Staff Contact: Barbara Huston (360) 438-2595
San Diego Area, CA Vina De Lestonnac Retreat Center	Oct 10-13	Contemplative Outreach Staff Contact: Martha (619) 226-6000	Birmingham, AL	Feb 21-22	Elizabeth Ann Stewart Contact: Caroline Humphreys (205) 979-1159
Osakis, MN St. Elizabeth Retreat Center	Oct 17-19	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631	Melbourne, KY Moye Spiritual Life Center	Feb 27-29	Contemplative Outreach Staff Contact: Nancy McLaughlin (859) 441-0700x325
Lacey, WA St. Placid's Priory	Oct 17-19	Contemplative Outreach Staff Contact: Barbara Huston (360) 438-2595	St. Joseph, MN Spirituality Center St. Benedict's Monastery	Mar 5-7	Katherine Howard, OSB Contact: Sr. Rita Budig (320) 363-7115
Encino, CA Holy Spirit Retreat Center	Oct 17-19	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515	Walden, NY St. Andrew's Retreat House	Mar 5-7	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Brooklyn, MI DeSales Center	Nov 7-9 for facilitators	Bonnie Shimizu Contact: David Muyskens (517) 592-8218	Cullman, AL Benedictine Center	Mar 26-28	Contemplative Outreach Staff Contact: Sr. Eleanor Harrison (256) 734-8302
Melbourne, KY Moye Spiritual Life Center	Nov 7-9	Contemplative Outreach Staff Contact: Nancy McLaughlin (859) 441-0700x325	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.		
Sewanee, TN St. Mary's Retreat Center	Nov 9-11	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613	6-7-8-9 Day Intensive Retreats		
Osakis, MN St. Elizabeth Retreat Center	Nov 14-16	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631	Sewanee, TN St. Mary's Retreat Center	Jun 8-15 8 Day	Contemplative Outreach Staff Contact :Carol Wray (615) 373-0613
Santo Domingo, Dominican Rep. Manresa Loyola	Nov 20-23 for Advent	Contemplative Outreach Staff Contact: Isabel de Marion-Landais (809) 548-6480			
Cullman, AL Benedictine Center	Nov 21-23	Contemplative Outreach Staff Contact: Sr. Eleanor Harrison (256) 734-8302			

June 2003-March 2004

Villa Maria, PA Villa Maria Retreat House	Jun 15-22 8 Day	Fr. Bill Fickel Contact: Barbara Grants (216) 341-5722	Sewanee, TN St. Mary's Retreat Center	Jan 4-11 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Winnipeg, Canada St. Benedict's Retreat & Conf. Center	Jun 20-27 8 Day	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 339-1705	Rapid City, SD Community Center St. Martin Monastery	Feb 5-9 5 Day	Contemplative Outreach Staff Contact: Sr. Marmion Howe (605) 343-2688
Ferdinand, IN Kordes Retreat Center	Jun 28-Jul 5 8 Day	Contemplative Outreach Staff Contact: Vanessa Hurst (800) 880-2777x2907	Walden, NY St. Andrew's Retreat House	Feb 24-29 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Encino, CA Holy Spirit Retreat Center	Jun 29-Jul 6 8 Day	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515	Alta, WY Alta Retreat Center	Mar 21-27 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Ferdinand, IN Kordes Retreat Center	Jul 3-10 8 Day	Contemplative Outreach Staff Contact: Vanessa Hurst (800) 880-2777x2907	10 Day Intensive Retreats		
Melbourne, KY Moye Spiritual Life Center	Jul 20-27 8 Day	Contemplative Outreach Staff Contact: Nancy McLaughlin (859) 441-1077x325	Belton, TX Cedarbrake	Jun 1-10	Fr. Carl Arico Contact: Barbara Cook (512) 347-9673
Dededo, Guam Our Lady of Kamalin House of Prayer	Jul 21-26 6 Day	Fr. Thomas Keating Contact: Sr. Bernadette Marie (671) 632-2384/646-7246	Boynton Beach, FL St. Vincent de Paul Seminary	Jun 20-29	Contemplative Outreach Staff Contact: Marjorie & John Rafferty (727) 345-7908
Alta, WY Alta Retreat Center	Aug 3-9 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200	Immaculata, PA Villa Maria Sprituality Center	Jun 14-23	Fr. Bill Sheehan Contact: Sr. Margaret Gradl (610) 644-1152
Rancocas, NJ Trenton Diocesan Spiritual Center	Aug 3-10 8 Day	Contemplative Outreach Staff Contact: Sr. Marcy Springer (609) 877-0509	Honolulu, HI St. Anthony's Retreat Center	Jul 14-23	Fr. Carl Arico Contact: Cathie Jordan (808) 536-6090
Cullman, AL Benedictine Center	Aug 14-21 8 Day	Contemplative Outreach Staff Contact: Sr. Mary McGehee (256) 736-5820	Richmond, VA Shalom House Retreat Center	Jul 16-25	Fr. Bill Sheehan & April Swofford Contact: Reba Gabel (804) 344-3309
Walden, NY St. Andrew's Retreat House	Aug 26-31 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102	New Orleans, LA Spirit Life Center Rosaryville	Jul 25-Aug 3	Contemplative Outreach Staff Contact: Ed & Vivien Michals (504) 944-4000
Polo, Barahona, Dominican Rep.	Oct 9-17 9 Day	Contemplative Outreach Staff Contact: Isabel de Marion-Landais (809) 548-6480	Frankfort, IL Portiuncula Center for Prayer	Aug 6-15	Fr. Bill Fickel Contact: Sr. Benita Jasurda (630) 969-7040,bjasurda1@aolcom
Shuyler, NE St. Benedict's Retreat Center	Oct 10-18 8 Day	Fr. Carl Arico Contact: Ellie McNulty (402) 333-3819	Seoul, Korea Passionist Retreat House	Aug 26-Sep 4	Contemplative Outreach Staff Contact: Fr. Joseph Oh 011-822-990-1004
Alta, WY Alta Retreat Center	Oct 12-18 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200	St. Joseph, MN Spirituality Center St. Benedict's Monastery	Jan 2-11	Katherine Howard, OSB Contact: Sr. Rita Budig (320) 363-7115
Dubuque, IA New Melleray Abbey	Nov 28-Dec 5 8 Day	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631			

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

Villa Maria, PA Villa Maria Retreat House	Jun 15-22 8 Day	Fr. Bill Fickel Contact: Barbara Grants (216) 341-5722
Lafayette, OR Trappist Abbey	Jul 16-23 8 Day	Contemplative Outreach Staff Contact: Kathleen Muller (541) 412-7913,kamul@wave.net
Alta, WY Alta Retreat Center	Mar 7-13 CP II 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200

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 Retreat Center	Jun 8-15 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Ferdinand, IN Kordes Retreat Center	Jun 28-Jul 5 8 Day	Contemplative Outreach Staff Contact: Vanessa Hurst (800) 880-2777x2907
Encino, CA Holy Spirit Retreat Center	Jun 29-Jul 6 8 Day	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515
Ferdinand, IN Kordes Retreat Center	Jul 3-10 8 Day	Contemplative Outreach Staff Contact: Vanessa Hurst (800) 880-2777x2907
Melbourne, KY Moye Spiritual Life Center	Jul 20-27 8 Day	Contemplative Outreach Staff Contact: Nancy McLaughlin (859) 441-1077x325
Cullman, AL Benedictine Center	Aug 14-21	Contemplative Outreach Staff Contact: Sr. Mary McGehee (256) 736-5820
Alta, WY Alta Retreat Center	Aug 17-23 7 Day	Rev. Sandra Casey-Martus Fr. Dan Krettek Contact: Carole Flaherty (307) 353-8200
Walden, NY St. Andrew's Retreat House	Aug 26-31 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102

Dubuque, IA New Melleray Abbey	Sep 15-19 5 Day	Contemplative Outreach Staff Contact: Yong-Chin Denn (651) 306-0348
Alta, WY Alta Retreat Center	Sep 21-27 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Shuyler NE St. Benedict's Retreat Center	Oct 10-18 8 Day	Fr. Carl Arico Contact: Ellie McNulty (402) 333-3819
Lafayette, OR Trappist Abbey	Oct 15-22 8 Day	Contemplative Outreach Staff Contact: Kathleen Muller (541) 412-7913,kamul@wave.net
Alta, WY Alta Retreat Center	Nov 2-8 7 Day	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Sewanee, TN St. Mary's Retreat Center	Jan 4-11 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Walden, NY St. Andrew's Retreat House	Feb 24-29 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102

10 Day Post Intensives

Belton, TX Cedarbrake	Jun 1-10	Fr. Carl Arico Contact: Barbara Cook (512) 347-9673
Boynton Beach, FL St. Vincent de Paul Seminary	Jun 20-29	Contemplative Outreach Staff Contact: Marjorie & John Rafferty (727) 345-7908
Honolulu, HI St. Anthony's Retreat Center	Jul 14-23	Fr. Carl Arico Contact: Cathie Jordan (808) 536-6090
Frankfort, IL Portiuncula Center for Prayer	Jul 18-27	Fr. Bill Fickel Contact: Sr. Benita Jasurda (630) 969-7040, bjasurda1@aol.com
St. Joseph, MN Spirituality Center St. Benedict's Monastery	Jul 18-27	Katherine Howard, OSB Contact: Sr. Rita Budig (320) 363-7115
Frankfort, IL Portiuncula Center for Prayer	Aug 6-15	Fr. Bill Fickel Contact: Sr. Benita Jasurda (630) 969-7040, bjasurda1@aol.com
Walden, NY St. Andrew's Retreat House	Aug 8-17	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102

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	May 24-Jun 13	Fr. Thomas Keating, David Frenette, Gail F. Hopley Contact: Cathy McCarthy (845) 778-2102
Alta, WY Alta Retreat Center	Jul 5-26	Fr. Thomas Keating, Rev. Jim Clark, F. Gard Jameson Contact: Carole Flaherty (307) 353-8200

June 2003- March 2004

Immersion Renewal Retreat For those who have participated in the 21-Day Centering Prayer Immersion Retreat.

Walden, NY Jan 20-25 Fr. Thomas Keating
St. Andrew's 6 Day Contact: Cathy McCarthy
Retreat House (845) 778-2102

40 Day Live-In Experience

"Transformation for Everyday Life" — To meet the needs of long term Centering Prayer practitioners who want to share and grow in an extended community environment and experience.

Walden, NY Oct 9-Nov 17 Fr. Thomas Keating,
St. Andrew's David Frenette
Retreat House Contact: Cathy McCarthy
(845) 778-2102

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.

Richmond, VA	May 24-26 May 30-Jun 1	April Swofford, Basha Perez Contact: April Swofford (804) 262-1451
Walden, NY St. Andrew's Retreat House	Jun 20-27	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
St. Paul, MN Benedictine Center Virginia@benedictctr.org	Jun 15-22	Gail Fitzpatrick-Hopler Contact: Sr. Virginia Matter (651) 777-7251
Alta, WY Alta Retreat Center	Jun 15-21	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Conyers, GA St. Anthony's Retreat Center	Jul 11-18	Anne Mazza, Therese Saulnier Contact: Roseanne Havird (678) 796-9158
Alta, WY Alta Retreat Center	Sep 7-13	Rev. Sandra Casey-Martus Contact: Carole Flaherty (307) 353-8200
Nonson, Korea Seton House of Spirituality	Sep 24-29	Contemplative Outreach Staff Contact: Francis Kim 011-822-421-1968
Tenancingo, Mexico Monastery Santo Desierto	Mar 8-13	Ilse Reissner Contact: Judith Bernal Amodio (527) 271-1703

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) 927-3858 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 month 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
Winter Park, FL	Basha Perez	(407) 869-0781

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. For information, contact **Monica Freeman (504) 924-3812. The Living Flame II, Nov 03 - May 04, Portland, OR area, Tom Kinzie (503) 774-2177, tdkinzie@hotmail.com.**

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

Jun 3-12	10-Day Combo Intensive	Austin, TX
Jun 20-29	10-Day Combo Intensive	Boynton Beach, FL
Jul 14-23	10-Day Combo Intensive	Hawaii
Jul 26	Day of Prayer	Sacred Heart Intstitute, Caldwell, NJ
Oct 10-18	10-Day Post Intensive	Schuyler, NE
Oct 25-28	Parish Mission	Walden, NY
Nov 8-11	Parish Mission	St. Michaels, Greenville, PA
Nov 15	Lectio Divina Retreat	Greensburg, PA
Nov 29-Dec 2	Parish Mission	St. John Center, Moriches, NY
Dec 6-10	Parish Mission	St. Agnes, Blackwood, NJ
Dec 12-14	Cloud of Unknowing Retreat	Bethany, Frenchville, PA
Dec 20	Day of Prayer	St. Walburga, Elizabeth, NJ

For Information about Contemplative Outreach in the U.S.

AK Anchorage	Kess Frey	907-338-2894	MA Amherst	Connie Daniel	413-256-1369
AK Juneau	Fr. Thomas Weiss	907-789-2648	MA Boxborough	Kathleen Long	978-263-1319
AL Birmingham	Aloysius Golden	205-592-3930	MA Lowell	Fr. William Sheehan	978-454-0039
AL Cullman	Sr. Mary McGehee	256-736-5820	MA Rockport	Robert Hope	978-546-6044
AR North Little Rock	R. Scott Ogilby	501-835-2359	MA Taunton	Ethel Fraga	508-822-2410
AZ Scottsdale	Denise Caldwell	480-970-6428	MA West Chatham	Kathleen Rhinesmith	508-822-2410
AZ Tempe	Jeanne Lashinske	480-423-1645	MD Annapolis	Carol Leach	410-263-1752
AZ Tucson	Frank Tuoti	520-749-3443	MD Germantown	Ronald Barnett	301-540-2693
CA East Palo	Jean Ramacciotti	650-326-5256	MD Potomac	Guy & Dana Semmes	301-983-1857
CA Encino	Sr. Linda Snow	818-784-4515	ME Waldoboro	Adele Millette	207-832-6263
CA Eureka	Ken Meece	707-269-4245	MI Detroit	Fr. Ken McKenna	517-592-8218
CA Hermosa Beach	Rev. Paul Lawson	310-376-8989	MI Grand Rapids	Rev. David Muyskens	616-452-2234
CA Long Beach	Barbara B. Thompson	562-433-7901	MI Grosse Pt	Bernadette Thibodeau	313-882-4824
CA LaCanada	Sr. Catherine Bazar	626-685-8559	MI Haslett	Bella Mody	517-339-1647
CA Marina Del Rey	Marie Howard	310-823-5863	MI Saginaw	Nan Spence	989-791-7079
CA Orange	David & Sharon Hoover	714-456-9891	MN Chasset	Nicholas Eltgroth	218-328-6396
CA Piedmont	Eileen Halliburton	510-763-1829	MN Duluth	Meridith Schifsky	218-525-9363
CA Sacramento	Liberty Kovacs	916-452-0483	MN Inver Grove Hts	Robert Abbott	651-450-7337
CA San Diego	Fr. Justin Langille	619-226-6000	MN Mendota Heights	Yong-Chin Denn	651-306-0348
CA San Francisco	Mary English	415-282-8076	MN Staples	Carol Weber	218-894-3631
CA San Francisco	Mark Lodico	415-252-1667	MN St Joseph	Sr. Katherine Howard	320-363-7187
CA San Gabriel	Rev. Jim Clark	626-282-5147	MN St. Paul	Sr. Virginia Matter	651-777-7251
CO Boulder	Barbara Hayden	303-494-2845	MO Lake St. Louis	Susan Komis	636-561-7725
CO Breckenridge	Jim Bernlohr	970-453-6003	MO Nixa	Gary Johnson	417-724-9598
CO Colorado Springs	David Salamon	719-475-7011	MO Springfield	Mary & David Fromme	417-823-8359
CO Colorado Springs	Sr. Anne Stedman	719-473-6184	MO St. Louis	Mathew Flatley	314-918-8288
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CO Denver	Rev. David Morgan	303-832-7309	MS Tupelo	Allen Cooley	662-377-2854
CO Denver	Sr. Bernadette Teasdale	303-698-7729	MT Missoula	Jean Woessner	406-721-3540
CO Fort Collins	Rosemary Kislung	970-225-6359	NC Cary	John Kelsey	919-467-0045
CO Longmont	Rosalie Gansecki	303-494-1742	NC Lake Lure	Joe Lancaster	828-625-9753
CO Montrose	Nicholas Cole	970-275-1170	NC Winston-Salem	Joan Ricci Hurst	336-765-0865
CO Snowmass	Carol DiMarcello	970-927-9376	NE Gering	Joe & Pat Masek	308-436-8215
CO Snowmass	Bonnie J. Shimizu	970-704-1501	NE Omaha	Sharon Anderson	402-346-8429
CT Greenwich	Patricia Castellano	203-531-6528	NE Omaha	Eleanore McNulty	402-333-3819
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HI Kailua	Susan Thornett	808-262-7487	NY New Rochelle	Elena & John Green	914-235-0313
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IL Springfield	Sr. Helen Horne	217-787-0481	PA Erie	Sr. Rita Panciera	814-456-1802
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KY Melbourne	Micki Martin	859-441-0679	TN Chattanooga	Rev. Margaret Marshall	423-757-9580
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Durban	Winnie Young	011-27-31-202-2163
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Grahamstown	Wendy Sweetman	011-27-46-636-1002
Hercules	Sr. Francis Grogan	011-27-12-379-8559
Johannesburg	August Donovan	011-27-11-477-4082
Kommetjie	Urs & Dawn Geiges	011-27-21-783-4879
Murrayfield	Peggy Pilliner	011-27-12-803-6866
Pietermaritzburg	Penny Emslie	011-27-33-394-4985
Pinelands	Brian Podesta	011-27-21-531-9114

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Hispanic Outreach

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