

# CONTEMPLATIVE OUTREACH NEWS

Volume 8, Number 2 • Fall 1994

## *A Visit to Anzio Beach*

*By Father Thomas Keating*

I graduated from high school in the spring of 1940 when bombs were falling all over Britain and Western Europe, and many of us sensed that the United States would eventually get involved in the war. Our graduation was thus overshadowed by the fact that we didn't know whether we had a future or not.

During my two years at Yale, I experienced a deep religious conversion. In my interior struggles I found in the Sterling Library a set of commentaries on the four gospels by the Fathers of the Church. They opened my eyes to the fact that the Christian religion can only be fully grasped from a contemplative perspective. The pages of these books were still uncut, and I wonder if anyone after me ever picked them up again.

In those days it was commonly taught in Christian circles that only the most austere kind of life could lead to contemplation. So I looked around for the most austere order I could find. I decided to join the Trappists, but could not do so right away because parental consent in writing was required for anyone under twenty-one, and my parents were vehemently opposed. Meanwhile the U.S. had entered the war and our class was accelerated. I dropped out, because of a previous commitment, for the summer of '42 and moved to Fordham University in the fall while waiting to be drafted.

When home on vacations, I used to walk to the local parish church every day because of the gas rationing. The elderly housekeeper at the rectory noticed me walking a couple of miles to attend mass every day and made up her mind that anyone this devout should be in a seminary. She accosted me one day and said, as if in confidence, "Why don't you see the Pastor? He is very fatherly." Actually I had no interest in seeing him. The diocesan priesthood did not attract me. However, I did go to see the Pastor who did indeed have a fatherly concern for me. He said, "Why don't you talk to the Bishop about your situation? I'll arrange an interview." So I did. The Bishop saw no difficulty in registering me as a pre-theological student. Still I felt uneasy. All my friends were going to the war, and here I was being deferred as a diocesan seminarian when I intended to become a Trappist monk. The Pastor saw my hesitation and said off-handedly, "This war is not meant for you." Those words somehow lodged in my heart and brought a quiet conviction that this was the right path for me to accept.

"This war is not meant for you." It took me twenty years to understand the full meaning of these words. I

entered the Trappists in January, 1944, as Anzio Beach and the Italian campaign were taking place. The Allies were trying to fight their way up the peninsula to Rome. Thousands of men were being killed on both sides. I entered the monastery specifically to pray for these people and all the other victims of the war.

Twenty years later at the end of the Second Vatican Council, I was the Abbot of a large monastery, and serious questions about monastic life were being raised. It is hard to communicate what that meant in a cloistered community with a tradition of nine hundred years of an austere lifestyle identified as the royal road to Christian perfection. The Trappist regime included a silence that was almost complete, extreme separation from the world, vigorous fasting and manual labor, in addition to rising at 2:00 A.M. every day. Half of the community wanted to maintain this strict regime. The other half wanted the observances to be adjusted to modern needs and conditions. The tensions in the community were enormous. The abbot in those days tended to be the focal point for whatever tensions that were simmering or sometimes boiling over.

I was in Rome during this time to discuss the burning issues of change with other abbots of the Order when it was mercifully decided to take a day off. Several of us went for a drive to Anzio Beach and stopped at the American military cemetery nearby. As I glanced at the names and the date of death of men buried there, I noticed that they were killed at about the same time that I was entering the monastery and experiencing its rigors. As I stood in this beautifully kept cemetery, I slowly realized that I was among friends. It was as if I had come home for a long-awaited visit. I felt an incredible sense of gratitude surrounding me from the men buried there, row on row, as if they were saying, "Here is the guy who was praying for us when we were going up the Po Valley to be shot to pieces. Thanks for helping us with your life of prayer when we desperately needed prayers. Now we are going to help you in your war."

The words of my old Pastor flashed back to me: "This war is not meant for you." I finally understood their profound meaning. In place of the terrible war from which God had spared me for no merit of my own, I now had a war on my hands that would last a good deal longer than World War II, and I would need all the help I could get. I realized that I owed these people much more than they owed me.

*continued on page 2*

That experience helped me through the difficult years that followed. It also impressed upon me the realization that everything in human affairs is interconnected. There are no elite. We all depend on one another. The doctrine of the Communion of Saints exploded into reality

for me. It affirms that those who have gone before us, are present to us now, helping us insofar as they can. As human beings we are all one family, rooted in one Source and destined for the same end, in various stages of getting there, or falling back and trying again.

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## On Resistance

## What is the Best Way to Pray?

I don't have time to meditate. I have too many things to do. To think about. To worry over. I am a very busy person. Besides, there is too much noise here. Growling truck motors, screaming sirens, neighborhood dogs, and my upstairs neighbor in her antique rocking chair with the slow, deliberate squeak. I don't need to look for any more reasons. There are plenty here to justify my stance: I can not meditate...."Okay," a little voice says. "Don't."....But I want to. Whenever I relax in the park, or gaze at the ocean or clouds, or listen to certain music, or watch my cat dozing in the sunlight, I touch a quiet place inside me, a familiar place. Sometimes, becoming absorbed, I even forget myself. When I "see" again, I wonder where I've been, and sometimes, I can't remember.

As I slowly opened my eyes, I felt a sense of wonder with the completion of the thirty minute Centering Prayer session. My first reaction had been to realize how fortunate I was to be alive. The individuals in the centering group are not intimate friends of mine; however, we have a bond that could only be described as sacred. How can a simple method of prayer help foster such a bond? I will attempt to answer this question by explaining how centering prayer is changing my life.

They tell me that's what it's like to meditate. An absorption. Intense concentration. Internal gazing. That's when I want to give it a try. And they also say, sometimes the rocking chairs, sirens, and thoughts insist on relentless repetition. That's when I doubt my efforts will work. But, they say my efforts will pay off. And they speak from their own experiences. Can I do it? Can I focus my attention so that external and internal sounds will not distract me? They suggest I not define distractions. Everything just is. And they tell me how to use a phrase or sacred word as a way to focus. I want to try. I really do. I can't forget those special times of clouds or ocean or music....I say "YES," and finally, my personal commitment is made. I will try.

I have always had a need to pray. The question for me had never been, "Why pray?" but rather, "What is the best way to acknowledge my love for God in Jesus Christ?" Centering Prayer answers this need in the following manner: it helps me to know myself better, and to listen more attentively. This, in turn, allows me to respond to God and His creation in a more effective manner. I desire to draw near to the God of Jesus Christ and every morning, alone and detached from thoughts with nothing but my "sacred word," I begin my prayer. For the next thirty or forty minutes, in silence and with no place to hide, I sit and pray.

Now, much later on, I smile, aware that while the squeaking rocker is silenced, the barking dogs are replaced by squealing 13 year olds, and the growling trucks pre-empted by the motorcycle of my favorite neighbor...I smile. "Everything just is."

I sit helplessly as fear, anger and an array of other emotions assault me, yet with each thought, I ever-so-gently return to my "sacred word." Some days I derive enormous peace from Centering Prayer, and other days I'm simply confused and frustrated; but gradually, with each passing day, I seem to understand my unconscious motivations better than the day before. Centering Prayer is like a spotlight, which helps me focus in on my inner being, enabling me to see my selfishness, my sloth, and my other sins.

Claire Durand-Racamato  
Yardley, PA

The discipline of being detached from thoughts, sitting in a still position for a certain period each day, is also helping me to listen better. We live in a culture where we are bombarded with words and images. Fast talk, fast food, and action-paced movies are normal today — but to truly listen has become a lost art. To listen, either to ourselves or other, presupposes our openness to the present moment in a way that draws us closer to God and each other. Centering Prayer has helped me to listen differently than in previous days: the background noise has been lowered and I'm better able to appreciate the world around me.

**The Teleconference/Intensive Day  
of Prayer will be held on  
Saturday, March 4, 1995.**

**Please contact your local coordinator  
or contact person for  
details about local arrangements**

Anthony J. Russo  
New York, N.Y.

# CONTEMPLATIVE PROFILES

## ST. TERESA of AVILA

**NAME:** Teresa de Cepeda y Ahumada (1515-1582)

person to others.

**LIFE:** Born in Avila in 1515, into a minor and impoverished aristocratic family. At the age of 21, she entered the Carmel of the Incarnation there, and remained there for 20 years. In that time she grew spiritually, undergoing a spiritual conversion about 1556-1557. She saw the need for a reform, and in 1562 she established her first reformed convent, St. Joseph's in Avila. With the approval of the Order, she extended the Reform, and in her lifetime founded seventeen reformed convents for women and two reformed monasteries for men. Towards the end of her life there was conflict between the Reform and the Order. Eventually, after Teresa's death, the Reform became a separate Order.

**HISTORICAL CONTEXT:** Sixteenth century Europe was an age of discovery and expansion. It was an age of growing self-consciousness, both among nations and among individuals.

The Protestant Reformation, begun in 1517, shattered and divided Europe. But Spain, mainly through the influence of Cardinal Cisneros, who initiated a rigorous process of reform which anticipated both the Protestant Reformation and the Council of Trent, together with the Catholic Monarchy, was never to let the Protestant Reformation gain a foothold. Spain, as the sixteenth century advanced, became the spearhead of the Catholic Counter Reformation. It was an age of violent religious feeling and many, including Teresa, came under suspicion of the Inquisition.

**CONTEMPLATIVE DIMENSION:** Prayer stood at the center of Teresa's teaching, and she saw it as a companionship with God. Therefore, she knew it was not a static thing and she sought to express the nature of the relationship and its development. Teresa considered the life of prayer in terms of love. She sees detachment, humility and love as important prerequisites to a life of prayer, plus the courage to persevere. In this way the relationship of love develops with the Lord who dwells within. The fruit of this life is service to others. The life of prayer opens the

Teresa taught that if we truly desire God, if we show we are serious about seeking him, then he will unfailingly give himself to us.

### MAJOR WORKS

Life  
The Way of Perfection  
Interior Castle  
Book of the Foundations  
Conceptions of the Love of God  
Exclamations of the Soul to God  
Poems

### QUOTES

"I shall now speak of those who are beginning to be the servants of love — for this, I think, is what we become when we resolve to follow in the way of prayer, Him who so greatly loved us." (Life)

"I think our best plan is to place ourselves in the Lord's presence, meditate upon his mercy and grace and upon our own lowliness, and leave him to give us what he wills." (Interior Castle, Ch. 6)

"The highest perfection consists not in interior favors or in great raptures or in visions or in the spirit of prophecy, but in the bringing of our wills so closely into conformity with the will of God that, as soon as we realize he wills anything, we desire it ourselves." (Book of Foundations, Ch.5)

### RECOMMENDED READING

St. Teresa of Avila, Vol 1 & 2  
By Kiernan Kavanaugh, O.C.D. and Otilo Rodriguez, O.C.D.  
Publ. I.C.S. Washington, D.C. 1976

Spirituality of St. Teresa of Avila  
By Sr. Alfonseta Haneman  
St. Paul Editions, Boston 1983

Carmelite Studies, Vol. 1 & 3  
Publ. I.C.S. Washington, D.C. Vol. 1 - 1980;  
Vol. 3 - 1984

# UPDATES

## CALIFORNIA

### WARWICK, NEW YORK

Chrysalis House was founded by Fr. Thomas Keating and a group of laypeople as an experiment in contemplative community, with Centering Prayer as the foundation of its spirituality. Centering Prayer retreats, workshops and experiences in contemplative living are offered at Chrysalis House. Guests come from the Metropolitan New York area, from around the country, and from around the world. A small group of women and men who make commitments of one year or longer comprise the core resident community. Others come to live for shorter periods of extended retreat stays and formative experiences. Those from the area who have been through the "Course: The Practice of Contemplative Living" - a community process that meets one weekend a month for nine consecutive months - also participate in the life and work of the house by coming periodically to serve, for example, on a weekend. In this way, people with different lifestyles and commitments join together at Chrysalis House in a common spiritual practice for different periods of time (days, weeks, months, a year or longer) to nourish their contemplative lives in different ways (through retreat, formation, support, or service).

Following are the retreats scheduled for early 1995:

Jan. 27-29 - Centering Prayer Retreat

Feb. 24-26 - Centering Prayer Renewal Retreat

Mar. 24-26 - "Open Mind, Open Heart"

Workshop

Apr. 12-16 - Holy Week Centering Prayer

Retreat

May 5-7 - Intro to Centering Prayer

Workshop

Watch for the 1995-96 Chrysalis House

Brochure in the spring of 1995. To register

for the above, please contact Cathy McCarthy.

at (914)986-8050. For more information:

Chrysalis House

2325 Bellvale Lakes Road

Warwick, New York 10990

914-986-8050

Another in the bimonthly half days of Centering Prayer was held on September 25th. It was held at Santa Sophia Church in Spring Valley. The activities consisted of three periods of Centering Prayer (20 minutes each) and a video. Centering Prayer Workshops will be offered in the Los Angeles area on Sunday, October 23rd and on Saturday, November 5th. A workshop will also be offered in El Cajon on Saturday, October 5th.

Jack & Kathleen Tischhauser

619-461-0864

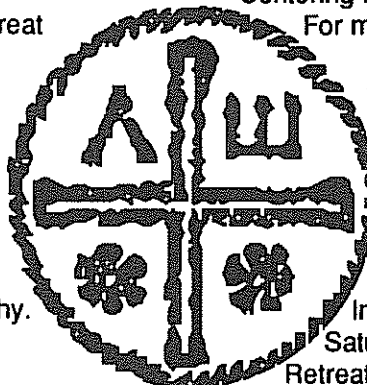
## ST. PAUL, MINNESOTA

The Downtown Center dedicated to Centering Prayer was blessed August 21, 1994. The blessing was performed by Bishop Lawrence Welsh and the Prioress Sr. Eleanor Wartman, OSB. Fr. Thomas Keating was present and participated with a homily stating that Centering Prayer places us on the cutting edge of life. Fr. Keating's visit included an afternoon with Centering Prayer facilitators the day after the dedication at the Center. The Center is intended to be an oasis of quiet for the busy people of downtown St. Paul. Centering Prayer sessions are held four times a week.

For more information, contact:

Patricia Roberts

612-777-7251



## NEW YORK

Fr. Bill Frederickson will be giving an all-day Introduction to Centering Prayer Workshop on Saturday, November 5, 1995 at St. Joseph's Retreat Center in Chatham, N.Y. (Columbia County), which is 40 miles south of Albany. The workshop, which is scheduled from 10 AM until 4 PM, is co-sponsored by Catholic and Presbyterian parishes. For more information, contact:

Fr. Bill Frederickson

718-745-2505

## BUFFALO, NEW YORK

There are three active groups which meet weekly in Buffalo. Besides the regular weekly Centering Prayer Support Groups they also meet as one group about three times a year for a day long study and centering day. They had a wonderful day on Saturday, June 15, 1994. Fifteen people spent the entire day together at a house of prayer. They had two one-half hour periods with a contemplative walk in between, both in the morning and in the afternoon.

**The Chrysalis House Community and  
Contemplative Outreach, Ltd.  
remember with love and gratitude  
Mary Mrozowski  
who died on October 18, 1993.**

**Peace be with you, Mary.**

There was ample space and time for quiet, solitude, walks, and reflection. Presentations were given on "pure hearts" and on "hearts that are pure."

Sr. Dorothy Feltz, SSJ  
716-835-7124

HOUSTON, TEXAS

Fred Eckart, Contemplative Outreach coordinator in Houston, presented an Introductory Workshop on Centering Prayer to thirty inmates of the Walls Unit of the Texas State Prison system in Huntsville, Texas on Saturday, October 8, 1994. Huntsville is 80 miles north of Houston. Additional workshops are being planned for two other units near Huntsville and a monthly follow-up program is planned starting in early November. The most remarkable, immediate effect of the day was to have the chaplain, Fr. Bob Zawacki make a request to prison officials to allow the inmates at least one-half hour of "quiet

time" in the chapel building each day for them to pray in quiet.

Fred Eckart  
713-527-4575

UNITED KINGDOM

The first Formation for Contemplative Outreach Service Workshop was held in the United Kingdom this April. Fr. Carl Arico, Vice-President of Contemplative Outreach, and Gail Fitzpatrick-Hopler, Executive Director, presented the workshop with Fr. Joseph Chalmers, O. Carm. and Elizabeth Smith. There were twenty-four participants. Fr. Carl and Gail also presented two Open Mind, Open Heart weekend workshops. In August 1995 Gail will return to lead a 10 day intensive retreat. The Spiritual Journey video tapes series will be used for the first time during the 10 day.

Elizabeth Smith  
NR Preston

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"No prophet is honored in his own country." (Lk. 4:24)

This verse in Luke's gospel has not had any profound meaning in my life until today. As I was reading it, my heart was filled with gratitude for it showed me how a particular pain of rejection that happened to me in the recent past has actually set me free. I saw the Lord's hand that led me to greater freedom. He took away a lot of "props" in my life - such as that of assuming roles, having certain pre-conceived ideas about what a Franciscan should be - and I realized I didn't need all of these. He removed all my boundaries which brought about the restructuring of the way I looked at reality.

Thank you, Lord, for setting me free.

# THE SPIRITUAL JOURNEY VIDEOTAPES

The Spiritual Journey video and audio tapes are NO LONGER being handled by Walter Lawson of Contemporary Communications. The only distributor of videotapes is American Magnetic Media, Inc.; audiotapes are distributed through the National Office. Information for ordering videotapes follows:

**CALL NOW! 1-800-USA-TAPE**

Order your Video Series now, Visa/MC, Discover, American Express

Send Check or M/O to: A.M.M. 5580 Havana St. Unit #6A, Denver, CO 80239 ATTN: Order Dept.

Special entire series all four parts (24 tapes)\$699.00 - Includes guidebook and no charge for shipping. Tapes also available per part, \$179.94 (\$4.00 shipping), and per tape, \$29.99 (\$4.00 shipping). Guidebooks, \$9.00 each.

Part 1 - 6 tapes - Developing Centering Prayer - Intro: Attitudes towards God; 1. Prayer as Relating to God; 2. Four Levels of Scriptural Experience; 3. Toward Resting in God; 4. Centering Prayer as Method; 5. Progress in Centering Prayer

Part 2 - 6 tapes - Models of the Human Condition - 6. The Human Condition: The Evolutionary Model; 7. Formation of the Home-made Self: The Existential Model; 8. The Pre-Rational Energy Centers; 9. Frustrations caused by the Emotional Programs; 10. Dismantling the Emotional Programs; 11. The False Self in Action

Part 3 - 6 tapes - Paradigms of the Spiritual Journey - 12. The Four Consents; 13. The Human Condition: The Philosophical Model; 14. Anthony as a Paradigm of the Spiritual Journey; 15. Liberation from the False Self System; 16. Liberation from Cultural Conditioning; 17. Spirituality in Everyday Life

Part 4 - 6 tapes - Contemplation, The Divine Therapy - 18. Night of Sense: The Biblical Desert; 19. Night of Spirit: Toward Transformation; 20. The Beatitudes: Healing the Emotional Programs; 21. The Spiritual Senses; 22. What Contemplation is Not; 23. From Contemplation to Action

## BOOK AND AUDIO TAPE ORDER FORM

Please send me the following AUDIO TAPES:  
by Fr. Thomas Keating

- The Divine Therapy: \$27.50
- The Kingdom of God is Like: \$23
- Journey to Contemplation: \$35
- The Desert Experience: \$18

by Fr. Carl Arico

- The Power of Silence: \$18
- Christian Mysticism: \$40

by Mary Mrozowski

- Beyond Centering Prayer: \$31

Please send me the following BOOKS:  
by Fr. Thomas Keating

- The Kingdom of God is Like... \$12.95
- Open Mind, Open Heart \$11.95      Awakenings \$9.00
- The Mystery of Christ \$11.95      Reawakenings \$9.00
- Mente Abierta, \$10.00      Invitation to Love \$11.95  
Corazon Abierta
- Intimacy With God \$14.95  
(hardcover)

by Sr. Thelma Hall

- Too Deep for Words \$6.95

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# NATIONAL CALENDAR OF EVENTS

OCTOBER 1994 TO MAY 1995

## INTRODUCTORY CENTERING PRAYER WORKSHOPS/RETREATS

<b>Des Moines, IA</b> St. Paul's Episcopal Church	Oct. 15, 1994	Marie Howard contact: Jean Willis 515-465-3137
<b>Brandon, MS</b> St. Paul's Church	Oct. 22, 1994	Sr. Therese Jacobs contact: Sr. Therese Jacobs 601-366-2335
<b>Montebello, CA</b> DePaul Center	Oct. 23, 1994	Fr. Martin O'Loghlen 213-723-7343
<b>Sierra Madre, CA</b> Mater Delorosa	Nov. 5, 1994	Fr. Martin O'Loghlen 213-723-7343
<b>Warwick, NY</b> Chrysalis House	Nov. 11-13, 1994	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050
<b>Jefferson City, MO</b>	Nov. 12, 1994	Marie Howard contact: Peggy Van Gundy 314-635-9127
<b>Brooksville, MS</b> The Dwelling Pl	Nov. 12-13, 1994	Sr. Therese Jacobs contact: Sr. Therese Jacobs 601-366-2335
<b>Cullman, AL</b> Benedictine Center	Jan. 27-9, 1995	Contemplative Outreach Staff contact: Benedictine Center 205-734-8302
<b>Birmingham, AL</b> Our Lady of Sorrows CYO	Feb. 11, 1995	Marie Howard contact: Sr. Mary McGehee, OSB 205-734-7592
<b>Ferdinand, IN</b> Our Lady of Sorrows CYO	Feb. 18, 1995	Sr. Kristine Harpenau, OSB contact: Sr. Kristine Harpenau, OSB 800-880-2777
<b>Warwick, NY</b> Chrysalis House	May 7-9, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050

## 10-DAY INTENSIVE RETREAT

<b>Beech Grove, IN</b> Benedictine Cntr	Jan. 20-29, 1995	Benedictine Center Staff contact: Benedictine Center 317-788-7581
<b>Snowmass, CO</b> St. Benedict's	Jan. 24-Feb. 2, 1995	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964
<b>Snowmass, CO</b> St. Benedict's	Feb. 21-Mar. 2, 1995	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964
<b>Snowmass, CO</b> St. Benedict's	May 23-Jun. 2, 1995	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964
<b>Snowmass, CO</b> St. Benedict's	Jun. 22-29, 1995	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964

## POST-INTENSIVE RETREAT

<b>Warwick, NY</b> Chrysalis House	Nov. 29-Dec. 4, 1994	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050
<b>Amarillo, TX</b> Bishop DeFalco	Mar. 21-30, 1995	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964
<b>Warwick, NY</b> Chrysalis House	Jul. 7-16, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050
<b>Warwick, NY</b> Chrysalis House	Aug. 11-20, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050

## PARISH MISSIONS/RETREATS GIVEN BY FR. CARL J. ARICO CONTACT: NUMBERS LISTED BELOW

<b>Tunkhannock, PA</b> Nativity BVM	Oct. 22-25, 1994	Parish Office 717-836-3275
<b>Copake Falls, NY</b> St. Bridget	Nov. 5-8, 1994	Parish Office 518-329-4711
<b>Houma, LA</b> St. Bernadette	Dec. 10-13, 1994	Parish Office 504-879-1506
<b>Madison, TN</b> St. Joseph	Jan. 28-31, 1995	Ted Welsh 615-868-3109
<b>Rockledge, FL</b> St. Mary	Feb. 4-7, 1995	Parish Office 407-636-6834

<b>Jefferson City, MO</b>	Feb. 11-14, 1995	Parish Office 314-635-9127
<b>Immaculate Conception</b> <b>Marletta, GA</b>	Feb. 18-21, 1995	Fr. Paul Fogarty 404-973-0038
<b>Holy Family</b> <b>Millford, NJ</b>	Feb. 25-28, 1995	Parish Office 609-654-8208
<b>St. Mary</b> <b>Boca Raton, FL</b>	Mar. 4-8, 1995	Parish Office 407-392-0007
<b>St. Joan</b> <b>Pembroke Pines, FL</b>	Mar. 11-14, 1995	Parish Office 305-432-2750
<b>St. Boniface</b> <b>Houston, TX</b>	Apr. 1-4, 1995	Parish Office 713-468-9555
<b>St. Jerome</b>		

## CENTERING PRAYER RETREATS

<b>Beech Grove, IN</b> Benedictine Cntr	Oct. 21-23, 1994	Benedictine Center Staff contact: Benedictine Center 317-788-7581
<b>Waldboro, ME</b> Wellspring	Oct. 21-23, 1994	Wellspring House of Prayer contact: Adelle Milette 207-832-6263
<b>Waldboro, ME</b> Wellspring	Oct. 21-23, 1994	Wellspring House of Prayer contact: Adelle Milette 207-832-6263
<b>Montclair, NJ</b> St. Luke's Episcopal Church	Nov. 19-20, 1994	Rev. Cynthia Bourgeault contact: Rev. Michael Neufield 201-744-6220
<b>Waldboro, ME</b> Wellspring	Dec. 2-4, 1994	Wellspring House of Prayer contact: Adelle Milette 207-832-6263
<b>Warwick, NY</b> Chrysalis House	Jan. 27-29, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050

## ADVANCED CENTERING PRAYER RETREAT

<b>Snowmass, CO</b> St. Benedict's	Nov. 8-17, 1994	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964
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## CENTERING PRAYER RENEWAL RETREAT

<b>Warwick, NY</b> Chrysalis House	Oct. 28-30, 1994	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050
<b>Warwick, NY</b> Chrysalis House	Feb. 24-26, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050

## CONTEMPLATIVE ISSUES WORKSHOP

<b>Snowmass, CO</b> St. Benedict's	Apr. 27-May 4, 1995	Fr. Thomas Keating and Staff contact: Pat Johnson 303-963-3964
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## OPEN MIND, OPEN HEART WORKSHOP

<b>Warwick, NY</b> Chrysalis House	Mar. 24-26, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050
<b>New York, NY</b> St. Jean Baptiste	May 7, 1995	Gail Fitzpatrick-Hopler contact: Doris Curley 212-674-3484

## HOLY WEEK RETREAT

<b>Warwick, NY</b> Chrysalis House	Apr. 12-16, 1995	Chrysalis House Staff contact: Cathy McCarthy 914-986-8050
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## FORMATION FOR CONTEMPLATIVE OUTREACH SERVICE

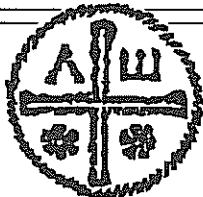
<b>Beech Grove IN</b> Benedictine Center	Nov. 6-13, 1994	Benedictine Center Staff contact: Benedictine Center 317-788-7581
<b>Snowmass, CO</b> St. Benedict's	Dec 6-13, 1994	Contact: Pat Johnson 303-963-3964
<b>Warwick, NY</b> Chrysalis House	June 23-30, 1995	Contact: Cathy McCarthy 914-986-8050

## TELECONFERENCE/INTENSIVE DAY OF PRAYER - SATURDAY, MARCH 4, 1995

contact: Gail-Fitzpatrick Hopler	National Office 201-838-3384
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# Area/Regional Contacts - Contemplative Outreach

<b>AUSTRALIA</b>							
	Pinjarra	Fr. Douglas Conlan	09-537-1227	<b>IN</b>	Beech Grove	Sr. Carol Falkner	317-787-3287
<b>CANADA</b>				<b>KS</b>	Kansas City	Patricia Orłowski	913-441-6895
	Toronto	Carolyn Gratton	614-922-6451	<b>KS</b>	Wichita	Kathleen Muller	316-721-3515
	Winnipeg	Sr. Catherine Labinowich	204-338-4601	<b>KY</b>	Louisville	Ruth Dundon	502-349-0469
<b>DOMINICAN REPUBLIC</b>				<b>LA</b>	New Orleans	Daniel DeMers	504-394-1470
	Santo Domingo	Isabel de Marion-Landais	809-562-7832	<b>MA</b>	Springfield	Connie Daniel	413-256-1369
<b>ENGLAND</b>				<b>MA</b>	Taunton	Ethel Fraga	508-822-2410
	Warrington Cheshire	George Mockler	0925-821-399	<b>MA</b>	Acton	Frank Powaza	508-263-0639
	NR Preston	Elizabeth Smith	011-44-772-629520	<b>MA</b>	Hingham	Ed Gray	617-740-1154
<b>MEXICO</b>				<b>ME</b>	Waldoboro	Adele Millette	207-832-6263
	Lomas, Mexico City	Joselyne Arellano	525-520-3120	<b>MI</b>	Essexville	Msgr. Olin Murdick	517-892-9104
<b>PHILIPPINES, MAKATI METRO, MANILA</b>				<b>MI</b>	Laurium	Rosemary LeVeque	906-337-3521
	Dasmarinas Village	Grace Padilla	632-810-9573	<b>MI</b>	Midland	Claudette Boudreau Roth	517-839-5711
	Dasmarinas Village	Lita Salinas	632-810-8826	<b>MI</b>	Saginaw	Nan Spence	517-791-7079
<b>SOUTH AFRICA</b>				<b>MI</b>	Warren	Fr. Ken McKenna	313-953-8846
	Durban	Winnie Young	011-31-22-183	<b>MN</b>	Duluth	Meredith Schifsky	218-728-3848
<b>UNITED STATES</b>				<b>MN</b>	St. Joseph	Sr. Katherine Howard	612-363-7100
<b>AK</b>	Anchorage	Kess Frey	907-277-0274	<b>MN</b>	St. Paul	Patricia Roberts	612-777-7251
<b>AL</b>	Birmingham	Aloysius Golden	205-592-3930	<b>MO</b>	St. Louis	Susan Kornis	314-433-5762
<b>AR</b>	North Little Rock	R. Scott Ogilby	501-835-2359	<b>MS</b>	Jackson	Theresa Jacobs	601-353-3243
<b>AZ</b>	Paradise Valley	Kathy Kramer Howe	602-955-6057	<b>NC</b>	Raleigh	Flo & Bob Hartye	919-876-8935
<b>AZ</b>	Tucson	Frank Tuoti	602-749-3443	<b>NE</b>	Omaha	Tom & Coleen Hall	402-391-1766
<b>CA</b>	La Mesa	Tischhauser	619-461-0864	<b>NE</b>	Gering	Joe Masek	308-436-5536
<b>CA</b>	Long Beach	Barbara Brown-Thompson	310-438-1710	<b>NH</b>	Manchester	Sr. Maryann Laughlin	603-627-9493
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<b>CA</b>	Pacific Grove	Paul Coletti	408-375-2705	<b>NJ</b>	Eatontown	Paul Meglathery	908-776-5660
<b>CA</b>	San Delgo	Sr. Mary Ann Foy	619-224-9444	<b>NM</b>	Albuquerque	Sandra Tybor	505-299-6715
<b>CA</b>	San Dimas	Fr. M. O'Loughlin	714-599-1243	<b>NV</b>	Las Vegas	Michele Fischer	702-878-9146
<b>CA</b>	Stockton	Judith Laughner	209-472-1252	<b>NY</b>	Brooklyn	Fr. Bill Fredrickson	718-499-7366
<b>CA</b>	Walnut Creek	Darlene Cioffi	415-939-6805	<b>NY</b>	Buffalo	Sr. Dorothy Feltz	716-835-7124
<b>CO</b>	Aspen	Jody Blatz	303-963-1358	<b>NY</b>	Hartsdale	Thomas Skinner	914-328-0420
<b>CO</b>	Boulder	Barbara Hayden	303-494-2845	<b>NY</b>	Kenmore	Br. John Crocker	508-546-3066
<b>CO</b>	Carbondale	Pat Johnson	303-963-3964	<b>NY</b>	New York	Doris Curley	212-674-3484
<b>CO</b>	Colorado Springs	David Salamon	719-475-7011	<b>NY</b>	Oyster Bay	Donna Williams	516-624-6964
<b>CO</b>	Denver	Rev. David Morgan	303-831-7115	<b>NY</b>	Port Chester	Sr. Kathleen Curtin	914-937-2440
<b>CO</b>	Denver	Sr. Bernadette Teasdale	303-863-9945	<b>NY</b>	Warwick	Cathy McCarthy	914-986-8050
<b>CO</b>	Grand Junction	Bobbie Kerns	303-245-3307	<b>OH</b>	Cleveland	Sr. Joann Mascha	216-449-1200
<b>CO</b>	Snowmass	Bonnie Shimizu	303-927-3858	<b>OH</b>	Cleveland	Fr. Bill Fickel	216-442-3410
<b>CT</b>	Avon	Rev. Jon Widing	203-673-9630	<b>OK</b>	Tulsa	Fr. Patrick Eastman	918-492-8187
<b>CT</b>	Greenwich	Pat Castellano	203-531-6528	<b>OR</b>	Mt. Angel	Sr. Antoinette Traeger	503-845-6773
<b>DC</b>	Washington	Fr. Bill Sheehan	202-529-5958	<b>OR</b>	Portland	Virginia Graham	503-645-3448
<b>FL</b>	Bradenton	Donna Matthews	813-746-6565	<b>PA</b>	Erie	Mary Dwyer	814-456-2127
<b>FL</b>	Longwood	Basha Perez	407-869-0781	<b>PA</b>	Erie	Sr. Rita Panciera	814-456-1802
<b>FL</b>	Miami (Hispanic)	Zoila Diaz	305-757-6241	<b>PA</b>	Frenchville	Therese Dush	814-263-4177
<b>FL</b>	Miami (English)	Barbara Reitberg	305-386-7507	<b>PA</b>	Holidaysburg	Frank & Michelle Hartye	814-695-8632
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<b>IL</b>	Chicago	Fr. Joseph Ruiz	708-848-4417	<b>WI</b>	Green Bay	Anne Egan	414-336-5286
<b>IL</b>	Peoria	Sr. Catherine Cleary	309-693-7063	<b>WI</b>	Milwaukee	Jim Biggins	414-272-7114
<b>IL</b>	Springfield	Sr. Helen Horne	217-787-0481	<b>WY</b>	Cheyenne	Sr. Therese Steiner	307-635-9261
<b>IN</b>	Ferdinand	Sr. Kristine Harpenau	812-367-2777	<b>WY</b>	Sheridan	Nancy Goodwin	307-672-8652



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