



by Thomas Keating

Centering Prayer

Source Progression & Orientation

Centering Prayer is a contemporary name for the practice that Jesus describes as “prayer in secret” in the Sermon on the Mount. When you pray, he teaches, “Enter your inner room, close the door, pray to your Father in secret and your Father who sees in secret will reward you” (Matthew 6:6). In the course of time this prayer has been given other names such as “pure prayer”, “prayer of faith”, “prayer of simplicity”, “prayer of the heart”, etc.

Jesus’ teaching has roots in the Old Testament. For example, Elijah’s experience of God on Mount Horeb as “sheer silence”; the pillar of cloud by which Yahweh led his people for forty years through the desert; the cloud in the Temple built by Solomon at the time of its consecration; and the exhortation of Psalm 46:10, which reads, “Be still and know that I am God”.

In the New Testament we hear of the overshadowing of Mary at the moment of the Incarnation; the cloud that overshadowed the disciples on the Mount of Transfiguration; the silent attentiveness of Mary of Bethany at the feet of Jesus in the home of Mary, Martha and Lazarus; and the darkness that covered the earth at the crucifixion of Jesus.

Christian tradition, especially the Desert Fathers and Mothers of the fourth century interpreted this wisdom saying of Jesus as referring to the movement away from ordinary psychological awareness to the interior silence of the spiritual level of our being and beyond that, to the secrecy of union with the Divine Indwelling within us.

This tradition was continued by Hesychasts of the Eastern Orthodox tradition, and in particular by the sixth century Syrian monk known as Pseudo-Dionysius; Meister Eckhardt, Ruuysbroek and the Rhineland mystics; the anonymous author of *The Cloud of Unknowing* in the fourteenth century; the Carmelite tradition exemplified by Teresa of Avila, John of the Cross, Therese of Lisieux; and more recently by Thomas Merton.

CENTERING PRAYER: SOURCE, PROGRESSION & ORIENTATION

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This tradition became known as Apophatic contemplation. It is not in opposition to so-called Kataphatic contemplation, which draws on the exercise of our rational faculties to reach divine union. In actual fact, Kataphatic contemplation is normally necessary as a preparation for the Apophatic experience which passes beyond the exercise of the human faculties to rest in God. The Sabbath of the Old Testament is a figure of this rest. Jesus invited his disciples to the same rest when he said, "Learn of me for I am meek and humble of heart and you will find rest for your souls." Resting in God is the term used by Gregory the Great in the sixth century to describe contemplative prayer as understood in his time.

Christian tradition has excellent instructions and guidance for the beginnings of the spiritual journey, enshrined especially in the ancient practice of *Lectio Divina*, which became the central practice of Benedictine monks and nuns down through the ages. The prayerful reading of the texts of the Old and New Testaments led to reflection on the mysteries of Christ; responding with acts of faith, hope, and love; and finally, to resting in God as the fruit of discursive meditation and its gradual simplification. The three Theological Virtues just mentioned came to be regarded as the principal transforming inspirations of the Holy Spirit leading to divine union.

Centering Prayer puts into effect the first two recommendations of Jesus' formula in Matthew 6:6 by leaving behind all external concerns and by discontinuing, at least in intention, the interior dialogue that usually accompanies ordinary psychological awareness. The latter consists of commentaries and emotional reactions to events, people, and sense perceptions entering or leaving our day to day lives.

Jesus' third recommendation - to pray in secret - seems to be the practice that later became known in the Christian tradition as contemplative prayer. Though there remain several legitimate interpretations of the word, "contemplation", the state of prayer that John of the Cross describes by the term "infused contemplation" has come to be generally accepted in subsequent spiritual theology as the definite meaning.

There is in fact, in the writings of the Christian mystics, excellent descriptions of the full development of the spiritual journey. But the process of moving from the beginning to its full development in the transforming union is not so clear. There are many forms of Christian spirituality, some of which

are organized into stages. But the very variety of these recommendations makes it difficult for the ordinary seeker to find a clear map or guide to negotiate them. These stages come to be called respectively the purgative, the illuminative, and the unitive ways. The purgative and unitive ways are well differentiated, but the path from one to the other does not seem to adequately address the physical, psychological, and spiritual obstacles that hinder the process, especially unconscious motivation and habits of negative behavior.

Centering Prayer was conceived as one way to move from the beginning to the ultimate goal of inner transformation. It suggests a practical method of entering what Jesus called "the inner room" by deliberately letting go of external concerns symbolized by sitting comfortably, closing our eyes and consenting to the presence and action of God within. As this disposition of alert receptivity stabilizes through regular practice twice daily, we are gradually prepared by the grace of the Holy Spirit, to pray, or more exactly, to relate to the Father in secret. This was interpreted by the Desert Fathers and Mothers (as well as the later Apophatic tradition) to mean letting go of all personal agendas, expectations for divine consolation, psychological breakthroughs, and self-reflections of any kind. In Centering Prayer a sacred symbol such as a word from scripture, an inward glance toward God, or noticing our breath, helps to maintain the intent and consent of our will toward God's presence and action within us.

Centering Prayer consists of the first two stages leading to "prayer in secret". The latter presupposes relating to God beyond thoughts, feelings, and particular acts. The only initiative we take during the period of Centering Prayer is to maintain our original intention of consenting to the presence and action of God within. Centering Prayer thus leads directly into the apophatic experience or "infused contemplation" which is purely God's gift.

There are other ways of moving or disposing oneself for Apophatic prayer or prayer in secret. Centering Prayer serves the increasing need for a place and time of silence in daily life due to incessant noise, intrusions of the mass media, lack of time, and the accelerating pace of everyday life.

The theological basis of Centering Prayer is touched upon in chapter three of *Imitation to Love*. The process of *Lectio Divina* is described in chapter five and the theological basis of Centering Prayer is discussed more fully in the final chapter entitled, "Toward Intimacy with God."

THE CONTEMPLATIVE LIFE PROGRAM: STUDY AND PRACTICE IN COMMUNITY

What does it mean to be a contemplative in the world today?

What does it mean to be a contemplative in the world today? How do we deepen our relationship with God in a world obsessed with consumerism, efficiency, production, speed, entertainment, war, terrorism, the politics of power...in a world where everything is chaotic and "too much"? How do we allow the transforming Indwelling Presence to permeate our everyday lives? How do we focus on what is real, eternal, sustaining, life-giving?

The Contemplative Life Program is aimed at addressing these questions in the context of Christian community...the Contemplative Outreach global network of practitioners. The intention of the program is to provide the tools, teachings and support necessary to actually live the contemplative dimension of the Gospel in everyday life.

The call for those in the Contemplative Outreach network is to move deeper into our commitment to transformation...to become real practitioners of the contemplative life...to consent on ever deepening levels to the presence and action of the Holy Spirit throughout the day. The Contemplative Life Program provides the ongoing teaching and community support in

order to move ever deeper together in the contemplative dimension of life, knowing there are others living and practicing with the same aim.

The Contemplative Life Program offers a series of nine, 40-day contemplative teachings and practices each year. A package of material will be mailed to subscribers at the beginning of each 40-day cycle, beginning in January, 2005. The package will contain materials to guide your individual exploration of the current topic, including a study guide with teachings from Fr. Thomas Keating, exercises to actively engage the practice during the 40 days, a list of suggested additional readings or tapes on the topic, and a beautiful bookmark or reminder of the practice to carry with you or to place in a visible spot in your home.

The cost of the program is \$180.00. Gift subscriptions are available if you would also like to share this program with someone else.

Join together with others in the Contemplative Outreach network in exploring what it means to live the contemplative dimension of the Gospel in everyday life...in deepening your commitment to your own transformation...in participating in the transformation of the world.

The 2005 Curriculum

Centering Prayer

Welcoming Prayer

Lectio Divina

Active Prayer

Spirituality of
Contemplative Service

Spirituality of Money

Forgiveness

Attention/Intention

Contemplative Discernment

THE CONTEMPLATIVE LIFE PROGRAM (# CLP2005) REGISTRATION FORM

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 practice & intention
 with others around
 the world.
 Register now!**

Payment of \$180.00 ...only \$20 per practice

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Signature _____

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 Item # CLP2005
 The Contemplative Life
 Program

Phone:
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 570-822-8226

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 Contemplative Outreach Orders
 P.O. Box 1211
 Wilkes-Barre, PA 18773-1211

* Electronic delivery (via email) is available **only** for international third world countries where mail delivery is an issue. Please order online or call 570-822-8899.

A Message from the President



Gail Fitzpatrick-Hopler

It's hard for me to believe that I've been serving Contemplative Outreach for the past twenty years. In the early days I served as a volunteer Board Member, Coordinator of New York City and eventually was hired as the second Executive Director. For the past five years I've served as President. Imagine...twenty years of transformation on all levels of relationship within the global family of Contemplative Outreach. I am amazed at what has been accomplished over the years. Miraculously, the network is mostly managed by devoted volunteers and only a handful of paid staff, all of whom are dedicated to sharing Christian contemplative spirituality around the world. After 20 years, I am still filled with enthusiasm and deeply committed to this sacred work.

The contemplative legacy of Fr. Thomas is a life-giving treasure - the practice, the teachings, our own network of practitioners - we have much to offer and it is our obligation to do so. The time has come for Contemplative Outreach to allow our light to shine in the darkness and to transmit the experience of Divine Love to our global community.

It would be impossible for me to enumerate all that has happened over the last twenty years not to mention the miracles that I've experienced. Suffice it to say that leaping into the unknown is quite an adventure, a major lesson of trusting in the Spirit of God that manifests moment by moment. Some day I will most certainly write a book about this adventure, however, here I will highlight a few of the mystical happenings that took place this year.

The Coordinator Servant-Leader Formation Training held at St. Meinrad's Monastery in Indiana is in its fourth year and we continue to offer this outstanding week-long workshop to coordinators and contact persons eager to serve Contemplative Outreach. We had 40 attendees this year.

The two-year process of integrating the curriculum with the resource handbooks is complete. The new resource handbook and the Formation Book are cross-referenced for quick and easy reference to assist in chapter program planning. These materials were developed for coor-

dinators, leadership teams, and contact persons, and explain how to use the many resources of Contemplative Outreach in a systematic manner. One of our outstanding volunteers took the lead role in its development, calling it a "labor of love" that grew out of an appreciation for Centering Prayer.

The new Centering Prayer brochure is complete. The "Refined Essentials" for the Introduction to Centering Prayer Program are finalized. Commissioning in the Refined Essentials was outlined at the annual conference. Additional training will be offered to re-qualify all commissioned presenters over the next couple of years.

A pilot project, "Praying from the Heart, Praying with the Body Retreat", was offered in New Mexico in July. It was an Intensive Centering Prayer retreat with yoga, breathing and chanting components as preparation for Centering Prayer. This excellent experience provided intentional, prayerful body movements and breath, which facilitated the purification process in a gentle consistent manner. These practices provided an opportunity to be most alert and receptive during the Centering Prayer periods.

The Welcoming Prayer practice pilot project was held in Denver in August. It was a five-day formation process utilizing the updated essentials for the Welcoming Prayer. Most of the participants were long-time presenters of the workshop

Contemplative Outreach is at an important threshold. It is time to expand our vision and prepare for the future. At this turning point, I see Contemplative Outreach as an important vehicle for passing on the living tradition of monastic spirituality to a broad audience. We bring the legacy of Fr. Thomas Keating out of the monastery and into the world, where it can be freely shared and creatively expanded. We know our world is in dire need of healing and transformation. People long for peace on all levels of their being and on all levels of society. Only God can penetrate the stone walls of separatism and alienation.

and found this experience to be a deep immersion into this practice. The magnificent experiences by all in attendance confirmed the value of the Welcoming Prayer practice.

Karol Media, our resource fulfillment center in Wilkes Barre, Pennsylvania, has served us very well. I renegotiated our contract with them in the fall of 2003 and as a result established new ordering policies for discounted customers.

Our faithful Board of Trustees embarked on a re-visioning process that has taken us far beyond our expectations. We have outstanding support from the Austin, Texas and the Aspen, Colorado communities, people who have offered their professional expertise in the areas of organizational development and planning, marketing and communication, and fundraising expertise to help make Contemplative Outreach better known and accessible to many more people throughout the world. Blessings abound!

Weekly staff meetings always begin with spiritual reflection on the Vision and Foundations. Every afternoon our staff gathers for a 20-minute period of Centering Prayer. We carry out the administrative duties and responsibilities of a not-for-profit organization in an atmosphere of unity and utmost charity.

Chapter fundraising events have proven to be a source of spiritual enrichment and education for those in attendance. It is a time for dialogue and sharing between the

international office and local chapters. Spending time together has increased understanding of the needs of the chapters and also revealed the rich abundance of resources and services available to the chapters by the international office resources center. The ongoing financial support of the members is what sustains the offerings of this resource center.

Volunteers continue their selfless service to further the mission of Contemplative Outreach and offer Centering Prayer programs. In 2003, we served 37,900 persons and offered 2,600 programs.

International expansion is happening by leaps and bounds. Translation and services are needed to support the growing requests for assistance. To this end, we've appointed Madeline Soo as our International Coordinator.

The website is an exceptional resource, providing immediate access to content and information, which is particularly useful to our international community.

This message contains only a sample of the expansion of our network, the changes that are evolving and the actions we are taking to implement new initiatives and programs. Look on the website for some creative new programs for 2005, such as The Contemplative Spiritual Companioning Course, offered by David Frenette, and The Contemplative Life Program detailed on page 3.

I am grateful for the opportunity to serve Contemplative Outreach.

“The time has come for Contemplative Outreach to allow our light to shine in the darkness and to transmit the experience of Divine Love to our global community.”

REACHING OUT TO THE WORLD: AN INVITATION TO GENEROSITY

By Carl Arico



Your financial help is needed. Have you made your pledge or contribution?

Over 54,000 people receive our semi-annual newsletter and have been hearing about the campaign for the past 4 years. So far we have experienced the generosity of 10% of you. We are inviting the remaining 90% to join us. Go to www.contemplativeoutreach.org and click donation, or email office@coutreach.org for pledge information. Better still – call me, Fr. Carl, at 973-838-3384. Read on.

We are entering the last year of our 5 year campaign, Reaching Out to the World: An Invitation to Generosity. It has been quite a marvelous experience. Our goal is \$2,500,000 – we have accom-

plished at this time over 80% of our goal. More importantly in the long range view we have been able to let the spiritual network know of our on-going need for financial support and have deepened the membership's understanding of the vision and mission of Contemplative Outreach as an international organization.

As part of the campaign, our 20th Anniversary Tour is going strong. Yes, Contemplative Outreach has been in existence for 20 years. We are celebrating by visiting chapters for a weekend of leadership enrichment and fundraising events. The visiting team is Fr. Thomas Keating, Gail Fitzpatrick-Hopler, Marie Howard and myself. When possible all of us will be present.

We have had 12 fundraising chapter visits already. The upcoming events are listed below. If your Chapter wishes to participate in the Tour in 2006 please contact Marie Howard at 310-823-5863.

The enthusiasm and marvelous energy that is generated revitalizes and energizes the chapters. The membership now feels more connected to the entire network of Contemplative Outreach as a result of working together on this common project. As one person said, "I never knew the fruits of praying could be so much fun". Let's celebrate this miracle of God's grace and the power of prayer over these last 20 years.

Once again – we really need your help. We are inviting you to join us. Go to www.contemplativeoutreach.org and click donation or email office@coutreach.org for pledge information. Better still – call me, Fr. Carl, at 973-838-3384.

UPCOMING 20TH ANNIVERSARY TOUR EVENTS

2004	11/19-21	Cleveland, OH
2005	1/21-23	Austin TX
	1/28-30	Heart of Texas
	4/8-10	Portland, OR
	4/29-5/1	St. Paul & Duluth, MN
		Pittsburgh & Greensburg, PA
	5/20-22	Washington, DC
	9/16-18	St. Louis, MO
	10/14-16	Atlanta, GA
	10/21-23	New Jersey
	10/4-6	Northern KY- OH
	11/18-20	Leadership Enrichment
		Los Angeles & San Diego, CA

REMEMBERING DEAR FRIENDS LIVING ORDINARY LIVES WITH EXTRAORDINARY LOVE

A letter from Pat Johnson:

I've been meaning to write ever since Sarah died and I'm just now getting around to it.

Sarah died on February 1st and the reading for that day was the one from Corinthians that talked about love. She is so very present that at times I feel she hasn't gone anywhere except we are not taking care of her. She is powerfully taking care of us. It was obvious to all of us that Sarah directed and orchestrated her whole leave taking. All her siblings were there with us and I was holding her, amazed at her strength to keep on breathing. I jokingly said that she was waiting for 7:18pm, the time of her birth. Sure enough, that was the time she took her last breath and such a gentle breath it was.

We buried her at the Lama Foundation in New Mexico which is a place of great significance for us. The residents had totally prepared a space on the library floor and a bier with apricot silk over it for her body and 4 votive candles with Mary on them around the bier. We laid her there and her siblings kept vigil that night while Bob and I lay in the warm library hearing them sing and tell memory lane stories. The next morning after going to the prayer room for a sit, the residents did a tea ceremony and made the first bowl of tea for Sarah and placed it on the altar with a statue of Mary with rose petals. The ceremony before burial was so moving with 40 people there telling Sarah stories and our kids singing some wonderful songs. Mary Ann Matheson made four prayer flag poles and had her twin sisters and two brothers carry them as we processed down the hill to the burial gardens. The whole thing from start to finish was absolutely exquisite in its simplicity and beauty. Saturday the 21st of February we had a memorial service at St. Benedict's Monastery for her and Fr. Thomas officiated. Again it was an incredible and inspiring service. Over 200 people attended. It was totally grace filled and awesome in its simplicity and genuineness.



Sarah was born with profound physical disabilities. Her parents, Pat and Bob Johnson, are with Contemplative Outreach of Colorado. Fr. Theophane Boyd lived at St. Benedict's Monastery in Snowmass, Colorado, and passed away from cancer last October. He has been an important part of the East/West inter-religious dialogue and author of the inspiring book Tales of a Magic Monastery. Sarah and Fr. Theophane were well-known and loved by many who attended retreats at Snowmass. The painting above is by Seamus Berkeley.

PRAYING WITH THE HEART, PRAYING WITH THE BODY By Rita Weick

My "vestibule" now includes gentle yoga, breathing and chanting that I learned at a pilot retreat this summer outside of Santa Fe, *Praying through the Body, Praying from the Heart*". Jim Reale was the extraordinarily talented teacher. Throughout the week, Jim taught us a series of gentle moves, slow deep breathing and his original chants. We entered our prayer periods with a calmed mind and tension-free body. For those with physical limitations Jim expertly modified postures and tailored his instructions. He relentlessly and discreetly coached us; not calling attention to what we did wrong so no one felt singled out. He maintained an aura of reverence for

the task and for the students. He so gently transitioned us from the yoga to our prayer time, that he made it all holy. It was said that our whole beings showed up for Centering Prayer. We left with simple but completely understandable diagrams of the three yoga routines, words to the chants and the memory of how to do them that comes from well-structured repetition. Jim and the Contemplative Outreach team of Santa Fe created an innovative and profoundly enriching Centering Prayer retreat. For information on future retreats contact Susan Rush at susrush@aol.com.

THE SPANISH CORNER

By Ilse Reissner



*Extensión Contemplativa members
from El Salvador, Honduras and
Nicaragua, respectively.*

It is with a heavy heart that I write this note, as it was when I said farewell to a dear friend, companion and co-worker in the Contemplative Outreach Spanish ministry, Carmen Sanchez. She was an extraordinary person and teacher and will be greatly missed here and in the many countries where she directed the Formation workshops.

Carmen was hospitalized in March soon after returning from Mexico, where we had facilitated a Formation workshop. After ten long weeks in the hospital, she went home into the loving arms of our Heavenly Father on June 5th, leaving behind her husband, two daughters, two sons, several grandchildren, and a large number of people that will hold her memory in a very special place.

In Carmen's memory, her family established the Carmen Sanchez Scholarship Fund for the benefit of Extensión Contemplativa, to help fill the desperate need for trained presenters and group facilitators in third world countries. The funds will be used exclusively to help needy people attend our workshops and retreats. We are very grateful for the donations received so far and want to thank those who have responded.

If you would like to help the Spanish ministry of Contemplative Outreach, contact Isabel Castellanos or Ricardo Lopez in Miami. They are preparing a list of donors for Carmen's family and can be contacted at the numbers listed below.

On another note, Fr. Thomas Keating visited Mexico and Central America! We are seeing the results of the labor of the last four to five years in these countries!

In August, Fr. Thomas and I traveled to Mexico City to meet with the local contemplative communities, the heads of the different contemplative religious orders, and to give a presentation for the general public. We also visited El Salvador for a full-day program prepared by Leila, meeting with the clergy and laypeople. Then, we traveled further south to Managua, Nicaragua, and spent the next day in a similar fashion. From there, Fr. Thomas returned to Snowmass and I continued to San Jose, in Costa Rica, for a weekend retreat with a gathering of the local people.

We now have 20 trained and certified presenters in Mexico, nine in Nicaragua, four in San Salvador and one in Costa Rica. Most of them are already leading prayer groups in their places of residence. Next year we will be offering two more workshops, one in Mexico and another in El Salvador. If any of the coordinators know of someone who should be attending, don't hesitate to contact us.

Fr. Gilberto Walker continues working in Cuba, has given two retreats and has already established a couple of prayer groups.

We have been asked to go to Venezuela and Argentina. This is all great news, but we need to be patient and certain that all our efforts will be taken care of in the Lord's time. Currently, we lack enough people to facilitate all the workshops that are requested and the resources to pay the transportation costs. But we trust that God will provide so we just keep trotting along.

For information in Spanish

San Francisco, CA

San Dimas

Merritt Island, FL

Altamonte Springs

Miami

Miami

Atlanta, GA

Portland, OR

San Antonio, TX

Milwaukee, WI

Cristóbal Padrón 415-759-0943

Acelia Ledesma 909-592-2428

Adalberto Henriquez 321-453-8040 adabenri@msn.com

Ilse Reissner 407-767-8271 ireissner@juno.com

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Teri Gagnier 404-321-7385 t-t@mindspring.com

Hilda Smith 503-639-6664

Homer A. Bain 210-492-1306 hbain@satx.rr.com

Fr. D. Shields 414-224-7565 dshieldsj@botmail.com

ITALY

THE 2004 PILGRIMAGE OF EXTENSIÓN CONTEMPLATIVA

This year the annual fundraising event for Extensión Contemplativa Internacional, the international Spanish-speaking ministry of Contemplative Outreach, will be a pilgrimage to Italy, sponsored by the Central and South Florida chapters. We invite you to join us on this unique pilgrimage for an unforgettable experience. We will travel with our own contemplative priest, have daily mass in very special places, and provide you with the opportunity to do Centering Prayer twice a day if you so desire.

Our host will be Ilse Reissner, an experienced traveler who has successfully led several of these pilgrimages. Our spiritual leader is Fr. Justin Languille, coordinator for Contemplative Outreach in San Diego.

We will be visiting Milan, Turin (shroud), Venice, Padua (St. Anthony), Florence, Sienna (St. Catherine), Pisa (the Leaning Tower), Assissi (St. Francis and St. Claire), Loreto (the little house from Nazareth), Lancio (Eucharistic Miracle), San Giovanni Rotondo (Padre Pio), and Rome, including an audience with the Pope.

This pilgrimage is a fundraiser. You will be supporting Extensión Contemplativa Internacional in their mission to bring Centering Prayer to Spanish-speaking countries throughout America. Our prayer partners in these countries are often unable to pay the travel expenses of our facilitators when they travel there to provide formation and training workshops.

The tour will be an escorted and enjoyable 13 unforgettable days, with two meals included each day. We will travel in an air-conditioned deluxe motorcoach from airport to airport in Italy, with an English-speaking guide who will stay with us throughout the journey. We will stay at good hotels, with private bathroom facilities and twin beds. We need a minimum of 25 persons by the end of January or we will have to cancel the trip.

Departure: April 18, 2005 from Miami

Return: April 30, 2005 from Rome

Double Occupancy: \$2,996 (round trip from Miami or New York)

Single Supplement: \$45 per day

4-Day Extension to the south (Naples, Sorrento, Capri, Pompei and Mt. Cassino): Additional cost is \$849.

If you wish to stay for a longer amount of time after the tour there will be a nominal surcharge on your ticket, but it can be arranged as long as the basic group is not less than 15.

To request a color brochure, call 407-767-7567 or 305-223-7329, or email ireissner@juno.com or Ricardol@camilo.com

A \$300 deposit is required to secure your space

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Rotondo

Rome

Para Informes en Español ...Resources Translated in Spanish

Extensión Contemplativa, the branch of Contemplative Outreach serving our Spanish-speaking members, handles the sale of books translated in Spanish. Contact Maria Lopez at (305) 223-7329 for a complete listing and to place an order.

CHAPTER UPDATES

1st Asia-Australia CO Regional Conference Held in Manila

In February, seventeen representatives from Australia, Malaysia, and the Philippines met outside Metro Manila to share and collaborate on issues common to the practice of Centering Prayer. Madeline Soo, CO International Coordinator attended the first ever Asia-Australia CO Regional Conference. The meeting was in retreat format; Madeline explained the dynamic organism/organization of CO Ltd, as well as its vision/mission. She also emphasized the Board's desire to serve the increasing needs of the growing international communities, as well as changes to the Introductory Workshop. Fr. Martin O'Lohglen, a missionary in the Philippines, was the main facilitator. Lita Salinas, Director of CO in the Philippines (COP), was the conference coordinator. Br. Peter Foo and Lawrence Wong represented Malaysia, and Sr. Sheila Normoyle, Janice Martin and Myrna Novosel from Sydney, Australia, represented the youngest group within the network of less than two years. The entire Board of Trustees for COP, the host country, were in attendance. Japan and Singapore were unable to send representatives due to scheduling conflicts, but they fully supported the conference. Some team leaders in different countries sent written comments and suggestions for inclusion in the meeting agenda. All agreed to update each other in six months. **Tess Colayco, COP International Contact Person, 011-632-817-9499**

Colorado, Denver Center for Contemplative Living

The prayer goes on! 2004-05 is a benchmark year for our center. During the spring, our volunteer staff and I implemented our vision of 11 servant-leadership teams participating in center operations. We now have a volunteer coordinator, responsible for 60 full and part-time staff members. A growing number of volunteers are completing the formation program and taking on roles of administration, course instruction, group facilitation and outreach. This is our 18th year offering the basic Centering Prayer curriculum. We will offer four new classes and an Advent Day of Prayer. Brother Micah Schonberger, from St. Benedict's Monastery was the featured speaker for our Fall Gathering in October, "Becoming a Healing Presence in a Chaotic World". Susan Komis will present a weekend intensive, June 3-5, "John of the Cross: Search for Nothing (No-thing)". Our 12th Annual Contemplative Conference is slated for March 12, 2005. Fr. Thomas Keating and Rabbi Rami Shapiro will continue our examination of other traditions which began after 9/11. **Sr. Bernadette Teasdale, 303-698-7729**

Dominican Republic

Feelings of gratitude and joy are still vibrating in our hearts as we remember that unforgettable weekend in September 02 when our retreat house opened its doors for the first time. In this safe and sacred place everything confabulates to reveal and unfold God's Presence. Now we can share this gift of God with you. Starting next year, 2005, all Contemplative Extension individuals and communities will be able to enjoy this sacred and safe place. Our facilities offer 20 double rooms and suitable areas that make it possible for international events. We also invite you to attend the workshops and retreats that take place during the entire year. We are right in the midst of the poorest region in the country so, if you desire, you can visit for a day and be part of one of the families. This experience will give you the opportunity to open and be part of the desperate cry seldom heard - of the needy. Some of the retreats offered at MonteSacro include: Centering Prayer Post and Intensive Retreats (3, 5, 8, and 10 days); Holistic Retreats to integrate body, mind, soul and spirit; and a "Come and See" Retreat to be alone with yourself, God, and His Creation. **Vicky Acra, 809-562-2214, lic.acra@verizon.net.do**

Florida, Tampa Bay

It is with great joy we welcome the homecoming of The Living Flame program to the Tampa Bay area! This one-day-a-month, 7-month program is the inspiration of our first coordinator, Monica Freeman. The Living Flame began nearly 12 years ago and was first held at Azchaeus House in Bradenton, Florida. It was a wonderful time of spiritual growth, of bonding, for our West Coast of Florida community, and a great opportunity to meet presenters from across the country, as each presented on topics such as Lectio Divina, Refinement of Centering Prayer Practice, The Origin of the False Self, The False Self in Action, Divine Therapy, Night of the Sense and Welcoming Prayer. We traveled several years through Living Flame I, II, III and even IV! Some relationships formed at that time are still strong. And, now, The Living Flame is coming home after traveling to many other places such as St. Louis, Long Island, Milwaukee, Los Angeles, Newark, Portland and Chicago. It began October 9th in our area and continues through May 7th, taking the month of March off for the annual United in Prayer Day. It is most gratifying that some are even coming back from that original group to experience once again this wonderful gift from God! Welcome home, Living Flame!
Marge Rafferty, Coordinator, 727-345-7908

In October, Rev. Tom Ward, Chaplin at the Episcopal University of the South, conducted a one-day conference on Centering Prayer. Participants came from Georgia, Alabama, Florida, Tennessee and southern Carolina. Rev. Ward's presentation is available at our website www.centerprayer.com/chapters/Atlanta.htm. on a CD series. The annual United Day of Prayer was held in three locations, North Georgia, Conyers and Marietta. In April, CO-A sponsored its first annual 3-day retreat in Conyers, with 22 people attending. We are considering holding a 5-day retreat. In June, several members represented CO-A at the Annual Eucharistic Congress in Atlanta with an information booth. Cathy Hightower designed a banner carried in the procession. Roberta Oster is Co-coordinator serving with Roseanne Havird until July 2005. At that time, Roseanne will step down and another co-coordinator will be named to serve with Roberta for her remaining two years, and the process will continue from there. This type of shared leadership, set up on an overlapping basis, was the result of the discernment process adopted by our Leadership Team. We are pleased with this plan and the process itself. Roberta attended the Servant-Leader Formation at St. Meinrad. Our co-coordinators held a meeting for our Prayer Group Facilitators in the north Georgia mountains, sharing the gifts/challenges of their groups. Roseanne and Roberta plan to conduct a Facilitator's Workshop in 2005. Silent Saturday Mornings will be held at Glenn Memorial Church on Emory Campus every 3rd Saturday, September through November. In October, we hosted a major fund-raiser event "Celebrating 20 Years of C.O., Ltd" with Fr. Keating. We hope that you will join us for any and all of our events.
Roseanne Havird 678-796-9158 rmaryh@earthlink.net and Roberta Oster, 404-299-2670

Georgia, Atlanta

Contemplative Outreach continues to grow in various parts of the world —widening the circle of contemplatives who strengthen that thread of connectedness, interdependence and inter being-in-God. An effort was made to communicate with the various Coordinators, Contact Persons and potential volunteers to establish connectedness and to assess needs. We appointed coordinators in Mexico, El Salvador, Trinidad and Tobago, Ireland, Canada, Nicaragua, Cuba, Italy, Australia, the US Virgin Islands and Brazil. Contemplative Outreach Philippines planned and generously hosted the first Asia-Pacific Regional Conference last February in Manila. Members look forward to another conference in 2006. In the Philippines outreach beyond the Manila area was made possible by the translation and delivery of the first Introductory Centering Prayer Workshop in Vernacular. In South Korea there has been extensive formation for leadership roles with 60 presenters and 40 Centering Prayer groups. In Myanmar, Centering Prayer was introduced to 69 priests, religious sisters and seminarians at the invitation of the archbishop of Taunggyi. In November, a follow up session is planned for Taunggyi and an introductory program to be introduced in Yangon. In Canada, C.P. is spreading. Last June a leadership planning meeting was held in Winnipeg, hosted by Southern Ontario. In South Africa leadership training came to Johannesburg/Pretoria, Durban and Cape Town in October. The West Indies, Trinidad and Tobago, provided Facilitator Training to help leadership support the four large CP groups in Port of Spain and San Fernando. **Madeline Soo, International Coordinator, MLSOO@wi.rr.com**

International Outreach

We have begun to feel that Rosaryville Spirit Life Center in Ponchatoula, Louisiana is our 2nd home. Driving 45 minutes from New Orleans we enter our tree shaded home of silence. In the summer of 2004 Rosaryville welcomed us for our 5th annual 10-day retreat. In the coming year we look forward to a January workshop by Madeline Soo on "Centering Prayer and Emotional Sobriety" and in April 2005 the return of Fr. William Sheehan, this time to lead us in a workshop of "Spirituality and Sexuality in the Context of Centering Prayer". Our daily practice remains the foundation of all we do; the support of our weekly prayer groups, our team members and our steering committee makes our planning a community venture. **Vivien Michals, C.O. of New Orleans, 504-944-4000**

Louisiana, New Orleans

Father Thomas Keating came to San Diego to visit the Mexican communities of Contemplative Outreach in March. We had an inspirational meeting, which included 18 workshops and 100 attendees, with representatives from the following regions of Mexico; Acambaro, Morelia, Toluca, Merida, Ciudad de México, Cancun, Gaudalajar and San Diego. At the meeting we presented Fr. Thomas with a letter from Toluca's Bishop for Contemplative Outreach and acquainted him with our website www.polymex.com.mx/ecmexico. On August 28 we held a Magisterial Conference given by Fr. Thomas and were amazed and blessed to have 500 people present to receive the message. At the end of the conference everyone stood and gave Fr. Thomas a standing ovation. It was an incredible experience for all of us.
Maria Judith Bernal, Méjico City, 55-2167-6728, Pelusa.ju@hotmail.com

Mexico

Fall greetings from COSTL (CO of St. Louis)! We are grateful to report the following: Our Summer Intensive/Post Intensive Retreat was superb with the wonderful Fr. Justin Langille from San Diego being greatly received and appreciated by the participants. COSTL recently had an exceptional "Day of Prayer" on Lectio Divina with our very special guest: Abbot Mark Scott, OCSO from Assumption Abbey in Ava, Missouri. Our Fall Weekend Retreat this year will be on *The Cloud of Unknowing* with Retreat Master Renee Bennett. Renee plans an optional preparatory video series on *The Cloud* using the videos with Fr. William Meninger, OCSO. In December, we'll present our "4th Annual" 12 Step/Centering Prayer Weekend Retreat. In the Spring of 2005, Susan Komis will lead us in a Centering Prayer Weekend Retreat on "The Welcoming Prayer"...too many blessings to count! We are looking forward to hosting Fr. Thomas Keating and CO, Ltd on September 16-18, 2005 for the 20th Anniversary Tour! We hope to gather many of the surrounding communities from the Midwest Cluster. Mark your calendars!! **Matthew Flatley, Coordinator, 314-918-8288**

Missouri, St. Louis

CHAPTER UPDATES

New Jersey

During 2003-2004, 50 people participated in Living Flame I in New Jersey. During 2004-2005, 35 people will participate in Living Flame II. The first New Jersey 12-Step Centering Prayer Retreat will be held at St. Mary's Abbey in Morristown, New Jersey during the weekend of April 8-10, 2005. The 20th Anniversary Tour will visit New Jersey on October 23, 2005. **Therese Saulnier, Coordinator, 201-436-8256**

New York Long Island/Queens

C.O. of Long Island/Queens is serving our community by the grace of God and are happily taking any road on which He leads us. Aside from Introductory Workshops, Silent Saturdays, June Weekend Retreat, Advent Evening of Prayer a one-day conference with Fr. Carl Arico, etc., we had an extremely successful Enrichment Day (60 people) where there was discussion concerning programs our community would like and requests for help with these programs, joining the coordinator team, etc. Susan Komis led the day and presented two workshops. The feedback from the community was that they would like to have more workshops, which are both spiritual and informative. **Barbara Sullivan, 516-877-4930**

New York, Walden St. Andrews Rereat House

Contemplative Outreach of Orange County sent four people to the Servant Leadership Training at St. Meinrad's in July...a necessary foundation for developing the region. Our Centering Prayer group here at St. Andrew's continues, and a new Contemplative Living Community began in September. March 2-6 the first 5 day Welcoming Prayer Immersion Retreat will be held at St. Andrew's Retreat House, and the 2nd 40 Day Live-In Experience will be offered October 6-November 14, 2005. Both our Nine Month Courses continue to nourish and support those serious about living a contemplative lifestyle; we now offer three six-day Intensive/Post Intensive Retreats a year as well as a 10-day Post Intensive. We are blessed to have Cynthia Bourgeault as one of the presenters on our 21 Day Centering Prayer Immersion Retreat June 4-24, 2005. We continue to be grateful to the Sisters of Our Lady of Charity who provide the hospitality at St. Andrew's and support the ongoing retreats and programs. What would we do without them!!!! Much love and thanks to all who come to St. Andrew's and support us in known and unknown ways.

Cathy McCarthy, 845 778-2102, cathy mc@frontiernet.net, www.centeringprayernys.org

New York, Westchester

At our June monthly Centering Prayer meeting, we saluted Tom Skinner for his many years of service as our coordinator. Tom retired on Easter Sunday. His faithful dedication and sincere leadership inspired us and invited and us to grow. With grateful hearts, we wish him years of many blessings! Our new co-coordinators are Stephanie Iachetta and Diane Harkin. Their desire to serve is filled with much energy and enthusiasm. For information about our upcoming events contact:
Sr. Rose Vermette, 914-961-1559, Vermettercd@aol.com

Oregon, Portland

Oregon Contemplative Outreach (OCO) has been focusing on training more people to help in service work. We now have ten people who are qualified to serve our 3 to 10-day Intensive and Post-Intensive Retreats. We have also secured the locations for our retreats for the same schedule for years to come. Our retreats are well attended and draw more and more people from out of state. We also now have a person trained to present the Welcoming Prayer Workshop, and we will have two people attending the 12-Step Introductory Retreat formation. In addition, three people attended the Formation for Contemplative Outreach Service and have been added to our list of presenters. For the next year, a team of four volunteers will be working to develop programs and communications to support our nearly 60 group facilitators. Since this involves facilitators throughout the entire state of Oregon and southwest Washington, it presents a challenge! This fall we are offering a workshop on Soul Friending and a commuter retreat on St. Teresa of Avila, and , although these are open to all, we consider them enrichment opportunities for our facilitators and their groups. We now have a contact in the Salem area and are happy to welcome Susan Turpin. We are also looking forward to hosting the "20th Anniversary Tour" in January, 2005. **Gini Graham, Coordinator OCO, 503-645-3448**

South Dakota, Rapid City

Sister Maria Tasto will be giving the Lectio Divina weekend retreat on April 22-25 at St. Martin Monastery. We were delighted to learn that our program was chosen by lottery to send an Oblate to the World Congress in Rome, September 19-25, 2005. The United States was permitted to send 50 Oblate delegates, so we are grateful to have the "good luck" to be chosen. The program includes a visit to Monte Cassino, among other enriching presentation and experiences. Sr. Marmion and Fr. Mark McCormick gave a Centering Prayer Retreat to the women of Rapid City Diocese in October. This fall, Sr. Marmion will bring Fr. Meninger's retreat on "Centering Prayer and the Enneagram" to a parish church, Our Lady of the Black Hills. **Sr. Marmion Howe, srmarmion@aol.com, 605-343-2688**

Contemplative Outreach San Antonio (COSA) is delighted to host several new events, beginning with "Advent: Living the Mystery in Light, Life and Love". Timothy Kooock, using poetry, scripture and quantum mechanics, will explore these timeless themes, December 10-12. Fr. Carl Arico, our great friend, will lead us in the study of the 14th century contemplative masterpiece *The Cloud of Unknowing*, January 7-9, 2005. There are only a few spaces left in these two weekend retreats, so please call 830-816-8470 to register. Our COSA Prison/Jail ministry is expanding. Our newest prayer group calls itself the Recovering Angels, composed of women in recovery who are integrating Centering Prayer into the 12 Step practice. Silent Saturdays are up and running on the 2nd Saturday of each month beginning at 9:30 a.m. Unbelievably, construction will commence soon here on our beautiful grounds for the construction of a new retreat center featuring at least 30 rooms with private baths. More about this later. COSA continues to serve members of our community with workshops and retreats in Spanish, English and bilingually. Cleo Tamez, as our COSA Team office manager, is happy to answer you questions concerning our other activities at 210-286-4320. **Timothy Kooock, Contemplative Outreach Liaison, 830-997-9554**

Texas, San Antonio

It is with "sadness and gladness" that I write to all our friends of the Alta Retreat Center. For the past 10 years we have been serving Contemplative Outreach with our programs and retreats. Unfortunately we have not prevailed in purchasing a new facility to accommodate our growing needs. For those of you who have supported us over the years we give deep and sincere gratitude. Our Board of Trustees is now creatively addressing the situation. First, however, we need to be fiscally responsible and retire the debt incurred by our various attempts (3 in all!) to purchase, build, and re-zone here in Alta. It has been an interesting experience of "failure by success." Our time has been full, rewarding and profoundly transforming. I am grateful to all the wonderful retreat participants, teachers, clergy and benefactors that have supported and sustained ARC through these years. When we sat around the altar for our closing Eucharist in August I had little idea it would literally be our "Last Supper"! I am deeply indebted to Contemplative Outreach and Fr. Thomas for their encouragement and love. As new events unfold I will certainly keep you all informed and you can visit our web at www.altaretreatcenter.org for up to the minute news. I will be leading an intensive retreat at the College of Preachers in Washington DC, March 13-19, and a Post Intensive at the College of Preachers, May 11-20. Many of you have regularly attended here in Alta and I would love to be with you in D.C. if that suits your calendar! Please continue to pray for us. Please drop me a line if you have a moment.

**Wyoming, Alta
Alta Retreat Center**

In Christ's peace, Sandy **Rev. Sandy Casey-Martus, 307-353-8100, info@altaretreatcenter.org**

Contemplative Outreach offers a one-day introductory workshop and weekend workshops specifically intended for people in 12-step communities entitled "Centering Prayer and the 12 Steps". The workshops highlight the connections between the spirituality of the 12 steps and the contemplative dimensions of the Gospel, and are designed as an invitation to 12-step people to participate in Contemplative Outreach Programs. The weekend workshop generally consists of:

12 Step Outreach

- * An introduction to the method of Centering Prayer
- * An overview of the way in which the practice of Centering Prayer integrates with the 12 Steps
- * An environment of silence, with Centering Prayer periods each day
- * Presentations of original material designed for the retreat
- * Videotapes by Fr. Keating specifically designed for the retreat
- * Group process and discussion

A 12-Step outreach committee was established in the summer of 2002, and it has been developing this series of workshops that can be offered through the local chapters and presented in conjunction with trained presenters. The committee has also been developing a training program for presenters for this original material. Formation for Service Retreat

A 5-day workshop/retreat has been scheduled for January 28-February 2nd, 2005 at Snowmass to train qualified people as presenters for the Introductory Centering Prayer and the 12 Steps workshop. There is limited space available and people who are interested should contact Donald Masters at the address below.

Scheduled Retreats-

Currently retreats are scheduled at:

St. Louis December 3-5, Contact Jim McElroy at JMac150@aol.com , 314 657-7234

Racine, WI Dec 3-5, Contact Eugenia Brown at EugeniaS@aol.com , 608 236-0344

2005: Morristown NJ April 8-10, Contact Therese Saulnier, tsaulnier@att.com

To find other current scheduled workshops contact Contemplative Outreach (973-838-3384) or check www.contemplativeoutreach.org under the heading Centering Prayer and the 12 Steps. To schedule a workshop or to find out more about this program contact **Donald Masters, donaldm@ix.netcom.com (303) 809-2480 or Madeline Soo at mlsoo@wi.rr.com (414) 961-2610.**

Current Best Sellers

Visit our website

www.contemplativeoutreach.com

for a complete listing of resources offered by Contemplative Outreach.

We will list the best sellers and new resources in the newsletter. A complete catalog of resource listings is planned for the near future. (Previous newsletters do contain a complete list of books and tapes, but do not have the new offerings added after the date of the newsletter issue.)

As always, you can order any of our books and tapes by fax, mail or phone.

Fax order form to 570-822-8226

Phone in an order at 800-608-0096

Online order at our webstore where you can see a list of all the resources and order at the online bookstore

Mail in your order to

Contemplative Outreach Orders
375 Stewart Rd., P.O. Box 1211
Wilkes-Barre, PA 18773-1211

Great Gift Idea!

Inspirational Notecards

8 inspirational designs beautifully illustrated by contemplative artist Meridith Schifsky with quotes by Fr. Thomas Keating. Blank inside.

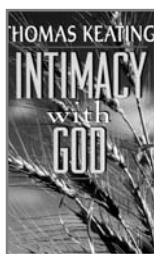
#SI-003 \$16.50



The Human Condition by Fr. Thomas Keating

God calls us to live in a real world as mature people. And so, growing in God's grace is a gradual process of stepping into the light, of owning up to ourselves and becoming fully human. To insulate themselves against the pain of living, many people — including many Christians — develop “homemade” selves to feel protected. But this behavior is radically challenged by Christ, who calls people to repent and reclaim their true selves, bestowed on them by their Creator.

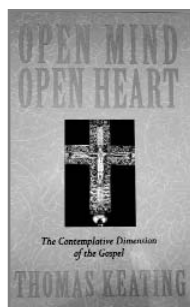
#B-25 \$6.95



Intimacy with God by Fr. Thomas Keating

Transformation through contemplation — a deeper understanding of the spiritual journey.

#B-08 \$16.95



Open Mind, Open Heart by Fr. Thomas Keating

The contemplative dimension of the gospel Centering Prayer resource. Many questions regarding the Centering Prayer method are answered here.

Paperback #B-01 \$13.95
Hard Cover #B-40 \$19.95

Video Series: 6 Followup Sessions of the Introductory Workshop

3 Tape Set (6 sessions)	#KV-08	\$64.99
Tape 1 (2 sessions)	#V-050	\$24.99
Prayer in Secret, Discipline of Centering Prayer		
Tape 2 (2 sessions)	#V-051	\$24.99
What Centering Prayer Is & Is Not, The Basic Principles		
Tape 3 (2 sessions)	#V-052	\$24.99
The Method of Centering Prayer I and II		

New Resources

Centering Prayer and Inner Awakening
by **Cynthia Bourgeault** #B-50 \$13.95

A look at the distinct nuances of the Centering Prayer Method and an explanation of its potential for transformation.

Discovering the Center
by **Edward Gray, M.D.** #B-51 \$12.95

A surgeon's professional and private life is interrupted by: an unexpected spiritual experience, his struggle to understand it, and profound changes to his relationships with patients, family and others, convincing him that contemplation, recognized by the world religions, is vital in a time of crisis in the church and the world.

Living Ordinary Life w/ Extraordinary Love:

Recorded at the C.O. 2004 Annual Conference, Day of Enrichment, in Toronto, Ontario. **(11 Audio Set: audios 1-11)**

Cassette #KA-112 \$89
CD #KCD-112 \$106

Day of Enrichment: (3 Audio Set: audios 8, 9, & 10)

Cassette #KA-113 \$27
CD #KA-113 \$32

Audio 1: Welcome: 20th Anniversary of C.O. Worldwide

Tim Koock, Gail Fitzpatrick-Hopler, Fr. Thomas Keating

Cassette #A-101 \$10
CD #CD-101 \$12

Audio 2: C.O. Yesterday, Today and Tomorrow (Fr. Thomas Keating) and C.O. Celebrating a Year of Practice(Gail Fitzpatrick-Hoper)

Cassette #A-102 \$10
CD #CD-102 \$12

Audio 3: Workshop: Back to Basics: New Essentials for Introductory Programs on Centering Prayer

Cassette #A-103 \$10
CD #CD-103 \$12

Audio 4: Workshop: The Welcoming Prayer

Cassette #A-104 \$10
CD #CD-104 \$12

Audio 5: Workshop: Lectio Divina/Active Prayer

Cassette #A-105 \$10
CD #CD-105 \$12

Audio 6: Workshop: Contemplative Spiritual Companionship

Cassette #A-106 \$10
CD #CD-106 \$12

Audio 7: Spirituality of Money (Rev. Tim Cook) and Q&A

(Rev. Tim Cook, Gail Fitzpatrick-Hopler, Fr. Carl Arico)

Cassette #A-107 \$10
CD #CD-107 \$12

Audio 8: Living Ordinary Life w/Extraordinary Love, Day of Enrichment, Part I (Fr. Thomas Keating)

Cassette #A-108 \$10
CD #CD-108 \$12

Audio 9: Living Ordinary Life w/Extraordinary Love, Day of Enrichment, Part II (Sr. Mary Margaret Funk)

Cassette #A-109 \$10
CD #CD-109 \$12

Audio 10: Discussion, Day of Enrichment, Part III,

(Fr. Thomas Keating, Sr. Mary Margaret Funk)

Cassette #A-110 \$10
CD #CD-110 \$12

Audio 11: Mass Homily (Fr. Thomas Keating)

Cassette #A-111 \$10
CD #CD-111 \$12

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Mail in Your Order Form

for Canada, Hawaii, or Alaska - add \$10 to Standard Shipping fee above

UPCOMING EVENTS

Thirteenth Annual United in Prayer Day

Please join us for the 13th Annual United in Prayer Day to be held Saturday, March 19, 2005.

This day has traditionally celebrated the worldwide network of Contemplative Outreach united in a single bond of Centering Prayer around the globe.

We are sure that you will find the day and Fr. Thomas' video, [Living Ordinary Life With Extraordinary Love](#), interesting and inspiring.

If you wish to host the day for your local Contemplative Outreach Chapter, Centering Prayer Group or gathering with a few friends, please fill out the form below. You will receive the videotape and format for the Day of Prayer. This special price of \$19.99, plus \$6.50 for U.S. shipping and handling* will be available only for this event — so order now! (*Shipping/handling fees outside of the US, Canada and Mexico are \$15.50; all other countries, \$25.50.)

Order after January 15, 2005

Please call our order department at **1-800-608-0096** or mail order form below to:

**Contemplative Outreach Orders,
P.O. Box 1211
Wilkes-Barre, PA 18773-1211**

Make checks payable to Contemplative Outreach, Ltd.

United in Prayer Day Order Form

Name _____
Address _____
City _____ State _____ Zip _____
Country _____
Phone _____
Check # _____
VISA/MC _____
Exp. Date ____/____

Austin Intensive Explores Intent of True Learning

On April 23 and 24, 2005 in Austin, Texas, Fr. Thomas Keating joins internationally renowned educator Joseph Chilton Pearce and Sufi Master Sheikh Din Muhammad Abdullah al-Dayemi for a two-day intensive exploration of the question, "What is true learning?"

In this interactive program, our speakers will explore the biological, emotional and spiritual dynamics of this fundamental question through talks and dialogue. In addition, the two-day program will offer participants opportunities to enrich their spiritual practice through movement meditation, Centering Prayer, and other practices to open the heart.

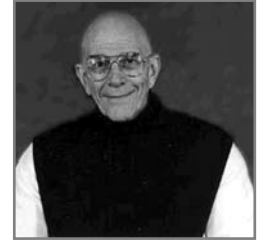
Joseph Chilton Pearce is a visionary who has been researching and lecturing on the development and inherent needs of human society for over thirty five years. He is the author of seven books, including *The Biology of Transcendence*, *Crack in the Cosmic Egg*, *Magical Child* and *Evolution's End*. Through a scientific perspective, his work illustrates the importance of the heart—brain connection in higher learning and as a spiritual center.

"As the awakened heart changes the physiology of the brain, what do we do with these new faculties? There is still the question, 'What am I here for?'" Sheikh Din Dayemi will challenge the audience to contemplate this very question. Sheikh Din is the spiritual successor and western representative of the Dayera Sharif, a 750 year-old Sufi Dynasty.

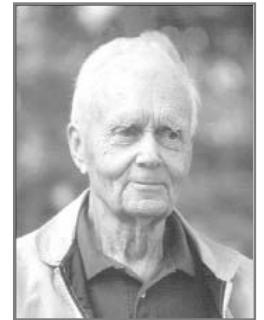
"Contemplation is the knowledge of God based on the intimate experience of His presence. The more we know God, the better we know ourselves," said Fr. Keating. "God gives us the love and identity that we in turn share with others."

All proceeds from the conference support orphanages and schools in Bangladesh. Please go to www.dayemi.org/choicesforchildren or call the event coordinator Tria Milo at 512-821-2074 to register or for more information.

Please join us for this unique opportunity!!



Fr. Thomas Keating



Joseph Chilton Pearce



Master Sheikh Din

CALENDAR OF EVENTS

DECEMBER 2004 - AUGUST 2005

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.

Cullman, AL Jan 28-30 Contemplative Outreach Staff
Benedictine Center Contact: Gloria Garrison
(256) 734-8302

Walden, NY Feb 4-6 Contemplative Outreach Staff
St. Andrew's Retreat House Contact: Cathy McCarthy
(845) 778-2102

Colorado Springs, CO Feb 27-29 Contemplative Outreach Staff
Benet Pines Retreat Center Contact: Therese O'Grady
(719) 473-6184

New! The "Welcoming" Prayer Immersion Retreat

An in-depth review and immersion into the Welcoming Prayer as a way of healing the woundedness of the human condition in everyday life. Prior Centering Prayer and Welcoming Prayer experience necessary

Walden, NY Mar 2-6 Contemplative Outreach Staff
St. Andrew's Retreat House 5 Day 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 MLSoo@wi.rr.com, (414) 961-2610.

Eureka, MO Dec 3-5 Contemplative Outreach Staff.
Marionist Retreat Center Contact: Jim McElroy
(314) 918-8288

Racine, WI Dec 3-5 Contemplative Outreach Staff.
DeKoven Retreat Center Contact: Norma Madsen
(608) 236-0344

Winnipeg, Canada Feb 26-28 Contemplative Outreach Staff
St. Benedict's Retreat Center Contact: Sr. Catherine Labinowich
(204) 338-4601

Jerome, ID Mar 3-6 Contemplative Outreach Staff
Monastery of the Ascension Contact: Grace Coassolo
(208) 423-6301

Morristown, NJ Apr 8-10 Contemplative Outreach Staff
St. Mary's Abbey Contact: Christopher Janowski
(609) 581-1484

Introduction to Lectio Divina

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

El Salvador Feb 12-15 Contemplative Outreach Staff
Casa Retiro Avacuclero Contact: Leila de Membreno
(503) 263-3402

Check the Website for Additions or Changes

Appingedam, Netherlands Mar 16-18 Contemplative Outreach Staff
Debora Communitieit Contact: Sr. Anje/Sr. Debbie
011-31-596-623631

Melbourne, KY Jun 26-Jul 2 Sr. Maria Tasto, OSB
Moye Spirituality Life Center Contact: Mickey Bement
(859) 441-0770x325

Appingedam, Netherlands Jun 24-26 Contemplative Outreach Staff
Debora Communitieit Contact: Sr. Anje/Sr. Debbie
011-31-596-623631

Holy Week Retreat (05)

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

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

Burlingame, CA Mar 24-27 Contemplative Outreach Staff
Mercy Center Contact: Sr. Lorita
(650) 340-7482

Centering Prayer Weekend Retreats

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

Walden, NY Dec 3-5 Contemplative Outreach Staff
St. Andrew's Retreat House Contact: Cathy McCarthy
(845) 778-2102

St. Joseph, MN Dec 3-5 Contemplative Outreach Staff.
Spiritual Center at St. Benedict's Monastery Contact: Rita Budig, OSB
(320) 363-7115

Osakis, MN Dec 3-5 Contemplative Outreach Staff
St. Elizabeth Retreat House Contact: Carol Weber
(218) 894-3631

Manchester, NH Dec 3-5 Contemplative Outreach Staff
Joseph House Contact: Sr. Maryann Laughlin
(603) 627-9493

Blue Point, NY Dec 10-12 Contemplative Outreach Staff
St. Ursula's Retreat House Contact: Roseann Filippi
(516) 565-4741

Frenchville, PA Dec 10-12 Contemplative Outreach Staff
Bethany Retreat Center Contact: Nicole Feder
(814) 263-4855

Walden, NY Dec 30-Jan 1 Fr. Bill Sheehan
St. Andrew's Retreat House New Year's Contact: Cathy McCarthy
(845) 778-2102

Osakis, MN Jan 7-9 Contemplative Outreach Staff
St. Elizabeth Retreat House Contact: Carol Weber
(218) 894-3631

Melbourne, KY Jan 14-16 Contemplative Outreach Staff
Moye Spirituality Life Center (Intensive) Contact: Nancy McLaughlin
(513) 934-3438

CALENDAR OF EVENTS continued

DECEMBER 2004 - AUGUST 2005

Colorado Springs, CO Benet Pines Retreat Center	Jan 21-23 (Intensive)	Contemplative Outreach Staff Contact: Therese O'Grady (719) 473-6184	Cullman, AL Benedictine Center	Apr 1-3	Contemplative Outreach Staff Contact: Gloria Garrison (256) 734-8302
Manchester, NH Joseph House	Jan 21-23	Contemplative Outreach Staff Contact: Sr. Maryann Laughlin (603) 627-9493	Frenchville, PA Bethany Retreat Center	Apr 8-10	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Appingedam, Netherlands	Jan 28-30	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631	Melbourne, KY Moye Spirituality Life Center	Apr 8-10 (Intensive)	Contemplative Outreach Staff Contact: Nancy McLaughlin (513) 934-3438
Birmingham, AL	Feb 25-27	Contemplative Outreach Staff Contact: Caroline Humphreys (205) 978-1159	Sewanee, TN St. Mary's Retreat House	Apr 10-12 (Intensive)	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Osakis, MN St. Elizabeth Retreat House	Feb 4-6	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631	Nazareth, KY Spalding Retreat & Spirtuality Center	Apr 14-17	Contemplative Outreach Staff Contact: Mary Otho OP 502-331-9074
Santo Domingo, Dominican Republic Manresa Loyola	Feb 10-13	Contemplative Outreach Staff Contact: Sr. Altigracia Contreras (809) 548-6480	Osakis, MN St. Elizabeth Retreat House	Apr 15-17	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631
Sewanee, TN St. Mary's Retreat House	Feb 11-13 (Intensive)	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613	Rapid City, SD St. Martin Monastery	Apr 22-24	Contemplative Outreach Staff Contact: Sr. Marmion Howe (605) 343-2688
Frenchville, PA Bethany Retreat Center	Feb 18-20	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855	Manchester, NH Joseph House	Apr 22-24	Contemplative Outreach Staff Contact: Sr. Maryann Laughlin (603) 627-9493
Liverpool, Merseyside, UK Loyola Hall	Feb 25-27	Contemplative Outreach Staff Contact: Elizabeth Smith 44-1772-620746	Rock Island, IL Benet House at St. Mary's Monastery	Apr 28-May1	Contemplative Outreach Staff Contact: Sr. Audrey Cleary, OSB (563) 333-6189
Portland, OR Alton Collins Retreat Center	Feb 28-Mar 2	Contemplative Outreach Staff Contact: Norman Carlson (541) 754-9945	Colorado Springs, CO Benet Pines Retreat Center	Apr 29-May 1 (Intensive)	Contemplative Outreach Staff Contact: Therese O'Grady (719) 473-6184
St. Joseph, MN Spiritual Center at St. Benedict's Monastery	Mar 4-6	Contemplative Outreach Staff. Contact: Rita Budig, OSB (320) 363-7115	Manchester, NH Joseph House	May 6-8	Contemplative Outreach Staff Contact: Sr. Maryann Laughlin (603) 627-9493
Osakis, MN St. Elizabeth Retreat House	Mar 11-13	Contemplative Outreach Staff Contact: Carol Weber (218) 894-3631	Liverpool, Merseyside, UK Loyola Hall	May 20-22	Contemplative Outreach Staff Contact: Elizabeth Smith 44-1772-620746
Manchester, NH Joseph House	Mar 11-13	Contemplative Outreach Staff Contact: Sr. Maryann Laughlin (603) 627-9493	Appingedam, Netherlands	May 25-27	Contemplative Outreach Staff Contact: Sr. Anje/Sr. Debbie 011-31-596-623631
St. Paul, NM Benedictine Center	Mar 11-13	Contemplative Outreach Staff Contact: Sr. Virginia Matter (651) 777-7251	Saginaw, MI Queens of Angels Retreat House	Jun 3-5	Contemplative Outreach Staff Contact: Nan Spence (989) 791-7079
Eureka, MO Marionist Retreat Center	Mar 11-13	Contemplative Outreach Staff. Contact: Annette Stamm (314) 918-8288	Manchester, NH Joseph House	Jun 3-5	Contemplative Outreach Staff Contact: Sr. Maryann Laughlin (603) 627-9493
Immaculata, PA Villa Maria Spirituality Center	Mar 18-20	Contemplative Outreach Staff Contact: Sr. Margaret Gradl (610) 647-6630	Frenchville, PA Bethany Retreat Center	Jun 22-26 4 Day Intensive	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855
Neptune, NJ The Upper Room	Apr 1-3	Contemplative Outreach Staff Contact: (732) 922-0550	Manhasset, NY St. Ursula's Retreat House	Jun 24-26	Contemplative Outreach Staff Contact: Barbara Sullivan (516) 481-0472
			Frenchville, PA Bethany Retreat Center	Jul 20-24 4 Day Intensive	Contemplative Outreach Staff Contact: Nicole Feder (814) 263-4855

Intensive Centering Prayer Retreats

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

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

Sewanee, TN Jan 9-16 Contemplative Outreach Staff
St. Mary's 8 Day Contact: Carol Wray
(615) 373-0613

Belton, TX Jan 26-30 Contemplative Outreach Staff
Cedarbroke 5 Day Contact: Barbara Cook
Renewal Center (512) 347-9673

Rapid City, SD Feb 1-5 Contemplative Outreach Staff
St. Martin 5 Day Contact: Sr. Marmion Howe
Monastery (605) 343-2688

Walden, NY Feb 22-27 Contemplative Outreach Staff
St. Andrew's 6 Day Contact: Cathy McCarthy
Retreat House (845) 778-2102

Washington, DC Mar 13-19 Rev. Sandra Casey-Martus
College of Preachers 7 Day Contact: Rev Carlyle Gill
(202) 363-8286

Belton, TX Apr 15-19 Contemplative Outreach Staff
Cedarbroke 5 Day Contact: Barbara Cook
Renewal Center (512) 347-9673

Walden, NY May 24-29 Contemplative Outreach Staff
St. Andrew's 6 Day Contact: Cathy McCarthy
Retreat House (845) 778-2102

Boerne, TX Jun 3-7 Contemplative Outreach Staff
Omega 5 Day Contact: Sr. Mary Agnes Zinni
Retreat Center (830) 249-3894

Sewanee, TN Jun 5-12 Contemplative Outreach Staff
St. Mary's 8 Day Contact: Carol Wray
(615) 373-0613

Ferdinand, IN Jun 11-18 Contemplative Outreach Staff
Kordes 7 Day Contact: Vanessa Hurst
Retreat Center (812) 367-2777 x2907

Dubuque, IA Jun 12-19 Contemplative Outreach Staff
Shalom 8 Day Contact:: Tom Kessler
Retreat Center (319) 277-3106

Frenchville, PA Jun 22-30 Contemplative Outreach Staff
Bethany 8 Day Contact:: Nicole Feder
Retreat Center (814) 263-4855

Cullman, AL Jun 27-Jul 4 Contemplative Outreach Staff
Benedictine 8 Day Contact: Diane Tschache
Center (205) 991-6964

Winnipeg, MB Jul 1-8 Contemplative Outreach Staff
Canada 7 Day Contact: Sr. Catherine Labinowich
St. Benedict's Retreat Center (204) 338-4601

Honolulu, HI Jul 11-18 Contemplative Outreach Staff
St. Anthony's 8 Day Contact:Cathie Jordan
Retreat Center (808) 536-6090

Maple Mount, KY Jul 17-24 Contemplative Outreach Staff
Mt. St. Joseph 8 Day Contact: Sheila Blandford
Conference & Retreat Center 270-229-0200

Frenchville, PA Jul 20-28 Contemplative Outreach Staff
Bethany 8 Day Contact:: Nicole Feder
Retreat Center (814) 263-4855

Portland, OR Jul 22-29 Contemplative Outreach Staff
Trappist Abbey 8 Day Contact:: Kathleen Muller
(541) 412-7913

New Orleans, LA Jul 22-31 Contemplative Outreach Staff
Rosaryville 9 Day Contact: Vivien Michals
Spirit Life Center (504) 944-4000

Dittmer, MO Jul 22-31 Contemplative Outreach Staff
Il Ritiro 9 Day Contact:Annette Stamm
Franciscan Retreat (314) 918-8288

Melbourne, KY Jul 29-Aug 5 Fr. Bill Sheehan, OMI
MoyeSpirituality 7 Day Contact: Nancy McLaughlin
Life Center 513-934-3438

Greensburg, PA Aug 6-13 Fr. Carl Arico
Clelian Heights 8 Day Contact: Sr. Margaret Ann
(724) 834-8073

Walden, NY Aug 23-28 Contemplative Outreach Staff
St. Andrew's 6 Day Contact: Cathy McCarthy
Retreat House (845) 778-2102

10 Day Intensive Retreats

Snowmass, CO Jan 11-20 Contemplative Outreach Staff
St. Benedict's 7 Day Waiting List Contact: Carol DiMarcello
Monastery (970) 927-9376

Belton, TX Mar 8-17 Contemplative Outreach Staff
Cedar Brake 7 Day Contact: Barbara Cook
Renewal Center (512) 347-9673

Burlingame, CA May 22-31 Contemplative Outreach Staff
Mercy Center 9 Day Contact: Sr. Lorita
(650) 340-7482

Belton, TX Jun 7-16 Contemplative Outreach Staff
Cedar Brake 9 Day Contact: Barbara Cook
Renewal Center (512) 347-9673

Snowmass, CO Jun 14-23 Contemplative Outreach Staff
St. Benedict's 9 Day Waiting List Contact: Carol DiMarcello
Monastery (970) 927-9376

Chicago, IL Jul 6-15 Contemplative Outreach Staff
Portiuncula 9 Day Contact: Benita Jasurda
Retreat Center (630) 969-7040

CALENDAR OF EVENTS continued

DECEMBER 2004 - AUGUST 2005

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

St. Joseph, MN Spiritual Center at St. Benedict's Monastery	Jan 2-9 8 Day	Contemplative Outreach Staff Contact: Rita Budig, OSB (320) 363-7115
Snowmass, CO St. Benedict's Monastery	Feb 8-17 10 Day	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Miami, FL St John Vianney Seminary	May 22-29 8 Day	Contemplative Outreach Staff Contact: Marge Rafferty (727) 345-7908
St. Joseph, MN Spiritual Center at St. Benedict's Monastery	Jun 24-Jul 3 10 Day	Contemplative Outreach Staff. Contact: Rita Budig, OSB (320) 363-7115
New Orleans, LA Rosaryville Spirit Life Center	Jul 22-31 9 Day	Contemplative Outreach Staff Contact: Vivien Michals 504-944-4000
St. Paul, MN Benedictine Center	Jul 29-Aug 7 8 Day	Contemplative Outreach Staff Contact: Sr. Virginia Matter (651) 777-7251
Immaculata, PA Villa Maria Spirituality Center	Aug 16-23 7 Day	Contemplative Outreach Staff Contact: Sr. Margaret Gradl (610) 647-6630

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	Jan 9-16 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Walden, NY St. Andrew's Retreat House	Feb 22-27 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Washington, DC College of Preachers	May 1-7 7 Day	Rev. Sandy Casey-Martus. Contact: Rev Carlyle Gill (202) 363-8286
Walden, NY St. Andrew's Retreat House	May 24-29 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102
Sewanee, TN St. Mary's	Jun 5-12 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Ferdinand, IN Kordes Retreat Center	Jun 11-18 7 Day	Contemplative Outreach Staff Contact: Vanessa Hurst (812) 367-2777 x2907

Dubuque, IA Shalom Retreat Center	Jun 12-19 8 Day	Contemplative Outreach Staff Contact: Tom Kessler (319) 277-3106
Cullman, AL Benedictine Center	Jun 27-Jul 4 8 Day	Contemplative Outreach Staff Contact: Diane Tschache (205) 991-6964
Los Angeles, CA Mt. St. Mary's	Jul 10-17 8 Day	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 986-9080
Honolulu, HI St. Anthony's Retreat Center	Jul 11-18 8 Day	Contemplative Outreach Staff Contact: Cathie Jordan (808) 536-6090
Winnipeg, MB Canada St. Benedict's Retreat Center	Jul 15-22 7 Day	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
Maple Mount, KY Mt. St. Joseph Conference & Retreat Center	Jul 17-24 8 Day	Contemplative Outreach Staff Contact: Sheila Blandford 270-229-0200
Dittmer, MO Il Ritiro Franciscan Retreat	Jul 22-31 9 Day	Contemplative Outreach Staff Contact: Annette Stamm (314) 918-8288
New Baltimore, PA St. John the Baptist Retreat Center	Jul 24-30 6 Day	Mary Dwyer Contact: Melanie Hankinson (814) 733-2210
Melbourne, KY Moye Spirituality Life Center	Jul 29-Aug 5 7 Day	Fr. Bill Sheehan, OMI Contact: Nancy McLaughlin 513-934-3438
Walden, NY St. Andrew's Retreat House	Aug 23-28 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (845) 778-2102

10 Day Post Intensives

Snowmass, CO St. Benedict's Monastery	Dec 7-16 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Snowmass, CO St. Benedict's Monastery	Mar 7-16 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Snowmass, CO St. Benedict's Monastery	Apr 12-21	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376
Burlingame, CA Mercy Center	May 22-31	Contemplative Outreach Staff Contact: Sr. Lorita (650) 340-7482
Chicago, IL Portiuncula Retreat Center	Jul 6-15	Contemplative Outreach Staff Contact: Benita Jasurda (630) 969-7040
Walden, NY St. Andrew's Retreat House	Aug 5-14	Fr. Bill Sheehan Contact: Cathy McCarthy (845) 778-2102
Snowmass, CO St. Benedict's Monastery	Aug 9-18 Waiting List	Contemplative Outreach Staff Contact: Carol DiMarcello (970) 927-9376

21-Day Centering Prayer Immersion Retreat

Unique opportunity for those already established in Centering Prayer to deepen the experience of living the commitment to the contemplative dimension of the Gospel in daily life. Different theme and presenter each week.

Walden, NY Jun 4-24 Fr. Thomas Keating,
St. Andrew's David Frenette, Gail F. Hopler
Retreat House Contact: Cathy McCarthy
(845) 778-2102

40-Day Live-in Experience

You are already committed to Centering Prayer. This Live-in Experience uses the luxury of 40 consecutive days as a unique training period for living the depth, breadth and length of the contemplative journey in everyday life. For information or an application contact Cathy McCarthy at the phone number or email below.

Walden, NY Oct 6-Nov 14 Contemplative Outreach Staff
St. Andrew's 40 Day Contact: Cathy McCarthy
Retreat House (845) 778-2102,
cathymc@frontiernet.net

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.

Polo, Barahona, Dominican Republic Mar 4-10 Contemplative Outreach Staff
Manresa Loyola Contact: Sr. Altagracia Contreras
(809) 548-6480

Greensburg, PA Jun 11-18 Gail Fitzpatrick Hopler,
Clelian Heights 8 Day Tim Koock
Contact: Sr. Margaret Ann
(724) 834-8073

Contemplative Outreach Ltd. External Study Program in the Christian Contemplative Tradition

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

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

Nine Month Course: The Practice of Contemplative Living

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

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

Walden, NY Cathy McCarthy (845) 778-2102

The Living Flame

A national program on contemplative issues, designed to heighten the awareness of the dynamic of Centering Prayer in the context of the Spiritual Journey, offering guidance and intelligibility needed to stay faithful to the practice. It is an opportunity to receive and share conceptual background at a deeper level, as well as experiential insight, thus building a faith community committed to the Centering Prayer practice. Meets one Saturday a month during seven consecutive months.

The Living Flame Program is flourishing in chapters all across the country! Our 2004/05 season is fully booked, hosted by chapters in New Jersey, Tampa, Los Angeles, and Chicago. To schedule this program in your area for the 2005/06 season contact:

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

Parish Missions/Retreats -Fr. Carl Arico

Contact: C. O. International Office (973) 838-3384
1/7-9 Cloud of Unknowing, Omega Retreat House, Boerne, TX
1/15 Cloud of Unknowing, Long Island Chapter
1/10 Evening of Prayer, St. Thomas Moore, Austin, TX
1/21-23 20th Anniversary Tour, Austin, TX
1/28-30 20th Anniversary Tour, Portland, Oregon
2/5-8 Parish Mission #2, Holy Souls, Little Rock, AK
2/12-15 Parish Mission, St. Thomas More, Sarasota, FL
2/10-22 Commuters Retreat, Denver, CO
2/25-27 20th Anniversary Tour, San Francisco, CA
2/28-3/2 Married Couples Retreat, Portland, Oregon
3/5-8 Parish Mission, St. Pius X, Fairfield, CT
3/12-15 Parish Mission, St. Charles Borromeo, St. Charles, MO
3/23-27 Holy Week, St. Andrews, Walden, NY
3/28-4/1 Priest Retreat, Jackson, MS
4/8-10 20th Anniversary Tour, St. Paul - Duluth, MN
4/14-17 Centering Prayer Retreat, Louisville, KY
4/23 Living Flame/Night of Spirit, NJ
4/29-5/1 20th Anniversary Tour, Pittsburgh, PA
5/7-10 Parish Mission, St. Jane, Abita Springs, LA
5/20-22 20th Anniversary Tour, Washington, DC
5/22-29 Advanced Intensive Retreat, Miami, FL
6/4-11 Retreat, Our Lady of the Pines, Fremont, Ohio
6/12-19 Intensive Post/Intensive Retreat, Cleveland, OH
7/17-24 Intensive Post/Intensive Retreat, Owensboro, KY
8/6-13 Intensive Retreat, Greensburg, PA

For Information About Contemplative Outreach in the United States

AK Anchorage Chugiak Juneau	Kess Frey 907-338-2894 Steven Lambert 907-696-2353 Fr. Thomas Weise 907-209-7307	<i>kessfrey@gci.net</i> <i>SSLambert@aol.com</i> <i>frthomas@acsalaska.net</i>	IL Moline	Sr. Audrey Cleary 563-333-6189	<i>clearyaudrey@sau.edu</i>															
AL Birmingham Pelham	Aloysius Golden 205-592-3930 Diana Tschache 205-991-6964	<i>algolden@aol.com</i> <i>tschache@juno.com</i>	IN Beverly Shores (No. Indianapolis)	George Cairns 219-395-9347 Sr. Kristine Harpeneau 812-367-1411x2656 Vanessa Hurst 812-367-2777x2907 Laurel Simon 317-876-0147	<i>gcairns@comcast.net</i> <i>krish@thedome.org</i> <i>kordes@thedome.org</i> <i>laurelsimon@sbcglobal.net</i>															
AZ Phoenix	Therese Wagner 602-276-6418	<i>sluggow@cox.net</i>	KS Chanute	Greg Merrill 620-431-6767 Rev. Robert Carr 913-438-5821 Patricia Mannion 316-838-4751	<i>gmerrill@tvds.org</i> <i>crc9@earthlink.net</i> <i>pamannion@aol.com</i>															
CA Brea Camarillo Eureka Fairfield Hermosa Bch LaCanada LaVerne Long Beach Marina Del Rey Orange Palo Alto Pasadena Piedmont Sacramento San Diego San Francisco San Francisco San Gabriel San Rafael Santa Barbara Shasta Sherman Oaks	Bob Blair 714-990-2508 Kate LeBlanc 805-338-8455 Rev. Ken Meece 707-269-4245 Deni Harding 707-425-8138 Rev. Paul Lawson 310-376-8989 Catherine Marie Bazar, OP 626-685-8559 Sr. Michele Harnett 909-599-3113 Barbara B. Thompson 562-433-7901 Marie Howard 310-823-5863 David & Sharon Hoover 714-744-3175x440 Jean Ramacciotti OPL 650-326-5256 Rev. Ellen Murasake-Wekall 818-790-3323 Eileen Halliburton 510-763-1829 Liberty Kovacs 916-452-0483 Fr. 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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.

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