

by Thomas Keating

# ***Homily***

## **for the Funeral of**

### ***Dom Basil Pennington***

*This homily was delivered at the funeral of Fr. Basil Pennington on June 10, 2005.*

**W**elcome to this celebration of the Resurrection and of Basil's participation in It! Today we are immersed in a number of significant traditions that Basil initiated and that reflect his enormous capacity for creativity. When he would come into a room all eyes would focus on his enormous presence, the gorgeous beard, the overflowing energy, and the sympathy and compassion he offered to everyone. He wanted so much to love everybody he met, but not everybody was responsive, and it must be said that sometimes his love was a little overpowering.

Basil thought big. He was in the tradition of Dom Edmund Futterer, the founder of St. Joseph's Abbey and of the whole Spencer system. Dom Edmund founded monasteries in this country and in South America, and even helped to further the wonderful growth of Cistercian nuns in this country and beyond.

Basil would jump on the bandwagon of any great idea that could bring Cistercian life to other parts of the world. He wanted to fill the world not just with Cistercians, but he wanted to fill the world as well with people who were on the transformative journey into Christ; lay persons and those in active ministries who have been deprived for centuries of the knowledge and practice of contemplative prayer. The second Vatican Council opened up the possibility of the full participation of lay people in the life of the Church as reflected in the various lay ministries that are cropping up all over the place nowadays. It was inevitable that lay persons in due time would get the message that they are also called to contemplative prayer and to the fullness of the Christian life. This is what it means to be called to a life of perfection and holiness, which consists not in a lot of special observances, but in the transformation of heart, mind and soul in the Love of Christ. And Basil thought in those terms.

*Continued on page 12*

## Contemplative life

# is a joy!

In my article in the previous issue, entitled *Practice, Practice, Practice, and God does the Rest*, I discussed the importance of contemplative practice in daily life. What I sought to illustrate, through my own experience over the years, is that practice becomes a way of life and acts as the daily stepping-stones to a life of prayer without ceasing. Our practices support and guide us, keeping us present to the presence of God moment-by-moment, ever mindful of the indwelling Spirit. We are encouraged to see God in all ordinary activities that make up our lives: cooking meals, driving to the office, taking care of our children, our pets, our gardens, going to the grocery store and so on. We can move from one activity to the next mindlessly or we can make them occasions for prayer.

certain intention for the day or illuminating a certain moment in a new way. Our active prayer sentence keeps our hearts and minds open and in God around the clock.

The more that we call on God



Gail Fitzpatrick-Hopler

“Over time, one of the fruits of contemplative practice is the contemplative life.

We delight in the ordinary!”

The silence from our Centering Prayer practice permeates the daily routines of ordinary life, helping us to be present, mindful, aware of the sacredness of the ordinary. The Welcoming Prayer gratefully reminds us to ‘focus, sink-into, welcome and let go’ when the difficulties of persons and situations assert themselves and our emotional programs get triggered. Our word, phrase, prayer or question from *Lectio Divina* is a guiding Light, perhaps providing us with a

through our various practices, the more God becomes present to us in life — in ourselves and in others. Over time, one of the fruits of contemplative practice is the contemplative life. We delight in the ordinary! Even driving and waiting for the red light to turn green can be a moment when we turn to God. God is our constant companion, one with us and enjoying our life through us.

The contemplative life is also an

integrated life. The divisions and compartments of our lives dissolve. We no longer have a personal life, a professional life, a social life and a spiritual life. We live and enjoy one life in God. We move from the level of ‘doing’

the practices to the level of intimacy with God, in silent conversation and communion. We can experience fewer struggles with the practices — trying to find the time to ‘do’ them, trying to exact certain results from them, trying to figure out how to stack them on top of everything else in our busy lives. Our practices move from disciplines to ways of relating with God. In this way, there is nothing to do, nowhere to go, nothing to figure out. We can simply and joyfully be.

This year, through The Contemplative Life Program (CLP), over 1300 of you have

focused on the various practices that revealed deepening layers of intention, consent and surrender to God’s will and the endless opportunities to let go and welcome the Spirit.

Our CLP team worked together to publish each praxis booklet with love, intention and thoughtfulness. It was much more than a simple writing project; it was an experience of prayer, writing, and surrender to the collective will of God for each of us that eventually manifested in our work together. We were moved by the depth of what each contemplative practice offers — the magnificent transformational depth — and had the experience of contemplative community in action.

Researching, studying, writing, editing and designing were challenging in the face of production deadlines and the pressures of our other duties and responsibilities. We welcomed, we surrendered, we discerned, we prayed together. It was never easy, as God always seemed to be calling each one of us to new levels of consent and surrender. Fr. Thomas is one of our team members and it is a pleasure for all of us to work together. The fruit of the program is apparent, the CLP has created a deep sense of belonging to a world wide contemplative community – invisibly and silently participating in the Body of Christ, sharing and transmitting Divine love.

Some exciting new things have opened up as part of The Contemplative Life Program. Our discernment praxis introduced a new, three-layered contemplative practice: discernment in love, discernment as surrender to God's will and discernment as Presence.

We engaged well over 300 subscribers and participants in a dial-in teleconference where Fr. Thomas gave a presentation and then he and I answered many questions sent to us prior to the call. We received rave reviews and are now hosting calls on a regular basis (These calls are open to anyone.) While writing the praxis booklet on forgiveness, I discovered that forgiveness is another word for "people who love poorly." It touched my heart and deepened my understanding that love is always forgiving. Like discernment, forgiveness, has many layers and many opportunities inherent to turn to God for help.

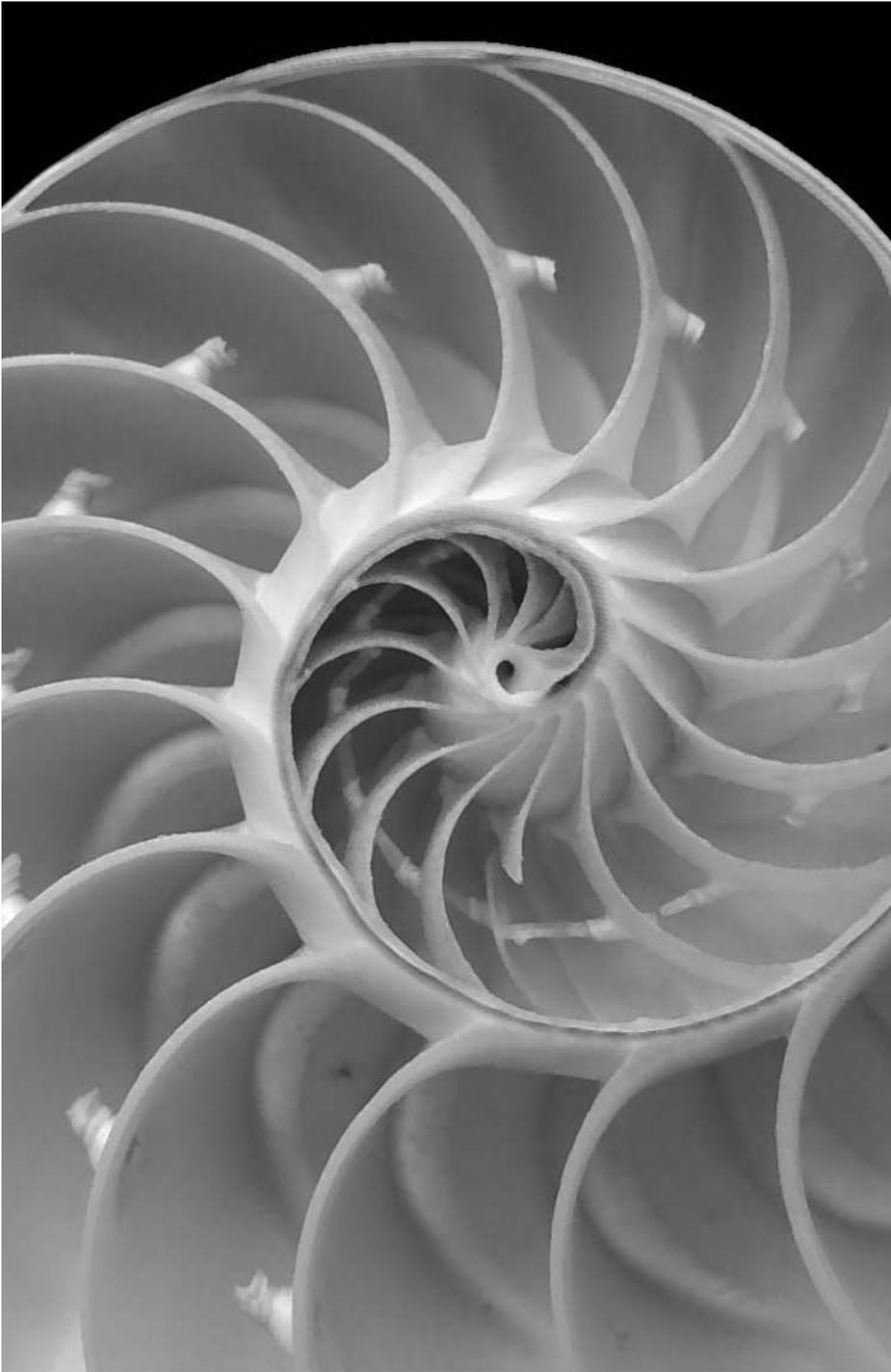
At the writing of this article, the CLP team is currently working on the praxis for Active Prayer and Intention/Attention for the Advent season.

I'd like to acknowledge those of you who have shared your daily way of practice with me. I am touched and most grateful to have acquired many new friends and pen

pals. We share a precious gift, a means to enter the heart of God through a contemplative commitment to transformation. We have a responsibility to share this gift with others. One of my pen pals expressed it this way: "If you want to heal cancer, do contemplative practices; If you want world peace, do contemplative practices; If you want to rid the world of terrorism, do contemplative practices." How is this so? Because our commitment to live a contemplative life converts our hearts and in turn the heart of the world. It changes attitudes from the inside out and builds up the Body of Christ. We can cooperate with the healing process by surrendering to God's will on a moment-to-moment basis. Then, we are living a contemplative life in the marketplace and impacting others with kindness, goodness, joy, peace, love, patience, self-control and yes, joy. The contemplative life is a life lived in joy in the fullness of God's abiding presence.

*In celebration of this gift of contemplative life, I offer you two invitations:*

1. Join us in continuing to build the Body of Christ through a committed life of practice by participating in The Contemplative Life Program in 2006. You will find details about the program elsewhere in this newsletter and on our website.
2. Help us to convert the heart of the world by financially supporting the work of Contemplative Outreach. As an international nonprofit supporting silence, solitude and service in 30 countries, we depend on your donations and financial support to bring our programs and teachings to others like you. If you believe in transforming the heart of the world, make your contribution or tithe to Contemplative Outreach today. We are in desperate need of your financial support to continue our work around the world.



## *The Contemplative Life Program*

*We invited subscribers to the Contemplative Life Program to share their experiences thus far.*

*Here are some of the stories we received.*

### **Deepened Relationship & Sustaining Connection**

**I** practiced Centering Prayer more than twenty years ago for a period of several years during a particularly difficult time of my life. Amidst the chaos of caring for a cancer-stricken wife who was slowly dying, Christian meditation offered me great consolation. Unfortunately, because of several watershed experiences, I was beginning to develop spiritual hubris.

The Holy Spirit, in Her great wisdom, removed this from me by taking me into a deep, dry valley of spiritual desert and desolation.

Since that time, I have always been peripherally interested in Contemplative Outreach and have continued to read, study and pray, as best as I knew how. When the Contemplative Life Program was offered to me, I felt I was being called to Centering Prayer once again.

Though the experiences of my earlier years have remained fresh within me, I began the program considering myself a novice. The modules have produced in me a spiraling effect. As the Welcoming Prayer has begun to enhance Centering Prayer and Lectio is likewise becoming augmented by Discernment Practice, I am beginning to view the components as themselves modules of rest and activity. Welcoming is itself an Active acceptance coming as it does after the Passive receptivity required in Centering Prayer, whereas Lectio as Listening seems more receptive to the Active questioning required in Discernment Practice.

I am again within a very difficult time of my life. Learning to pray in the will of God and yet continuing to ask and knock as a disciple of Jesus, I have been gratefully answered as I have received the divine solution to a severe health problem. Listening and waiting in the silence is bearing much fruit, and although I am not quite sure how to pray the Discernment Prayer, I have turned over a problem concerning my daughter to the Lord since I don't have the answer.

I thank God and all the authors of the Contemplative Life Program that I have been given this vehicle to sustain me in my efforts to continue to learn to pray more deeply. The blessings of the Risen Lord on us all!

*John DeSantis, Bronx, NY*

*"Thank you  
for the opportunity  
to share with you one  
of my experiences  
over the last five months.  
There have been more.  
I feel I am being  
winnowed like the wheat  
from the chaff and a lot  
of chaff  
is falling away."*



Seven Generations by Frederick Franck

**T**oday I need to tell my cleaning lady that I will be cleaning my own bathrooms

(all three of them) not because she wasn't doing a good job but because something has changed between us. I vowed a long time ago to keep our relationship professional. I would not make the same mistakes my mother did. While we would sit at one end of the table for lunch, speaking in English, our domestic help would sit at the other end, conversing in Spanish. It was a forced togetherness, to say the least. My solution was to simply not invite my help to lunch. Besides, I reasoned she would probably rather go home for her break.

When my cleaning lady had her second baby, she would move the infant carrier from room to room as she cleaned, includ-

ing going up and down the stairs. I was impressed how strong she was within a month after delivery. When the baby would cry, I would rock the carrier a few times, but never pick her up to comfort her. That would be over stepping the boundaries and I wanted to maintain a respectful distance.

I needed a cleaning lady because I was doing important things like volunteering at the school and church and responding to the needs of a large extended family. My time, as well as my children's, was too valuable to be spent cleaning bathrooms. For my cleaning lady however, I presumed this was a step up from working the fields from dawn to dusk. She must have been grateful to have a warm, dry house to work in and steady year round employment.

Lately though, I began to notice how she wrapped up a piece of toast that I would

have thrown away or rinse out a pair of disposable gloves and hang them to dry. Somehow she kept her dignity intact when accepting the bags and bags of cast off clothes that my family grew tired of, even as I was growing a little embarrassed by the closets that were always full. Someone was cleaning the lens of my eyes.

A transforming process, seeded long ago, was beginning to bear fruit. I first heard a sermon about contemplative prayer from a diocesan priest. Two years later, I sought the spiritual direction of a Carmelite priest who introduced me to St. John of the Cross. I read the entire Collected Works of St. John of the Cross one summer, not in the quiet cell of a monastery but in my car waiting at soccer practices.

"We go by a way we know not..." melded into my psyche. My spiritual director left for Uganda and on my own, I began to allow distractions to pull me away. Three years went by.

When the Contemplative Life Program was offered by Contemplative Outreach, I thought maybe this would help me get back on track. It was just too hard to practice alone. When the fourth book was late, I actually became anxious, afraid I would slip back into my old ways.

Providently, the fourth book arrived on the day I finished an intensive 80 hour Spanish course. I understood how to conjugate verbs but I couldn't speak a sentence in conversation. Determined to master this new skill, I set out to practice with my cleaning lady and something profound occurred. "You say it in English and I'll say it in Spanish," she offered softly and gently. And so began the humbling experience of being led by my new maestra into, not just the language of Spanish, but her separate world. A key was beginning to turn in the lock and I was being admitted into the private place of her culture that could only be accessed by leaving all pretensions behind.

Nothing could pass through the eye of this needle except the essence of one's self. I am being led "by a way I know not..." I now stand before my cleaning lady stripped bare of social, educational, economic superiority and see her as my sister in Christ, my maestra and friend. We will clean this house together; just leave the bathrooms for me and my children to do.

Mary J. McGoffin, Sedro Woolley, WA

## The Contemplative Life Program continued Letters

### A Map and Compass

A few years ago I found out about Centering Prayer and decided to jump in that boat with the enthusiasm of someone who really has no idea where she was going.

Unfortunately I was alone in that boat, with no map and no compass and eventually dropped out. But I was hooked and came back for more: the CLP allowed me to get more.

Not only did it bring some direction and teaching to my spiritual life but it made it very real in living my daily, ordinary life. Events and circumstances don't seem to hit me as hard as they used to; there is a "built in zone of peace" around me which somehow protects me from going into a spiral like I used to.

Watching the news used to touch me, but in that superficial manner of someone who feels that she is supposed to feel bad, but then move on. I used to think that there was no other way; that violence, wars, hatred were just part of life, were "normal".

Today even though I am not drafting laws, or marching down in the streets to protest, I feel much more involved in other people's sufferings. I feel that there is another way. Centering is a way for me to share in their lives and somehow to make a difference. Centering can change people's hearts not only the practitioner's.

As much as I love the welcoming prayer, I do find it too long when things are happening too fast. I found that coming back to my sacred word instead was very helpful to remain centered. The discerning process: that was a tough one. The first thing to discern was what to discern about! And I had a long list at my finger tips. Eventually it did help me to focus on what I really was supposed to do instead of what I thought I had to do.

As processes kept on being taught I found myself overwhelmed by the amount of material presented, and how or when to use it. This time I was not alone in my boat and got some very helpful answers from Pamela [Pamela Gursoy is the CLP program coordinator] who took the time to share her own personal experiences with me.

Every day when I practice my centering I put a "Don't disturb" sign on my door: almost like my sacred word this is the sign of my consent, and for my children the understanding that being alone with God is a good place to be. I thank CLP for teaching me that too.

*Isabelle Robinson, Reston, Virginia*



*Pacem en Terris photo by Cynthia Papelo Seeley*

### Consent

Since consenting to participate and deepen our practice through the CLP, I'm aware of being more mindful of God's presence and my motivation for doing whatever I'm doing in prayer, work and in relationship with others. Is my intention one of love for God or am I acting out of self-interest?

We often say how blessed we are in having this connection with Contemplative Outreach to support us on the Journey. We've increased our centering prayer time to an hour most mornings and every late afternoon.

*Anne and Jim Byrne,  
Cape May Court House, NJ*

### I am not alone

Enrolling in the Contemplative Life Program has renewed my Centering Prayer Practice. The emphasis on the guidance of the Holy Spirit who transcends all bounds has enormous appeal. It reminds me to focus on the similarities among all people.

As I do the practice, I become increasingly aware of my creaturehood and great dependence on God as I simultaneously also become aware of my own divinity and my growth towards Divine Union. The practice tends to bring to awareness the feeling of the presence of God and his promised abiding sense of interior peace.

Oftentimes, the awareness that I am not alone and never have been will surface. This sense often remains throughout stressful situations. It takes the bite out of harsh feelings of anger, hatred, and negativity and leaves them as shells of their former selves which soon collapse and vanish only to rise once again with the false self when challenges must be faced.

This cycle of awareness and unawareness along with the accompanying learning and relearning takes place time and again on the journey until, finally, I learn to trust at profoundly deeper levels in God's Will for me.

Centering Prayer increases my openness to and awareness of other, more complex and evolved states of consciousness which we are able to attain through grace and the overwhelming generosity of God. I like to think about the Goodness, Love, and Mercy of God rather than my own ignorance. I may be, in part, an ignorant creature living in illusions but I am also a divine daughter becoming aware of my union with Christ.

The Kingdom is now. Divine Union begins now. It's our inability to see this that causes so much needless distress. The Contemplative Life Program gives us the tools to enhance our seeing. Along with the enjoyable experiences of life; betrayal, rejection, scandal, sorrow, and pain are also seen as teachers. Reframing with the x-ray eyes of faith, learning to hear more clearly, becoming aware of the simultaneous existence of various levels of consciousness in myself and others are some of the tools of transformation found as I practice.

The Contemplative Life Program joins me with others as I participate in this meaningful and purposeful practice.

*Diana Blaschak, Windber, PA*

## The Fruits

*“Put off your old nature (false self)... and be renewed in the spirit of your minds, and put on the new nature (true self), created after the likeness of God .... (Ephesians 4:22,23).*

That to me is the heart of the Contemplative Life Program. I rejoice in how the Holy Spirit has worked through this transforming program to free me to love and to live in God.

Centering Prayer is not new to me; I have been meditating daily for 33 years, but through the CLP I have recommitted to doing it twice a day for at least 30 minutes each time.

CP has been the doorway through which I have awakened to the Presence of God at the heart of all being. I’m the type that tends to go mountain-climbing over molehills; CP has helped me to move from being “anxious and troubled about many things” to staying my mind on the “one thing needful”.

Through the dark valleys and desert places, it has been a sustaining and strengthening practice that has helped me to grow. The effects of CP overflow into daily life with a sense of resting in God even in the

midst of activity.

In my work as a counselor and spiritual director, CP has helped me to become more aware of the needs and the beauty of each unique self, which is sometimes buried beneath layers of fear, guilt, or resentment, and of the Presence and action of God, loving us into wholeness and divine union.

The Welcoming Prayer is a new practice for me, although God has been teaching me for years to “give thanks in everything”. I have found WP to be a wonderful tool for countering the resistance of the false self and accepting life as it is, knowing that God is working through all for our healing and growth. What a relief it is to let go of the strain of trying to manipulate life to meet our needs, and instead to relax into the goodness of God underlying all creation.

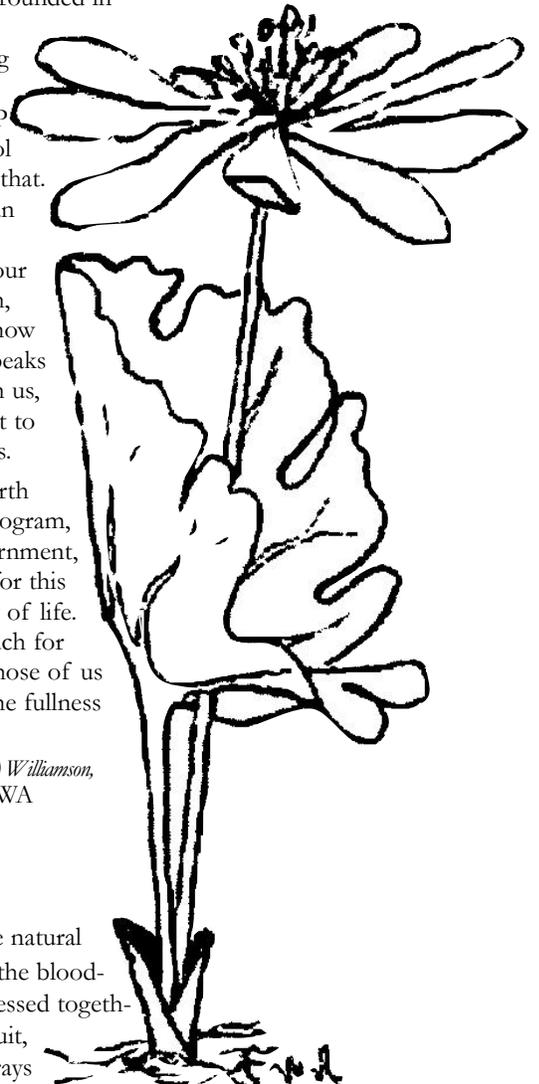
Another benefit of this program has been connecting with others on the spiritual journey. I have found a “Partner in Grace” that confronts me when I am wandering off into the past or the future and helps me to live in the eternal Now. It is a joy and a wonderful support to be in contact with

someone who understands the struggles of the soul on the spiritual path.

I am a third-order Franciscan Oblate in The Little Sisters of St. Clare, and part of our mission is “to bring the contemplative spirituality of St. Clare out of the cloister and into our churches, being grounded in the roots of the past, while finding wings for the future.” The CLP is an excellent tool for doing exactly that. Recently, we began offering a Lectio Divina group in our Episcopal Church, and it’s amazing how the Holy Spirit speaks to us and through us, bringing new light to familiar Scriptures.

As I start the fourth module of the program, which is on discernment, I am so grateful for this transforming way of life. Thank you so much for providing it for those of us that hunger for the fullness of God.

*Sr. Jeanne-Marie (Karen) Williamson,  
O/LSSC, Sequim, WA*



*Bloodroot*

**Bloodroot**, a forest floor plant native to the north woods of Minnesota, grows in the natural woods close to my back door. In early spring before the leaves of the canopy emerge, the bloodroot stems poke out of the nearly frozen ground. Leaves are vertical with two sides pressed together shielding the emerging tender buds. As the season progresses, the flowers turn to fruit, and the leaves grow larger and move to horizontal positions ready to capture the sun’s rays filtered through a canopy of elderberry, dogwood, Juneberry, and maple leaves.

Through participation in the Contemplative Life Program with the Centering Prayer, Welcoming Prayer, and Lectio Divina modules, I have felt like a bud surrounded by protective leaves. Beginning to let go more fully through the silence of prayer, through the welcoming of feelings and situations, through the Word’s formation and shaping—these have been and are the sun, rain, and soil of God’s love and mercy.

Now, as I enter the discernment module which addresses major life questions, God will need to grow my leaves more broadly to catch the rays of His love falling on me through the canopy of the world’s unceasing tears. I am thankful that I have experienced the shielded season and know it is there with me continually. “Bli kvar i min kärlek (Abide in My love).” *Helen Carlson, Duluth, Minnesota*

FOURTEENTH

# Annual United in Prayer Day

1

2 Step Outreach

“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”  
**Step 11 of the 12 Step Programs**

Please join us for the 14th Annual United in Prayer Day to be held Saturday, March 18, 2006.

This day has traditionally celebrated the worldwide network of Contemplative Outreach, Ltd., united in a single bond of Centering Prayer around the globe. Please check our website [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org) for further details.

Dedicated teams from a variety of fellowships are willing to bring this precious contemplative practice to those you love. In January an Intensive Retreat will be held at St. Benedict's Retreat Center in Snowmass, Colorado, for people who have attended an Intensive Retreat and who have had significant recovery in a 12 Step program. Many of those who will attend are members of the 12 Step Outreach teams that were organized last January in Snowmass at a 12 Step Formation retreat and workshop. While the retreat is currently full, interested persons may request a brochure from Jenny Adamson, [adamson-je@cfu.net](mailto:adamson-je@cfu.net) or 319-266-8225. Those interested, if they meet qualifications will be put on a waiting list.

If you are a member of a 12 Step Group or are part of a faith community that wants to host an Introductory Workshop or a Weekend Retreat for 12 Step groups, there is a dedicated team from a variety of fellowships who will try to bring this precious gift of contemplative practice to you.

For information or to set up a workshop or retreat, please contact:

*Beth Berkeley,*  
[bethsanders2000@yahoo.com](mailto:bethsanders2000@yahoo.com) or  
*Jay Stinnett,*  
[jays@earthlink.net](mailto:jays@earthlink.net), 310-874-2341 (PST)

## Upcoming “Centering Prayer as an 11th Step Practice” Workshops

### One-day Workshops

- Irvine, CA** Feb. 18 *Private home*  
Contact: Barbara B., (562) 433-7901, [barbmcbrown@charternet.com](mailto:barbmcbrown@charternet.com)
- Laguna Niguel, CA** March 11 *St. Timothy's*  
Contact: Barbara B., (562) 433-7901, [barbmcbrown@charternet.com](mailto:barbmcbrown@charternet.com)
- Long Beach CA** May 13 *St. Bartholomew's*  
Contact: Barbara B., (562) 433-7901, [barbmcbrown@charternet.com](mailto:barbmcbrown@charternet.com)
- Boerne, TX** April, date pending *Omega Retreat Center*  
Contact: Myrna T., (830) 981-4151, [jtoobey@ev1.net](mailto:jtoobey@ev1.net)

### Weekend Workshop/Retreat

- Atlanta, GA** May 19-21 *Monastery of the Holy Spirit,*  
Contact: Roberta O., (404) 299-2670, [robertaoster@bellsouth.net](mailto:robertaoster@bellsouth.net)
- Portland, OR** June 2-4 *Our Lady of Peace Retreat Center*  
Contact: Shirley K., (503) 201-4161, [shirleysnjm@comcast.net](mailto:shirleysnjm@comcast.net)
- Boerne, TX** August 11-13 *Omega Retreat Center*  
Contact: Myrna T., (830) 981-4151, [jtoobey@ev1.net](mailto:jtoobey@ev1.net)

### Other 12 Step Retreats facilitated by individual retreat centers:

- Jerome, ID** Feb 3-5 *Monastery of the Ascension*  
Contact: Grace C. (208) 423-6301, [grace@safari.myrf.net](mailto:grace@safari.myrf.net)

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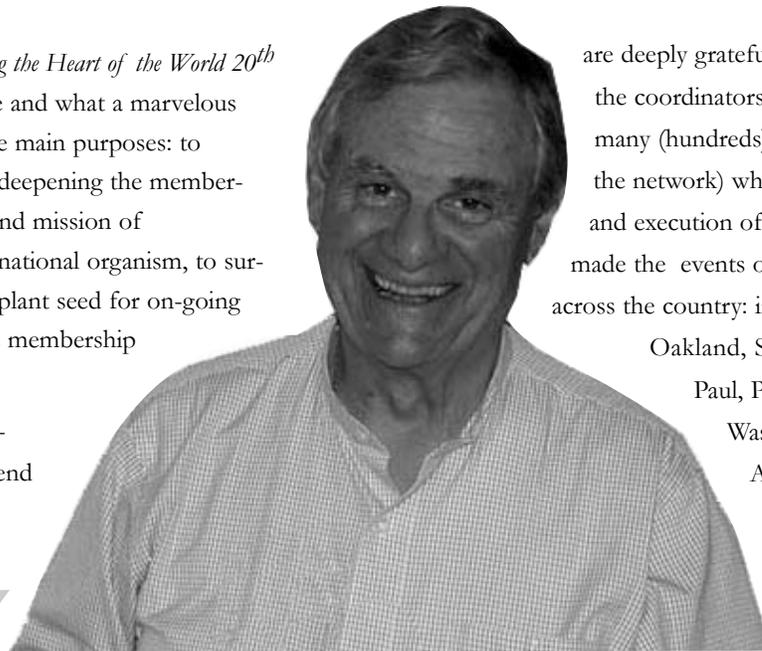
## 20TH ANNIVERSARY FUNDRAISING TOUR: TRANSFORMING THE HEART OF THE WORLD

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Thank You, Thank You, Thank You

Our five-year campaign, *Transforming the Heart of the World 20<sup>th</sup> Anniversary Tour* is coming to a close and what a marvelous experience it has been! We had three main purposes: to strengthen the spiritual network by deepening the membership's understanding of the vision and mission of Contemplative Outreach as an international organism, to surpass our goal of \$2,500,000 and to plant seed for on-going growth and financial support by the membership and their friends.

Fr. Thomas Keating, Gail Fitzpatrick-Hopler, Marie Howard and Fr. Carl send our heartfelt gratitude to the Chapters that hosted our tour. We



are deeply grateful for all the work done by the coordinators, their committees and the many (hundreds) of volunteers (throughout the network) who helped with the planning and execution of the weekend events. You made the events of 2005 a real blessing across the country: in Austin, Santa Barbara, Oakland, San Diego, Los Angeles, St. Paul, Pittsburgh/Greensburg, Washington, DC, St. Louis, Atlanta, Phoenix, Portland, Cincinnati, New Jersey and northern Kentucky.

*Carl Arico,*  
Fundraising Co-Chair

**Y**esterday I did not welcome

Yesterday was Holy Thursday. On Wednesday, Sammi my secretary called me in the Goshen office and said, "Dr. Ferro - did you see tomorrow's schedule? You start at 9 AM and you go to 6 PM without lunch and you have some double bookings."

**Yesterday I did not welcome.....**

Wednesday night my answering service called me, "Dr Ferro you have a consult to do tomorrow, at your convenience." But I had no convenient time on Thursday....

**Yesterday I did not welcome.....**

Thursday dawned and I was in a hurry. I had to get to the hospital and do the consult, then off to the office, see the patients quickly and in an efficient, concise way - regardless of their problems.

**Yesterday I did not welcome.....**

The patient studded marathon, however, did not occur. Patients missed their appointments and some "free" time opened up to do paper work. Relaxation began to settle in and the question arose, "Why do I let the 'external' drive my 'internal' welcome?"

Then the last consult came in for "after" office hours. When I arrived in his hospital room Mr. WJ remembered me from an office visit one and a half years before, " I remember you Doc, you said you could not help me, you said I was too old..." How could I have given no hope?

**Yesterday I did not welcome.....**

Yesterday was Holy Thursday. When I got home my wife Emily suggested that we pay a visit to our Parish Church. It was 11:15 PM - but the church was staying open till midnight. We prayed - witness to the Last Supper and the beginning of Christ's last hours alive before his passion and death. He died because He loved too much - more than the rules and laws allowed. I realized life is not about a busy schedule to get through, but about a love of the gift of life and a love of our relationships and relationships of love. I said to myself, "John, stop thinking so much, stop worrying so much, start loving and living. Start to welcome each moment and open up to them. Feel and be free of your thoughts."

**Last night I began to welcome once again.**

*Dr. John Ferro, Congers, NY, CLP Program*

C.O. News Jan.-June 2006

# Readers' Reflections

## A Dry Spell

by Carol Schindler, New Jersey



Sooner or later it happens to all of us who practice Centering Prayer — **a dry spell.** This is a period of time when one no longer feels much comfort in the practice.

Okay, that's putting it mildly. It's a period of time when you feel alone, all alone. Like you're out in the desert without your camel or stranded on an island without any paper to write your message in a bottle or no bottle for that matter. Yes, this is the time when you begin to wonder what you are doing sitting silently for 20 minutes at four in the afternoon when you could be watching Oprah. Suddenly you find yourself thinking: "Hey! Is anybody out there? Cause I'm really beginning to think it's just me here and I don't like my company."

Oh yes, the old dry spell. Why is it so hard to take? Well for one reason, before this dry period one's centering prayer practice was comforting or nice or even peaceful. Although we all realize the practice is not about any of these things, yet, these things might have been there, especially at the beginning. You remember a time when you felt good about your sits even if it was just plain old quiet with the occasional repeating of your sacred word, it was pleasant. And now it's twenty minutes of itching, twitching, squirming, leg cramping, mind wandering, irritation. And even this would not be so bad if you didn't feel so gosh darn guilty and worried about the whole thing. What am I doing wrong? Is God mad at me? I should be feeling something and I'm not? Maybe I should quit? I'm a failure at the prayer. God must not like me. I can't do this.

A dry spell sneaks up on you too. It takes a while for you to notice that all is not well in your practice. Then you realize that you seem to have a lot more discomfort than you used to. Your mind wanders far, very far away and you spend 19 and a half minutes thinking about Donald Trump and "The Apprentice" before you remember to say your sacred word. When these experiences begin to accumulate, you are deep in a dry spell. So, what do you do? I have no idea. But here is a bit of information that may help.

**You ARE NOT alone.** It may feel like God has gone to the Bahamas for a little vacation but God is still there very present within you. Believe me, if God ever decided to leave you'd be a spot of grease on the floor. So even though you FEEL like God is gone, God is there.

**Realize this happens to everyone.** Everyone who practices centering prayer will at some time go through a dry spell. This information may not help you out of your spell, but it is a bit comforting to know that others experience this as well.

**It will pass.** Yes, just like a kidney stone it will pass. The process may be a bit painful but eventually your dry spell will be over and you will be wet again. Or whatever.

**God is busy working.** We may feel like a lump, but God is very busy teaching us things that we could never learn unless we were going through this dry spell. Trust me, once you give God your intention for His presence and action in your life, He gets busy. What He does and how He does it, is a mystery. And you ain't no Agatha Christy. So relax.

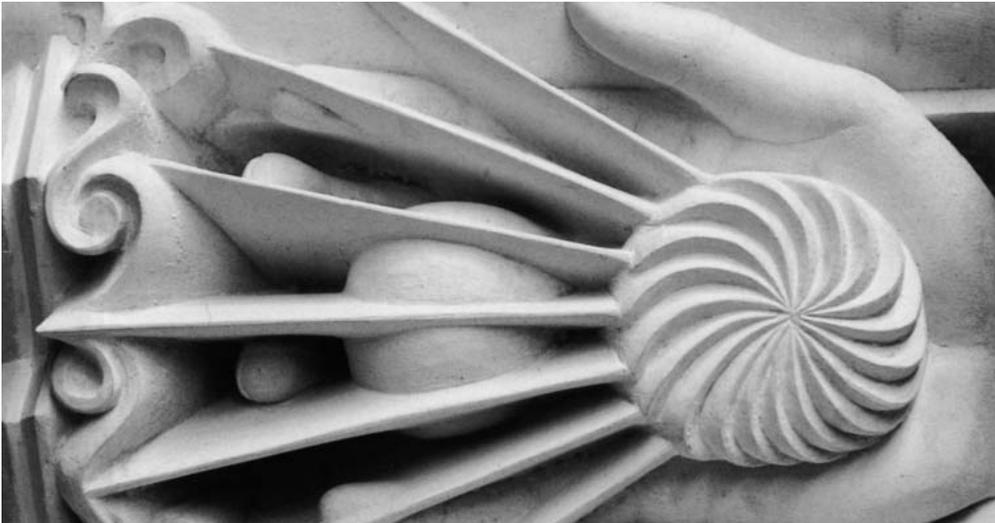
**Have a little faith.** Remember faith? It's hard to remember it in a dry spell cause up until this time faith has always felt good. Now God is asking you to demonstrate faith without feeling and that's a little like going to the Grand Canyon and keeping your eyes shut.

**Enjoy the Dry Spell.** Yes you read that correctly. This is where you are for this period of time so be there; surrender to the moment. Don't wish it away. Don't wait for things to get better. Accept where you are. Did you ever hear Jesus complain about his situation? No way. He was able to totally surrender to *what is*. So enjoy your dry spell or at least be willing to accept it.

And finally remember what Father Keating says: "The subtler and more spiritual the experience of grace, the less we perceive it." (*Intimacy with God*, p. 95)

Now, I don't know about you, but if this is true, then all I can say is,

LET THE DRY SPELL REIGN!



## Meeting the Divine Therapist in Centering Prayer

Billie Trinidad, published in the Philippine Star, Manila

It was 16 years ago, that I first met the Divine Therapist in Centering Prayer. I still remember that day very clearly. It was a workshop being given by a Trappist monk, named Father Thomas Keating. It was, they said, “a divine therapy.” More therapists? I had had my fill of them already. No one could quite still that restlessness in me that just couldn’t or wouldn’t go away. But a Divine Therapist? God was my therapist?

Intrigued by that thought, I found myself agreeing to go. I remember coming away from that workshop with such a feeling of peace I had never felt before. I had gone into it, full of doubts, fear, and was just about ready to give up on every day, everyone and most especially myself.

And so began 16 of the most challenging years of my life as I held on to the prayer. Being in the journey meant being very much in the “every dayness” of life. No mystical experiences, no fantastic out of this world experiences. Just the daily, constant practice of 20 minutes of silent prayer. Sometimes the 20 minutes would whiz by, but most of the time, not.

How does this silence heal? How does the Lord work as a therapist? It’s about the harmo-

ny of my effort and God’s grace. My effort and consent are all He asks for. Once I said yes to the Lord, He took me very seriously.

God’s first language is silence. Silence is magic. Beautiful things happen in the quiet. Flowers bloom, stars twinkle, grass grows, snow falls, but most of all ... Our Lord was brought forth in silence.

Sitting in prayer, patiently waiting, there is sensitivity and healing that comes about. As I come to God in prayer, everyday, twice a day, and for the rest of my life, grappling with my thoughts regularly, I realize that my silence is really saying, “Yes Lord, do with me as you will.” And I know He hears me.

Today, my life has not changed much. No miracles have happened. The storms and turmoil of my life are still there. But with one difference. There is a strong and silent presence that holds my life together; again, whether I know it or not. There is a quiet strength that keeps me going in spite of my not knowing who I am or where I am going. I just know, that this God of mine will not let me down. And if I should waver for even a moment, I know He will be here to pick me up and urge me on again and again and again ...

I sit with back straight,  
feet firmly planted  
and timer set.  
Then I sink into silence.  
A melting within,  
a closing without.  
Soon a tantalizing thought,  
or an agony of itches,  
or a cough  
begging for release.  
Then the gentle word  
and a return to the still point.  
Over and over and over  
these little surrenders  
that empty me of self,  
drop by drop.  
Someday perhaps  
the longed for place  
beyond space and time;  
the total surrender;  
the loss that gains.  
But until then  
this transcendence  
of frustration  
will have to do  
and maybe that's  
enough for now.

Ceci LaDuca, Tampa, FL

## HOMILY

continued from page 1

He brought with him to all of these projects and to his own monastic life an exuberant and sometimes exaggerated response to what needed to be done. At the very least he was always there whenever you wanted to get something done. He was a tremendous help to me in the early days of my abbatial experience in which I was in the process of making many serious mistakes. He protected me from at least a few of them through his knowledge of canon law. He had degrees in both theology and canon law, and he was prepared to have a degree in anything that would be useful for the growth of the Church.

He regarded Dom Edmund as his spiritual father. Thinking big was one of the great qualities of Dom Edmund. He was a person-centered Abbot, a spiritual father in the fullest sense of the word, and he was Basil's model. Both of these great men were naturally gifted in what, in corporate language, might be called "empire building". They were prepared to bring the experience of Spencer to all its foundations both of men and women.

Dom Edmund was a leader who recognized his own limitations and could delegate enormous responsibility to what he called "his team." This was the model that Basil was imitating, at least, so it seems to me.

There were four major figures that we should never forget when we think of the efforts that went into the building of this monastery and all of its foundations. The first one was the gifted Brother Leo Gregory who raised the money for these immense undertakings. He was a genius in reaching the hearts of people who could contribute. At the same time, he was a significant witness to monastic life and blew most people away when they first ran into him as a profoundly prayerful monk.

There was Brother Blaise Drayton, who was also a genius, brilliant in every way, especially in architecture, liturgical art and organization. Brother Blaise designed all the monasteries, especially this one with the help of experts in the Cistercian tradition like Father Lawrence Bourget.

There was Brother Gerard Bourke who built the new monasteries. He served as hands-on construction boss of Spencer and of the monasteries in Snowmass and Azul, Argentina.

The fourth member of this team was Father Owen Hoey who upheld the regular

monastic regime in the midst of all the burgeoning expansion and accompanying activity.

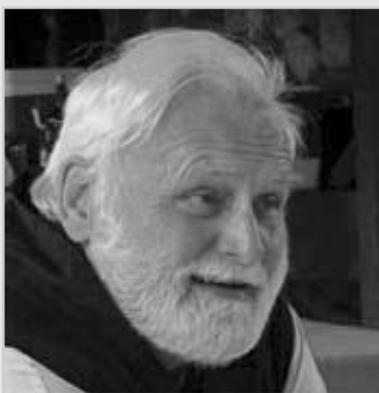
None of this could have happened without those four men. Dom Edmund found in these monks a very dynamic group of people, unquestionably moved by the Spirit of God. Basil represented a potential second generation of similar people. He took a big part in the events surrounding the Second Vatican Council and all the reforms that followed from it in the Cistercian Order and in the community.

But Dom Edmund left behind more than just a series of accomplishments. At the peak of his expansion program he was in a serious airplane accident and a few years later resigned as abbot of Spencer. After several brief stops, he settled at the foundation in Argentina where he spent the rest of his life. There he experienced the diminishment of his enormous capacities to

in that dark night.

I suspect this is what happened to Basil as well. His enormous creative abilities needed the purification process that he evidently underwent in the last few years of his life, when his desires to be a spiritual father in the mold of Dom Edmund and to bring contemplative practice into the world of lay persons were reduced to nothing. These noble desires had to be brought into contact with the humbling process of being just another human being.

Basil, it seems to me, presents each of us, especially monks who are called in a unique way to transformation into Christ, with a profound paradox. The teaching of his last days seems to me to run along these lines: "You have to let go of everything that you've treasured and loved, whether in your ministry, in your talents, or in your aspirations."



### Father Basil Pennington

Cistercian priest, monk and Abbot Emeritus of Holy Spirit Abbey in Conyers, Georgia; author of numerous books and articles on Centering Prayer, *Lectio Divina*, and many facets of contemplative living. Fr. Basil passed away on the third of June as a result of serious injuries sustained in an automobile accident.

build, to create, and to bring gifted people into vital mutual interaction to produce enormous results.

You know what happened to Dom Edmund during his last years. He suffered incredible interior trials. First of all, he couldn't learn Spanish. He experienced, as he told me, the withdrawal of all spiritual consolations. He endured the diminishments of self that Teilhard de Chardin speaks about. In other words, God gave him the grace of experiencing not just the satisfaction of great accomplishments, but the purification of his enormous creative energies and talents. The ultimate best use of talents seems to be to sacrifice them. You may not like to hear this but I'm afraid that is the truth. It's in letting go and allowing the divinely inspired process of humiliation and the growing sense of powerlessness to enter our lives. Dom Edmund died

Jesus emphasizes this truth in a wonderful wisdom saying, which I think has been weakened in some translations. The North American Bible translation formerly used in the liturgy and which I prefer says: "One who seeks to save his life (accomplishments, talents, self-image) will bring himself to ruin. But one who brings himself to nothing, will find out who he is".

Some are calling Basil's last sixty-seven days his purgatory. Frankly I think it was not purgatory, but Hell that he went through, crushed as he was in body and mind beyond repair in the car accident. Two weeks before his death he was present at a conference with Abbot Damian and other monks regarding the medical plan that was proposed for him. There was little hope of his recovery and even doubts about his capacity to walk again, or breath normally, or to talk. He fully accepted all this and the

prospect of endless rehabilitation. One of the monks told me that at this conference he said: "I turn myself over completely to Jesus and Mary and to God's will for me."

Towards the end, his surgeon performed a tracheotomy. That meant he couldn't speak any more. Can you imagine what that was for a man who was a kind of artesian well of wisdom in every direction, to not even be able to say "Boo"? Here's a man with such tremendous physical energy, lying on a bed for 67 days, virtually unable to move.

His was not an ordinary sickness. Neither was the illness of Lazarus, a portion of which we read in today's Gospel. Lazarus wound up where? In the tomb. What images does this conjure up? Utter powerlessness, death, loneliness, loss of everything loved, including friends. Nobody is

It's the re-enactment of our original struggle to be born into this world. The more difficulty in getting through that birth canal of dying, the greater the share there is in the divine life. In losing everything - his talents and even the possibility of speaking - Basil entered into the fullness of his capacity for leadership. And perhaps we'll see in the future a greater appreciation of his books and tapes and ministry, which extended into Asia, Australia, and Africa. He was ready to go anywhere, even into Antarctica, but nobody invited him there.

What Basil is modeling for us now is the most sublime kind of leadership, the kind of leadership that flows from Christ's passion, death, and please don't forget it, descent into Hell. This last phrase is in the Creed, so we can never take it out of there. It hints that there's a place worse than

beloveds, one's talents, one's thoughts, one's feelings, one's body, are no longer possible to identify with? Now there's just you, the true self, whoever the hell you are. To be able to accept that is to enter into eternal life, trusting with boundless confidence in the infinite mercy of God. As far as I can see, there is no other possession in this world worth having compared to that one. If we have the infinite mercy of God, we don't need anything else.

Basil's invitation is to follow him, as he followed Dom Edmund, into the purgatorial fires, and even a real brush with the interior desolation or hellishness of the feeling of alienation from God and the inner paralysis that can't make any acts of love or think of God. Basil now enjoys the fulfillment of his desires to be a spiritual father that were somewhat frustrated during

his life, at least to the extent that he envisaged it. What he now enjoys is servant leadership, the capacity to lead out of powerlessness. And this, I suggest, is or will be the most effective form of leadership in the world of the future. People have had enough of pride, pretension, power, and especially violence.

In this way, as Jesus destroyed violence by submitting to it, Basil enters into the fullness of the grace of the children of God. As a cell in the Mystical Body of Christ, each of us has the total program of transformation in Christ through the Holy Spirit, the divine DNA, so to speak,

manifested in the exercise of the theological virtues and the fruits and gifts of the Spirit. This spiritual empowerment is within us through the grace of Baptism. We just think it isn't there. But it's there, ready to be activated through contemplative prayer and the service of others.

Basil invites us into the depths of purification, which is especially intense for very talented people, but which frees their gifts and enables their fullest possible expression in what we call eternal life and resurrection. We celebrate Basil's transition, transformation, and final liberation. Let's invite all the deceased members of our beloved community at Spencer, and everybody who has benefited from its spiritual riches, to join us with their prayers to make of this experience today a corporate celebration of the great men who have served Saint Joseph's Abbey.

Drawing from ancient prayer practices of the Christian contemplative heritage, Fr. Basil joined with Fathers Thomas Keating and William Menninger at St. Joseph's Abbey in Spencer, Massachusetts during the 1970s to distill Centering Prayer into a simple method. This was to become one of Fr. Basil's most cherished interests during the last decades of his life. His frequent sessions and workshops throughout the world made a lasting impression upon those who participated in them. We are grateful for his presence and his efforts to help us on our contemplative journey together.

going to join you in a tomb. The damp, dark nature of a tomb is not appealing to the living. All of these images suggest the pain of facing one's own interior corruption and the intimate purification that divine love brings about in those who, like Basil, have the courage to say an unmitigated "yes" to whatever happens.

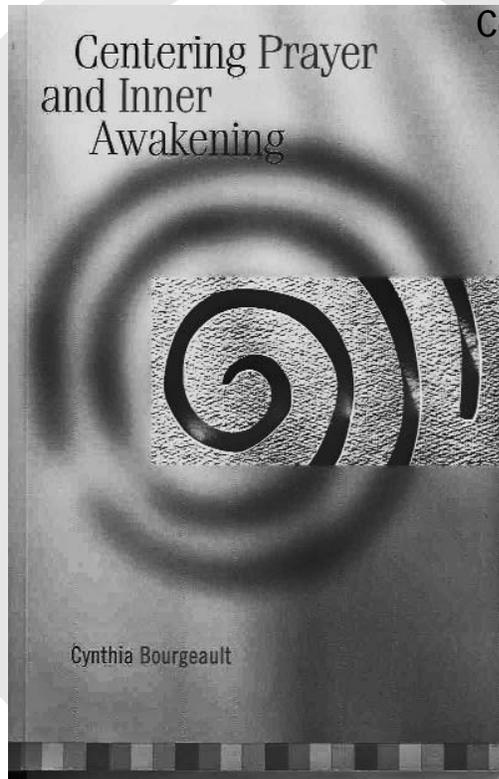
His last words on the day of his death, when the doctor offered him another operation to try to preserve his life were: "I've had enough. Take out the ventilator". He knew this meant certain death. To me these words suggest coming to the very bottom of interior desolation, loneliness, depression, perhaps the feeling of despair - the powerlessness for which there are no human words to describe.

Death is the birth canal into eternal life.

death that we can participate in even in this life. Some people are in that place even now through terrible trials like mental illness, oppression, poverty, violence and all the horrors associated with them. There's an interior side to such external trials that seems to be recapitulated in Basil's last words; "I've had enough." They must be balanced with what he said two weeks earlier: "I give myself over completely to God's will and to the love of Jesus and Mary," for whom, as you know, he had great tenderness. This state of utter interior poverty is a sublime participation in the sufferings of Jesus and Mary. He was well prepared to enter that state through his grasp of *lectio divina*, his lifelong practice of meditation, and his will to serve the church and the whole world.

What's left in the tomb, when all of one's self-identities such as one's role, one's

## Books on my shelf



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

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### Centering Prayer and Inner Awakening

reviewed by Cathy McCarthy & others

*It was my intention to write a review of Cynthia's book until during the Ten Day Post Intensive Retreat here at St. Andrew's in Walden, New York. I began listening to many of the comments from those who have read CP and Inner Awakening, and realized how much more meaningful it would be if the review came from a variety of experiences. Their eagerness to share their comments with the reader says everything about the significance of Bourgeault's work.*

*Thanks, Cynthia . . . keep the challenges coming!!!*

**"I especially enjoyed the chapters on Attention of the Heart.** It is in these chapters that Cynthia reminds us that the heart of Centering Prayer is receptivity and consent. As we embrace a basic mode of receptivity, we are invited to consent to God's love being poured out upon us moment by moment. Through our willingness to receive God's love, God's ongoing process of healing, purification and transformation continues to unfold as the heart and center of the spiritual journey.

Bill Sheehan, omi, Lowell, MA

"Recently, after a period of Centering Prayer, I found myself pondering the surprising new experience of prayer that had just taken place. Re-reading Cynthia's chapter **"Spiritual Non-Possessiveness"** helped me hold the experience lightly—letting go of trying to capture it in words or concepts and simply trusting God's action in me."

Carol Eckerman, Chapel Hill, NC

**"Reading this book is refreshing and stimulating.** An aspect of Cynthia's reflection and analysis which I especially appreciate is where she carefully expands the understanding of Centering Prayer beyond the metaphor of divine therapy . . . seeing human darkness not as a disease but 'as the raw material of our transformation. This perspective sharpens the focus on Centering Prayer as a particularly powerful form of solidarity and intercession. For me, one of the great riches of Centering Prayer is that it offers a way to hold with God the pain of the world while simply surrendering in trust. Because of Bourgeault's perceptions, I now know why I experience it that way."

Catherine Gibson, Gaithersburg, MD

**". . . Brings in her own experiences, as a woman,** on the heels of Fr. Thomas . . . Cynthia spells out the significance of Centering Prayer and the parallel relevance of the Welcoming Prayer in daily life."

Rosemarie Endrizzi, Maspeth, NY

**"I found Cynthia's book so incredibly powerful which was quite a surprise to me** since I thought we already had available all there was to know about Centering Prayer. Chapter 10, "From Healing to Holiness", has stimulated some thoughts about the focus of Centering Prayer as well as affirming that it is first and foremost prayer. My favorite is the chapter on the Welcoming Prayer . . . "a false self system is a system working at a low level of being, which is why it remains so mechanical and viciously self-reinforcing." Strong words, but she doesn't leave us there . . . "In the Welcoming Prayer the energy normally bound up in identification is suddenly vitally freed."

Cathy McCarthy, St. Andrew's, Walden, NY

**"Cynthia takes the core gesture of Jesus' life, KENOSIS or self-emptying,** and draws the reader's attention to how the faithful practice of Centering Prayer patterns the self-emptying gesture into us. The uniqueness and richness of this book flow from the author's integration of Centering Prayer practice and her training in the classic building blocks of inner transformation: attention, conscious presence and the development of a witnessing presence that enabled her, in her own words, "... to glimpse the deeper potential of Centering Prayer at the service of inner awakening." In easily readable terms, Cynthia has given me a glimpse of many new and deep dimensions of Centering Prayer. I will draw insight and nourishment from this book for a long time."

Theresa Mintern, Syosset, NY

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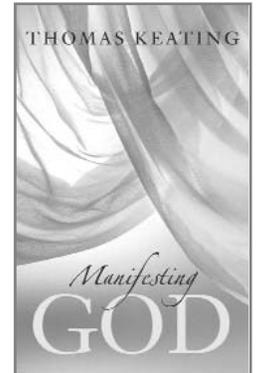


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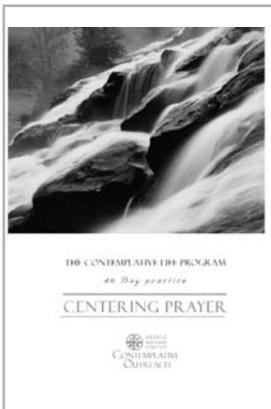
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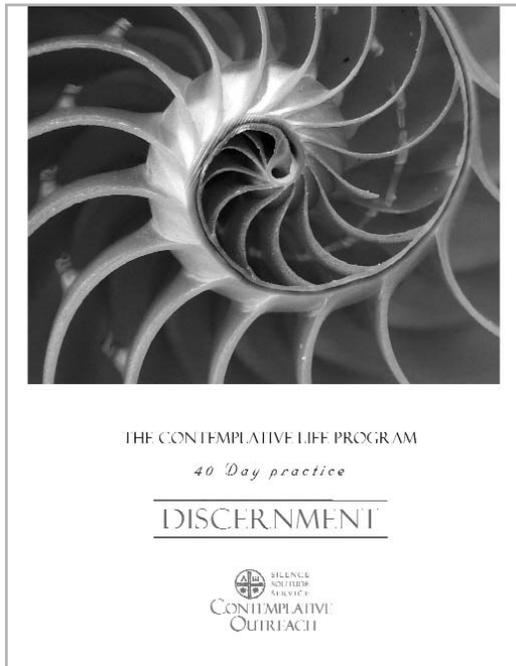


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## Reaching Out

to Children,  
Parents  
& Teachers  
in El Salvador



by Leila de Membreño

We are teaching prayer and silence to children in a public school in El Salvador (5th to 9th grade), their teachers and parents. What a job and what a goal, but the Lord has His ways and in His name we can do wonders.

Last year we presented a prayer program to our parish priest. He said, "No way! If you want to teach at the school it will be religion class with our texts." We argued we were not religion teachers, but it was: take it or leave it.

We humbly got down on our knees, took the teachers' training and worked all of 2004, with the 5th to 9th grades. No parents, no teachers. 2004 went by. What an experience! Along came 2005.

We went to our priest and asked if we would be allowed to teach. He said, "Yes, but you will teach them HOW TO PRAY! The Lord had answered our prayers! It was angels' music to our ears!

Our approved program included a workshop of Lectio Divina and another of Centering Prayer. The Lectio Divina Workshop was presented to the parents. We called it, "Prayer With the Word."

We were given two hours early on a Saturday morning because of working parents. My God! How could we squeeze a six-hour workshop into two hours? I was ready to phone Fr. Carl Arico for

help, no matter where in the world he might be! We got it all down to an 8"x11" page. The four moments of Lectio and Mt.6-6, some other biblical quotes and the meditated Our Father.

The morning of the workshop arrived. We had prepared hand-outs and refreshments for 350 parents. To our surprise 450 turned up, out of a total of 460. When I stood before them on the platform, tears welled up my eyes. I could hardly speak on the microphone, but said to them, "Do you believe in miracles? Do you believe when prayers are not answered immediately that the Lord does not hear them? *Well, He always does—sometimes He takes His time to answer*, but we must go on in faith, waiting for His time. For all of 2004 our contemplative groups have been praying to reach you with this workshop, so you can teach and help your children in praying and to pray together." The four of us from the contemplative group stood on that platform, looking at their eager and smiling faces, with tears streaming down our own.

At the end, the parents asked to have other prayer workshops. So, besides the program for the children, we now have two-hour workshops for parents. The children and their parents belong to a very low income level. Some are almost illiterate. We ask your prayers as we count on the Lord to enable us to show them through silence and prayer a more profound way to reach union with our Creator: Father, Son and Holy Spirit.

### For information in Spanish

San Francisco, CA  
San Diego, CA  
San Diego, CA  
San Dimas  
Merritt Island, FL  
Altamonte Springs  
Miami  
Miami  
Atlanta, GA  
Portland, OR  
San Antonio, TX  
Milwaukee, WI  
C.O. News Jan.-June 2006

Cristóbal Padrón 415-759-0943  
Cherie Herrera 858-453-8662 [cherieherrera@SoftHome.net](mailto:cherieherrera@SoftHome.net)  
Cristina Romero 858 457-4120 [cgr@san.rr.com](mailto:cgr@san.rr.com)  
Acelia Ledesma 909-592-2428  
Adalberto Henriquez 321-453-8040 [adahenri@msn.com](mailto:adahenri@msn.com)  
Ilse Reissner 407-767-8271 [ireissner@juno.com](mailto:ireissner@juno.com)  
Ricardo Lopez 305-223-7329 [ricardol@camilo.com](mailto:ricardol@camilo.com)  
Isabel Castellanos 305-673-6206 [castella@fiu.edu](mailto:castella@fiu.edu)  
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Homer A. Bain 210-492-1306 [hbain@satx.rr.com](mailto:hbain@satx.rr.com)  
Fr. D. Shields 414-224-7565 [dshieldssj@hotmail.com](mailto:dshieldssj@hotmail.com)

### 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 or to place an order.*

by Ilse Reissner

*We plant the seed, and the Holy Spirit blesses it and makes the soil rich to produce strong plants that bear abundant fruit! It never ceases to amaze me!*

*This is just a sampler*

**Nicaragua:** Our coordinator in Nicaragua, Aida Maria Herdocia, received a request from the Cardinal in that country that went beyond our wildest expectations. He wanted the theme of the annual retreat for all clergy members in September to be on Centering Prayer and Contemplation this year! All participants are priests and seminarians, and they asked us to send two representatives to give the retreat. In the Latin American countries the clergy has a big say-so. To obtain their approval can sometimes be very difficult and no teaching can be introduced without it. So, Fr. G. Walker, who has been living and teaching Centering Prayer in Cuba for the last couple of years, and Dr. Adal Henriquez, a Board member, went the third week of September. They also made a stop in Costa Rica for a retreat on the week-end before, and another stop in Honduras for a retreat the week-end after. God bless them for their dedication.

**Formation for Service Workshops:**

**In El Salvador:** Leila Membreño and Ilse Reissner were on staff for this workshop at the end of May in El Salvador. We had 9 participants, two from Puerto Rico, one from Costa Rica, one from Honduras and five from El Salvador, plus two from El Salvador trained as staff members. This increases the number of trained presenters in Central America and Puerto Rico, greatly needed.

**In Mexico:** This will be our second formation for service workshop in Mexico, and it will be conducted by Judith Bernal and Ilse Reissner, probably in the northern part of the country. Depending on the number of participants we may need another person on the staff. Also in Mexico, our local coordinators, Judith and her husband Julio, held a Centering Prayer and Lectio Divina retreat for 100 nuns in May.



Isabel Castellanos, received her training to be on staff at the Formation for Service Workshop in Houston, Texas, that started on July 31st and ended August 5th. Gail Fitzpatrick-Hopler and Timothy Koock were the instructors on this workshop, where the Refined Essentials were used, and Isabel was added to the staff while on training. Isabel had her Formation training back in 2002, and has been giving many Introductory workshops in the Miami area. She is co-coordinator for South Florida, a member of the Board of Extension Contemplativa, and a nominee for the Board of Cont. Outreach.

**Revised Essentials Workshop in Spanish:**

After the Annual Conference in Austin a Formation Workshop with the Refined Essentials was offered to all our Spanish certified presenters that came. There were approximately 35 people staying those extra 3 nights for this special training. Instructors were Vicky Acra from Santo Domingo, Isabel Castellanos from Miami, Fr. John Martin from Mexico, and Ilse Reissner from Orlando.

**Videos and DVD's now available:**

We have completed the project of reproducing the follow-up sessions where Dr. Hugo Mejia dubbed Fr. Keating's presentations, so that our viewers can see Fr. Keating talking but are listening to his words translated into Spanish.

A big and heartfelt "Thank You" to Hugo for this enormous labor of love in his busy schedule, which will help so many people to get started on the Spiritual Journey.

We have also finished Sessions O, 1, 4 and 5 of the First Part of The Spiritual Journey in Spanish (translates "Travesía Espiritual"). They are now available and will also be offered for sale at the Austin Annual Conference. We are searching for funds to continue this project.

## CHAPTER UPDATES

### California, San Diego

We are anticipating a very exciting year of spiritually enriching events. In addition to holding at least four Introductory Workshop Programs, we have invited some excellent speakers. Cherry Haisten will present on the Welcoming Prayer and Fr. Justin Langille on "Unmasking the False Self with Compassion, Part Two." We are also planning a meditative Labyrinth Walk and a viewing of the video "From San Diego to Snowmass with a side trip to St. Meinrad" filmed by Co-coordinator Chris Hagen. **Sue and Chris Hagen, Co-coordinators, 706-745-8860, sue.hagen@sbcglobal.net**

### Colorado, Denver

January through June is a vibrant time for our Center for Contemplative Living. We begin our second trimester of Spiritual Journey classes with an Introduction to Centering Prayer Workshop on January 21. Attendance at the intros continues to break records. Our very popular Thursday Evening Specials- one session classes on a variety of topics related to the contemplative experience-continue through the winter/spring terms. Our retreat schedule kicks off with Yoga and Centering Prayer, Jan. 12-15, 2006. Fr. Carl Arico returns to Denver February 10-12 to present another Commuter Retreat which allows attendees to work the individual sessions into their busy schedules. The Lenten staff retreat at St. Benedict's Monastery in Snowmass, CO is a long standing tradition, as is Fr. Thomas Keating's appearance at our Annual Contemplative Conference on March 25. This year, Fr. William Menninger will join Fr. Thomas to further explore the contemplative dimensions of Christianity. Our summer weekend Intensive June 2-4 at the St. Malo Retreat Center is the last before the Center closes for the summer. Through out the winter and spring, classes, special events and programs such as our Half Days of Prayer and Immersion Experiences reflect the attentiveness of our servant leadership teams and volunteer staff to the needs and desires of those who seek to live the contemplative dimension of the Gospel. **Sr. Bernadette Teasdale, 303-698-7729, srb@contemplativeoutreach-co.org**

### Colorado, Colorado Springs

The Spiritual Journey videos were completed by 15 participants in 2004-2005, followed by an Intensive weekend retreat at Benet Pines Retreat Center. Three new staff members were added in September, after attending the Presenters Training Program; Sally Bowman, Sally Logie, and Jim Graven. Besides interning as a teacher in Introductory and weekly sessions, Sally brought Centering Prayer and Lectio Divina to her home church, First United Methodist in Colorado Springs. Jim Graven and Susan Logie also assisted at Benet Hill and facilitate weekly Centering Prayer classes at the Territorial Prison in Canon City, CO. Two Intensive Centering Prayer weekends will be offered at Benet Pines Retreat Center in the Black Forest area between Denver and Colorado Springs. Dates are: January 20-22, 2006 and April 21-23, 2006. The cost is \$160. There are several weekly prayer groups active in the area. Spiritual Journey classes began in September and run through May. **Sr. Therese O'Grady, 719-473-6184**

### Georgia, Atlanta

Roseanne Havird's term as coordinator of CO-A came to a close after four years of dedicated, selfless service. Roseanne has been instrumental in the "extraordinary" growth of the Centering Prayer practice all over Georgia. She has been an active participant and leader in our local chapter, our Mid-south cluster, and CO-Ltd. Roberta Oster, our current co-coordinator, will be joined by Cathy Hightower. Mary Joyce and Vernon Dixon are contact persons for North Georgia. During 2005, five additional prayer groups were established; requests for introductory workshops continued to come in; and churches of all denominations took turns in hosting "Saturday Mornings of Silence." Other events included a Centering Prayer presentation for the "Center for Positive Aging," participation in the annual "Eucharistic Congress," a Centering Prayer presentation at the Monastery of the Holy Spirit for the "11th Step Retreat;" "Centering Prayer As An 11th Step Practice" 7-session introductory program; a 5-day Intensive and Post-Intensive Centering Prayer Retreat at the Monastery of the Holy Spirit; and the 20th Anniversary Fundraising Tour with Father Keating and other CO-Ltd. staff members. Susan Komis will be back for our second "Visioning Day" as we continue to open our minds and hearts to the Spirit, the vision, and the principles of Contemplative Outreach and contemplative service. **Roberta Oster, 404-299-2670, robertaoster@bellsouth.net**

### Illinois, Chicago

Chicago Chapter's leadership team of six has a focus on leadership formation. In May the SE Wisconsin and Chicago chapters held a weekend formation event for presenters of the Seven Session Introductory Program in Centering Prayer. Two day-long sessions, with modeling and practicums, are being held for those unable Six presenters-in-training are now updated in the latest revisions of the essentials. September through May is the second Living Flame I series. In 2006-2007 Living Flame II will be offered. A Leadership Enrichment Day was held in November. We look forward to having our first Post Intensive (yes, without intensive participants) in July 2006. A Northern Midwest Cluster Enrichment weekend is being planned for April 22-24, 2006 around the theme of Contemplative Life Values. **Margie Tomlinson, coordinator, 847-391-0997, matomlinson@comcast.net**

### Louisiana, Lake Charles

Our ninth year of Centering Prayer in Lake Charles was blessed by a four day retreat led by Fr. Keating. Our group meets on the third Tuesday each month for a day of prayer and reflection at Saint Charles Retreat Center. Recently our outreach has grown and there are two additional small groups meeting now. Fr. Bill Sheehan was here for a November weekend retreat. Each month we view the Spiritual Journey tapes, and although this is our third time to see them, we always come away with new insight and inspiration. **Barbara Tomme, 337-855-4239**

**Did you know . . .** you can receive the Contemplative Outreach newsletter via email?

Choosing electronic delivery helps to preserve our natural resources, while saving Contemplative Outreach the cost of printing and mailing your newsletter. Best of all, your newsletter won't get lost in the mail! If you'd like e-delivery for your newsletter, simply fill out the form on our website:  
<http://www.coutreach.org/guestreg.htm>



**Help save a tree!**

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## CHAPTER UPDATES CONTINUED

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### Louisiana, New Orleans

Contemplative Outreach, New Orleans is now a group of Katrina Pilgrims, far from home, but still on the journey. We will join in with our Centering Prayer partners in Baton Rouge and Lake Charles, Louisiana whenever we can. Ed and I have found the Welcoming Prayer and Discernment modules from the CLP that we brought along with us very helpful in the day-to-day. We thought what we needed was a module about Noah and the flood...! Actually, the Welcoming Prayer and Discernment Modules cover the territory well. Our thanks to all for your prayers and support. **Vivien Michals, 504-944-4000, vived2@cox.net**

### Mexico

The Holy Spirit has opened doors for us with the Cardinal of Mexico City, Cardinal Norberto Rivera, and five bishops in the cities of Toluca, Monterrey, Morelia, and Acambaro, as they have welcomed us into their diocese. In May we gave the first Introductory Workshop for Centering Prayer and Lectio Divina to priests in Mexico City, with the assistance of 25 priests. The first Intensive Retreat ever held in Mexico was also held in May. Ilse Reissner and Maru Ladrón de Guevara took part, helped by 20 others from different parts of the Mexican Republic. Our first retreat was held in April, attended by 100 contemplative nuns. From the two May events, we were asked to offer another similar workshop and retreat. The second workshop was held in Mexico City in October. The Bishop sent approximately 50 priests. The second retreat was held in November, again attended by around 100 contemplative nuns. A second Formation Workshop was given in November. Our activities have also included six Introductory retreats to lay persons in different cities of the Mexican Republic, with the respective follow-up workshops. **Judith- Julio Bernal de Amodio, 55-2167-6728, Pelusa\_ju@hotmail.com**

### Michigan

In West Michigan a Day of Enrichment was held at the Dominican Center, Grand Rapids, in December. Two psychologists, Dr. Terrilyn Kreuger of Kalamazoo and Dr. Judith Kuiper of Grand Rapids, spoke on the psychological, spiritual and healing fruit of Centering Prayer. Terri has studied the health benefits of meditation and Judy has written a doctoral dissertation on the benefits of Centering Prayer. The United in Prayer Day was observed at the Dominican Center. The De Sales Center, Brooklyn, MI offers a day of prayer, generally on the third Saturday of each month. And they conduct weekend Centering Prayer retreats in March and November. The De Sales Center was also host to a Formation for Contemplative Outreach Service led by Anne Mazza, Therese Saulnier, David Muyskens and Ardis Gardella. In August, Fr. Thomas Keating visited us at Sacred Heart Church in Dearborn, speaking on the contemplative dimension of the Gospel and offering a practicum on Centering Prayer. A meeting was held for developing interest in the formation of a Chapter in the Detroit area. In November, Fr. Carl Arico conducted a retreat in Grand Rapids on the "The Cloud of Unknowing", applying the wisdom of the 14th century spiritual classic to life in the 21st century. **David Muyskens, 616-452-2234, jdavidmuyskens@cs.com**

### New Mexico

We are pleased to report that more and more Centering Prayer groups are forming around the state. We will be hosting the second Contemplative Outreach pilot retreat, "Praying from the Heart - Praying with the Body Retreat", July 21 to the 29th. This retreat will be held at the Sangre de Cristo Center in the mountains outside of Santa Fe. It has been very well received by seasoned Centering Prayer practitioners. The annual meeting of CO, Ltd. will be a retreat this year and we hope to share some of this retreat with those in attendance in Austin. **Susan Rush, 505-466-4527, susrush@aol.com**

### New York, Walden St. Andrew's Retreat House

The retreats and programs offered here at St. Andrew's continue to be an ongoing source of nourishment and support for those committed to living a contemplative lifestyle. In May we were privileged and awed by Cynthia Bourgeault in a Six Day retreat based on her book, "Centering Prayer and Inner Awakening." All who attended are looking forward to the next event with Cynthia at St. Andrew's which is actually already in place. Cynthia will be one of the presenters at the 21 Day Centering Prayer Immersion Retreat, June 3-23, 2006 along with Thomas Keating and Therese Saulnier. As part of the Contemplative Outreach of Orange County commitment to spreading Centering Prayer and the contemplative prayer practices in the Hudson Valley, Fr. Thomas Keating spoke at Mt. St. Mary's College in Newburgh, NY in October. The committee provided information on Workshops and Enrichment Programs available in the area to introduce and support the Centering Prayer practice for those unable to attend weekend or longer events at St. Andrew's. It is an exciting time of growth and change!!! We invite you to visit our website [www.centeringprayer.org](http://www.centeringprayer.org). We continue to be grateful to God, Contemplative Outreach and the Sisters of Our Lady of Charity who make it all possible. 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, cathymc@frontiernet.net**

### New York, Westchester

Contemplative Outreach of Westchester (COW) continues to present programs to introduce the method of Centering Prayer. Additionally, we offer an annual Forgiveness Prayer Workshop in September to commemorate 9/11, a Centering Prayer Weekend Retreat in October, and an upcoming April 2006 Welcoming Prayer Weekend Retreat. COW supports two outreach programs: Prison Outreach and 12-Step Outreach. Chapter members bring Centering Prayer to the Bedford Women's Prison and the men at Sing-Sing in Ossining, New York. A member of our chapter developed a model for an Eleventh-Step Meditation Meeting that includes the Saint Francis Prayer, 20 minutes of silence, a talk on the eleventh step, and group sharing. This meeting is open to all 12-step programs. We offer seasonal Saturday Prayer Days on the second Saturday of the month. 2005 and 2006 mark our first Founders' Days. Judy Blanchard-Young presented a contemplative program in November 2005, and Tom Skinner will lead another Founders' Day Program in 2006. We honor our roots and appreciate all the efforts of those early followers of Father Thomas Keating and Mary Mrozowski. In October 2005 chapter members Tom Skinner, Steve Standiford, Diane Harkin, and Stephanie Iachetta attended a Train-the-Trainer Workshop in the new Essentials of Centering Prayer. They will assist the Faculty in updating presenters in the Northeast Cluster. Stephanie Iachetta received the essentials of Lectio Divina from Sister Mary Tasto, OSB, to prepare her as a presenter-in-training for Lectio Divina. Senior members mentor those in their prayer group who subscribe to the Contemplative Living Program.

Most groups participate in and support the Basket Program. Special thanks to our Leadership Team and to our Facilitators for their devoted service. For information about our upcoming events, check our Link on the National Website. **Stephanie Iachetta, 914-921-3264, stef60@aol.com (this email address blocks unknown mail so call first for clearance)**

Oregon started off the new year with a big bang! The 20th Anniversary Fundraiser was held at the end of January and was a resounding success. Over \$30,000 was raised by the efforts of the 70 to 80 volunteers. Our thanks goes to them and to Fr. Keating and Marie Howard who helped make the events such a pleasant and meaningful experience. The Couples Retreat in February, led by Fr. Carl Arico and Ruth and Mark Dundon, was also a success, with seven couples participating. Fr. Carl reports that, "the theme was a pilot project to minister to couples who are in a contemplative marriage - this means that they are faithful to Centering Prayer each day and Lectio Divina. One of my dreams is to discern what are the characteristics of a contemplative marriage and to make retreats available to couples throughout the country." Our task is to refine the retreat experience and to meet again next year, February 24 to 26, 2006. **Shirley Krueger, shirleysnjm@comcast.net**

*Oregon, Portland*

In July CO Philippines celebrated its 15th Anniversary with Fr. Thomas Keating in Manila. The message of "Living Ordinary Life with Extraordinary Love" and "Deepening Our Relationship with God through Prayer" was imparted by Fr. Thomas to more than 3,000 people both, lay and religious. Despite his full schedule in Manila, Fr. Keating made time to pay a courtesy visit to the Papal Nuncio, Msgr. Antonio Franco, as well as the Archbishop of Manila, Arch. Gaudencio Rosales. Both occasions gave Fr. Keating an opportunity to know more about the Church in our country with its unique concerns and strengths. We pray that we may be fervent and committed in our work of spreading centering prayer in our country, of becoming agents of peace in a divided country and world, and of living with utmost charity in our daily lives. **Tess Colayco, 632-817-9499, tesscolayco@mydestiny.net**

*Philippines*

Maria Tasto presented a Lectio Divina workshop for our Spring Retreat. It was a blessing along the Spiritual Journey of all who attended. Phyllis Thompson from Nanaimo, B.C. gave the St. Martin Oblat Retreat in October. Her themes were seeking God through Centering Prayer, the Benedictine Spirituality of work, and the challenge of being peace-makers in today's world. During Retreat, Oblate Geri Konenkamp gave her report on her trip to the Oblate World Congress held in Rome in September. Fr. Mark McCormich, Rapid City, is joining with Sister Marmion Howe to invite the public to join us at St. Martin Monastery every Thursday night for an evening of Centering Prayer and Lectio, 7:00 to 8:30 p.m. This is a new venture, and will continue for a year, and, if there seems to be a need, it will continue on. Sister Marmion Howe will visit Rome, and other areas of our spiritual heritage, including places where St. Benedict started out, eg. Monte Cassino and Subiaco. **Sr Marmion Howe, 605-343-2688, srmarmion@aol.com**

*South Dakota, Rapid City*

We are fortunate to have a new Executive Director at **St. Mary's Sewanee** (formerly St. Mary's Retreat and Conference Center), Fr. Doug Schwert. Fr. Doug has served as a parish priest and has been Executive Director of Incarnation Center in Connecticut prior to his arrival in Sewanee. With his help, St. Mary's Sewanee will be able to expand the number of contemplative retreats offered in a year. This fall, St. Mary's will begin offering 1-Day Retreats each month for those who would like to set aside a day each month to pray in community. We continue to offer "Quiet Saturdays" one day a month in Nashville and Chattanooga. We are also hoping to offer ongoing facilitator support for our 33 support groups in Middle and East Tennessee. **Carol Wray, 615-373-0613, carolwray@aol.com**

*Tennessee, Mid & East*

On May 7, 2005, Susan Komis led our Chapter in a Visioning Day to explore the Organic Model for Chapter Growth and Development, to discern our Chapter's strengths and challenges, and then form Service Teams to address the most urgent needs. We determined that the principal need was to expand our trained Presenters so that we can meet the increasing demand for additional workshops in Centering Prayer and Lectio Divina. On June 11, 2005, our Facilitators and Leadership Team met to instill and share the Vision Statement of Contemplative Outreach, Ltd. After a discernment process led by Mike Potter, Coordinator, and Elizabeth Vaughn-Neely, Contact Person for Jackson, Tennessee, Service Team Leaders and members stepped forward in service to the Chapter in the areas of Formation and Facilitator/Group Support, Publicity/Communications, and Resource Management (Books, Tapes, etc.) The Formation Service Team has been meeting since then and has announced that a Formation for Contemplative Outreach Service Training will be held at a beautiful new retreat center in Dancyville, Tennessee (one hour from Memphis) from November 17-22, 2005. It will be led by Anne Mazza. For more information, contact **Elizabeth Vaughn-Neely, 731-421-1669**

*Tennessee, West*

Our Centering Prayer groups continue to grow. We meet weekly, practice Centering Prayer and Lectio Divina. We view Fr. Thomas' videos, along with reviewing the Contemplative Life Program. We had a great gathering on The United in Prayer day in March and enjoyed sharing that day with practitioners from our neighboring city of Fort Worth. In May we completed a Centering Prayer Workshop with about 25 people in attendance. Just about everyone in the Dallas prayer groups have Stephanie Iachetta's book *The Daily Reader for Contemplative Living*. We had a surprise visit with Stephanie at one of our groups this summer; and yes, she autographed our books for us. Finally, we were all saddened by the death of Fr. Basil Pennington. He will be missed by all of who read and share his books. We would especially like to say thank you to Fr. Thomas and all of the staff for the wonderful work you do to heal a broken world. **Sandy Guancial, 972-722-6029.**

*Texas, Dallas*

## Ongoing Programs

**L**iving Flame. The Living Flame is 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 needed to stay faithful to the practice. It's an opportunity to receive and share conceptual background at a deeper level, as well as experiential insight, 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! To schedule this program in your area for 2006 call Marge Rafferty, 727-345-7908, [mraffter@tampabay.rr.com](mailto:mraffter@tampabay.rr.com)

**E**xternal Study Program. The Contemplative Outreach Ltd. External Study Program in the Contemplative Tradition is a twelve week course divided into two parts; covering contemporary expressions of the Christian contemplative tradition, reaching 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. The objectives include facilitating a deeper understanding of the Christian contemplative tradition and the chance to engage beyond the intellectual level to personally interact with the living tradition in everyday life. For more information, call Bonnie Shimizu 970-927-0331, [bjs@rof.net](mailto:bjs@rof.net)



## CHAPTER UPDATES *continued*

We are the only Centering Prayer group in a rather large area in the southeastern corner of Washington State. We meet faithfully every Tuesday at noon in the chapel of the Congregational Church in Walla Walla. Our group is very small, but hopefully will grow as a result of Barbara Huston's presentation in September on Centering Prayer.  
**Pamela Jarboe, 509-525-2512, [pjarboe@mailstation.com](mailto:pjarboe@mailstation.com)**

Washington

Since Fall 2005, our chapter has joyfully focused upon preparing for a 20th Anniversary Tour visit to the D.C., Northern Virginia, and Maryland metropolitan area.

Washington, DC

The preparation came to a splendid climax during May 21-22, 2005, when Frs. Thomas and Carl, and Marie Howard, spent the weekend with us. By all accounts, our 20th Tour visit was enriching: financially, spiritually, and in the growth of servant leadership and of our chapter overall. Our leadership group, group facilitators, and other servant-leaders look forward to the upcoming year, as we work together to support the emergent initiatives -the "sproutings

of the Spirit" - that are resulting from our Tour experience. We feel gratitude toward our visitors, volunteers, and the hundreds of people who attended or otherwise participated in the weekend. We look forward to doing our part to help the workings of the Spirit in the months ahead. **Ronald Barnett, Coordinator, [rbarnett@mindspring.com](mailto:rbarnett@mindspring.com), 240-401-3068**

The Alta Retreat Center suspended formal programs last September. In an effort to "meet the signs of the time" ARC has been able to re-vision its mission. Rev. Sandy Casey-Martus has a new position at All Saints Episcopal Church in Austin, Texas. Susan Chernak and Beverly Charette will continue coordinating Contemplative Outreach offerings out of St. Francis in Alta. Br. Selby Coffman, OSB and Ken Eklund will be leading programs now hosted at the Benedictine Priory in Jerome, Idaho. The Priory is centrally located and served by the Twin Falls Idaho airport, which is only fifteen minutes away. A December 05 Intensive Retreat is already scheduled. Registration can be made online at [www.altaretreatcenter.org](http://www.altaretreatcenter.org) or by calling the Priory at 208-324-2377.

Wyoming

## COORDINATOR SERVANT-LEADER FORMATION WORKSHOP

Holy Spirit Retreat Center  
Encino, California

January 24-29, 2006

This program offers anyone who is in service to Contemplative Outreach, Ltd. (coordinators, contact persons, presenters, facilitators) a unique opportunity to come together in prayerful community to discuss in-depth issues of Contemplative Outreach chapters and the spirituality of servant-leadership.

For more information, contact Susan Komis - toll free 1-888-350-5088 or email: [susankomis@charter.net](mailto:susankomis@charter.net)

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# CALENDAR OF EVENTS

JANUARY - JUNE 2006

## Centering Prayer Introductory and Weekend Retreats

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

Date	Place	Contact
1/6-1/8	<b>Boerne, TX</b> Omega Retreat Center Fr. Carl Arico - <i>Dark Nights of John of the Cross</i>	Sr. Mary Agnes Zinni 830-249-3894 cosal@satx.rr.com
1/7-1/8	<b>Tamuning, Guam</b> Our Lady of Kamilin House of Prayer	Sr. Bernadette Marie Leon Guerrero 671-646-7246x308 bernielg3@yahoo.com
1/12-1/15	<b>Frenchville, PA</b> Bethany Retreat Center	Nicole Fedder 814-263-4855
1/13-1/15	<b>Denver, CO</b> Ctr for Contemplative Living <i>CP Retreat w/ Yoga</i>	Sr. Bernadette Teasdale 303-698-7729 srb@contemplativeoutreach-co.org
1/13-1/15	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmariannel@aol.com
1/20-1/22	<b>Colorado Springs, CO</b> Benet Pines Retreat Center	Sr. Therese O'Grady 719-473-6184 stogob@gbronline.com
1/27-1/29	<b>Cullman, AL</b> Benedictine Conf. Center <i>Intro</i>	Gloria Garrison 256-734-8302
1/27-1/29	<b>Baranquitas, PR</b> Casa de Retiro Sagrado Corazon	Sr. Maria Milagro Carbonell 787-857-3131
1/27-1/29	<b>Litchfield, CT</b> Wisdom House	Registrar 860-567-3163
2/3-2/4	<b>Washington, DC</b> National Cathedral Rev. Carlyle Gill	Rev. Carlyle Gill 202-363-8286x201
2/10-2/12	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmariannel@aol.com
2/10-2/12	<b>Denver, CO</b> Ctr for Contemplative Living <i>Commuters Retreat</i>	Sr. Bernadette Teasdale 303-698-7729 srb@contemplativeoutreach-co.org
2/12-2/13	<b>Tamuning, Guam</b> Our Lady of Kamilin House of Prayer	Sr. Bernadette Marie Leon Guerrero 671-646-7246x308 bernielg3@yahoo.com
2/24-2/26	<b>Great Falls, MT</b> Uruline Centre	Doris Boyle 406-788-8185 dorismbp@strainbld.com
2/26-2/28	<b>Sewanee, TN</b> St. Mary's Sewanee	Carol Wray 615-373-0613 carolwray@aol.com
3/3-3/5	<b>Santo Domingo, DR</b> Manresa Loyola <i>Lent</i>	Vicky Acra 809-566-5909 lic.acra@verizon.net.do
3/3-3/5	<b>Rancocas, NJ</b> Francis House of Prayer	Sr. Marcy Springer 609-877-0509 FHOP@pics.com
3/3-3/5	<b>St. Joseph, MN</b> Spirituality Center St. Benedict's Monastery	Sr. Rita Budig 320-363-7115
3/3-3/5	<b>Phoenix, AZ</b> The Cornerstone	Therese Wagner 602-276-6418
3/9-3/12	<b>Ava, MO</b> Assumption Abbey Trappist Monastery	Mary Loraine Fromme 417-823-8359
3/10-3/12	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmariannel@aol.com
3/10-3/12	<b>St. Louis, MO</b> Marianist Retreat Center	Annette Stamm 314-918-8288
3/11-3/12	<b>Tamuning, Guam</b> Our Lady of Kamilin House of Prayer	Sr. Bernadette Marie Leon Guerrero 671-646-7246x308 bernielg3@yahoo.com
3/24-3/26	<b>Cullman, AL</b> Benedictine Conf. Center	Diane Tschache 205-991-6964 tschached@bellsouth.net
3/31-4/2	<b>Encino, CA</b> Holy Spirit Retreat Center	Sr. Linda Snow 818-784-4515 srlinda@adelphia.net
3/31-4/2	<b>Albuquerque, NM</b> Spiritual Renewal Center	Sr. Amata Dawson 505-877-4211 domreths@juno.com

## Centering Prayer Retreats continued

Date	Place	Contact
3/31-4/2	<b>Melbourne, KY</b> Moye Spiritual Life Center	Sr. Micki Martin 859-441-0679x321
3/31-4/2	<b>Immaculate, PA</b> Villa Maria Spirituality Center	Sr. Margaret Gradl 610-644-1152 tantemargo@worldnet.att.net
4/2-4/4	<b>Sewanee, TN</b> St. Mary's Sewanee	Carol Wray 615-373-0613 carolwray@aol.com
4/7-4/9	<b>Rapid City, SD</b> St. Martin Monastery	Sr. Marmion Howe 605-343-2688 srmarmion@aol.com
4/8-4/9	<b>Tamuning, Guam</b> Our Lady of Kamilin House of Prayer	Sr. Bernadette Marie Leon Guerrero 671-646-7246x308 bernielg3@yahoo.com
4/3-4/7	<b>Santo Domingo, DR</b> Casa Oracion Centrante <i>Lent</i>	Vicky Acra 809-566-5909 lic.acra@verizon.net.do
4/14-4/16	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmariannel@aol.com
4/21-4/23	<b>Colorado Springs, CO</b> Benet Pines Retreat Center	Sr. Therese Grady 719-473-6184 stogob@gbronline.com
4/21-4/23 & 5/5-5/7	<b>Winnipeg, Canada</b> St. Benedict's Retreat House	Sr. Catherine 204-338-4601 stbens@mb.symapatico.ca
5/5-5/7	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmariannel@aol.com
5/13-5/14	<b>Tamuning, Guam</b> Our Lady of Kamilin House of Prayer	Sr. Bernadette Marie Leon Guerrero 671-646-7246x308 bernielg3@yahoo.com
5/19-5/21	<b>Durban, South Africa</b> Coolock, House	Felicity Nicholson 27-39-695-0065
5/19-5/21 & 5/26-5/28	<b>Uitichuizen, Netherlands</b>	Sr. Anje or Sr. Debbie 0595-436500 deboracomunteit@zonnet.nl
6/2-6/4	<b>Walden, NY</b> St. Andrew's Retreat House Fr. Carl Arico	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
6/2-6/4	<b>Allenspark, CO</b> St. Malo	Sr. Bernadette Teasdale 303-698-7729 srb@contemplativeoutreach-co.org
6/2-6/4	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmariannel@aol.com
6/9-6/11	<b>Melbourne, KY</b> Moye Spiritual Life Center	Sr. Micki Martin 859-441-0679x321
6/10-6/11	<b>Tamuning, Guam</b> Our Lady of Kamilin House of Prayer	Sr. Bernadette Marie Leon Guerrero 671-646-7246x308 bernielg3@yahoo.com
6/23-6/25	<b>Albuquerque, NM</b> Spiritual Renewal Center	Sr. Amata Dawson 505-877-4211 domreths@juno.com
6/23-6/25	<b>Manhasset, NY</b> St. Ignatius Retreat House	Barbara Sullivan 516-481-0472 sullivan2@adelpi.edu

## Welcoming Prayer 5 Day Immersion and Weekend Retreats

A spiritual practice of "letting go" of feelings, emotions, thoughts and body sensations into the present moment during the ordinary routines of daily life. 5-Day is an in-depth introduction, review and immersion into the Welcoming Prayer Practice as a way of healing the woundedness of the human condition and deepening our relationship with God. Prior Centering Prayer experience necessary.

4/25-4/30 5 Day	<b>Walden, NY</b> St. Andrew's Retreat House 5 Day Immersion Retreat	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
5/5-5/7	<b>White Plains, NY</b> Divine Compassion Center for Spiritual Renewal	Sr. Rose Vermette 914-961-1559 vermettercd@aol.com

### Lectio Divina Introductory and Weekend Retreats

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

Date	Place	Contact
1/27-1/29	<b>Mexico City, Mexico</b> Judith Bernal de Amodio	Judith Bernal de Amodio 011525521676728
1/27-1/29	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmaryannel@aolcom.
2/10-2/12	<b>Toluca, Mexico</b> Intro, Patricia Sandoval	Patricia Sandoval 011527222148911
2/24-2/26	<b>Acambaro, Mexico</b> Intro, Ma. Del Carmen Rangel	Ma. Del Carmen Rangel 011524171721856
2/24-2/26	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmaryannel@aolcom
3/3-3/5	<b>Monterrey, Mexico</b> Intro, Mercedes Carmelo	Mercedes Carmelo 011528183355072
3/3-3/5	<b>Cd. Juárez, Mexico</b> Intro, Ana Margarita Bermudez	Ana Margarita Bermudez 011526566871424
3/11-3/13	<b>Durban, South Africa</b> Coolock House	Felicity Nicholson 27-39-695-0065
3/17-3/19	<b>Ferdinand, IN</b> Kordes Retreat Center	Vanessa Hurst 800-880-2777 kordes@thedome.org
3/17-3/19	<b>Cd. de México, Mexico</b> Intro, Guadalupe de Trevino	Guadalupe de Trevino 011525525918517
3/24-3/26	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmaryannel@aolcom
3/31-4/2	<b>Morelia, Mexico</b> Intro, Rafael Becker	Rafael Becker 011524433202687
4/26-4/28	<b>Uitichuizen, Netherlands</b>	Sr. Anje or Sr. Debbie 0595-435600 deboracommunititeit@zonnet.nl
4/28-4/30 & 5/19-5/21	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmaryannel@aolcom
5/26-5/28	<b>Cd. de México, Mexico</b> Intro, Guadalupe de Trevino	Guadalupe de Trevino 011525525918517
6/2-6/4	<b>Celaya-Cortazar, Mexico</b> Intro, Ma. Del Carmen Rangel	Ma. Del Carmen Rangel 011524171721856
6/9-6/11	<b>Manchester, NH</b> Joseph House Contemplates Retreat Center	Sr. Mary Anne 603-627-9493 srmaryannel@aolcom

### Intensive Centering Prayer Retreats - 5 to 8 days

Provides an opportunity to immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach. The 10-Day features Parts I, II, & III of the *Spiritual Journey* video series by Fr. Thomas Keating. May be modified from 5 to 8 days.

Date	Place	Contact
1/8-1/15 8 Day	<b>Sewanee, TN</b> St. Mary's Sewanee	Carol Wray 615-373-0613 carolwray@aol.com
1/14-1/20 7 Day	<b>Little Rock, AR</b> Camp Mitchell Retreat Ctr. Rev. Sandy Casey-Martus & Bishop John Thornton	Helen Hargreaves 501-727-5451
2/1-2/5 5 Day	<b>Rapid City, SD</b> St. Martin Monastery	Sr. Marmion Howe 605-343-2688 srmarmion@aol.com
2/21-2/26 6 Day	<b>Walden, NY</b> St. Andrew's Retreat House Anne Mazza	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
3/7-3/11 5 Day	<b>Austin, TX</b> Cedarbrake Renewal Ctr.	Lisa Genung 512-347-9673 officemgr@consciousharmony.org
4/2-4/8 7 Day	<b>Washington, DC</b> National Cathedral Rev. Sandy Casey-Martus	Rev. Carlyle Gill 202-363-8286x201

Check the website for Additions or Changes

www.contemplativeoutreach.org

### Intensive Centering Prayer Retreats - 5 to 10 days continued

Date	Place	Contact
4/19-4/16 8 Day	<b>Lafayette, OR</b> Our Lady of Guadalupe Trappist Abbey	Susan Turpin 503-763-0529 susanturpin@comcast.net
4/24-5/1 8 Day	<b>Kumasi, Ghana</b> Centre for Spiritual Renewal	Sr. Therese Jacobs jacobsbvm@aol.com
4/25-4/30 6 Day	<b>Walden, NY</b> St. Andrew's Retreat House Anne Mazza	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
4/25-5/4 8 Day	<b>Antigonish, Nova Scotia</b> Bethany Retreat Center Fr. Justin Langille	Anne Veronica MacNeil 902-863-4726 sisanne@supercity.ns.ca
5/1-5/6 6 Day	<b>Jerome, ID</b> Monastery of the Ascension	Br. Selby Cottman 208-324-2377x215
5/16-5/21 6 Day	<b>Republica, Mexico</b> Judith, Ilse, Guadalupe de T	Judith Bernal de Amodio 011-525-521676728
5/20-5/27 8 Day	<b>Schuyler, NE</b> St. Benedict Center Fr. Justin Langille	Deb Fortina 402-280-4774 dfortina@creighton.edu
6/4-6/11 8 Day	<b>Sewanee, TN</b> St. Mary's Sewanee	Carol Wray 615-373-0613 carolwray@aol.com
6/15-6/19 5 Day	<b>Boerne, TX</b> Omega Retreat Center	Sr. Mary Agnes Zinni 830-249-3894, cosat@satx.rr.com
6/16-6/23 8 Day	<b>Ferdinand, IN</b> Kordes Retreat Center	Vanessa Hurst 800-880-2777 kordes@thedome.org
6/18-6/25 8 Day	<b>Encino, CA</b> Holy Spirit Retreat Center	Sr. Linda Snow 818-784-4515 srlinda@adelphia.net
6/18-6/25 8 Day	<b>St. Louis, MO</b> Il Ritiro Franciscan Retreat Fr. Justin Langille	Annette Stamm 314-918-8288
6/21-6/25 6-Day & 6/22-6/30 8 Day	<b>Frenchville, PA</b> Bethany Retreat Center 6 and 8 Day Concurrent	Nicole Fedder 814-263-4855 bethanyadull@pennswood.net
6/26-7/3 8 Day	<b>Cullman, AL</b> Benedictine Conference Center	Diane Tschache 205-991-6964 tschached@bellsouth.net

### 10 Day Intensive Centering Prayer Retreats

1/10-1/19	<b>Snowmass, CO</b> St. Benedict's Monastery	Carol DiMarcello 970-927-9376 coc@sopris.net
3/7-3/16	<b>Austin, TX</b> Cedarbrake Renewal Center	Lisa Genung 512-347-9673 officemgr@consciousharmony.org
5/16-5/25	<b>Snowmass, CO</b> St. Benedict's Monastery	Carol DiMarcello 970-927-9376 coc@sopris.net
5/19-5/28	<b>Miami, FL</b> St. John Vianney Seminary Fr. Bill Sheehan	Basha Perez 407-869-0781 cocf@christian.net
5/21-5/30	<b>Burlingame, CA</b> Mercy Center Lorita Moffatt, RSM Suzanne Toolan RSM	Christina Esguerra 650-340-7454 cesguerra@mercyburl.org
5/26-6/3	<b>Pacific City, OR</b> Nestucca Sanctuary	Susan Turpin 503-763-0529 susanturpin@comcast.net
6/6-6/15	<b>Austin, TX</b> Cedarbrake Renewal Center	Lisa Genung 512-347-9673 officemgr@consciousharmony.org
6/13-6/22	<b>Snowmass, CO</b> St. Benedict's Monastery	Carol DiMarcello 970-927-9376 coc@sopris.net

# CALENDAR OF EVENTS

JANUARY- JUNE 2006

## 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.

Date	Place	Contact
1/8-1/15 8 Day	<b>Sewanee, TN</b> St. Mary's Sewanee	Carol Wray 615-373-0613 carolwray@aol.com
2/21-2/26 6 Day	<b>Walden, NY</b> St. Andrew's Retreat House Anne Mazza	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
3/11-3/16 6 Day	<b>Austin, TX</b> Cedarbrake Renewal Ctr.	Lisa Genung 512-347-9673 officemgr@consciousharmony.org
4/19-4/26 8 Day	<b>Lafayette, OR</b> Our Lady of Guadalupe Trappist Abbey	Susan Turpin 503-763-0529 susanturpin@comcast.net
4/30-5/7 8 Day	<b>Washington, DC</b> National Cathedral Rev. Sandy Casey-Martus	Rev. Carlyle Gill 202-363-8286x201
5/20-5/27 8 Day	<b>Schuyler, NE</b> St. Benedict Center Fr. Justin Langille	Deb Fortina 402-280-4774 dfortina@creighton.edu
6/4-6/11 8 Day	<b>Sewanee, TN</b> St. Mary's Sewanee	Carol Wray 615-373-0613 carolwray@aol.com
6/16-6/23 8 Day	<b>Ferdinand, IN</b> Kordes Retreat Center	Vanessa Hurst 800-880-2777 kordes@thedome.org
6/18-6/25 8 Day	<b>St. Louis, MO</b> Il Ritiro Franciscan Retreat Center	Annette Stamm 314-918-8288
6/26-7/3 8 Day	<b>Cullman, AL</b> Benedictine Conference Center	Diane Tschache 205-991-6964 tschached@bellsouth.net

## Post Intensive Centering Prayer Retreats - 10 Days

3/7-3/16	<b>Amarillo, TX</b> Bishop DeFalco Retreat Ctr. <b>Waiting List Only</b>	Carol DiMarcello 970-927-9376 coc@sopris.net
3/19-3/28	<b>Frenchville, PA</b> Bethany Retreat Center	Nicole Fedder 814-263-4855
4/25-5/4	<b>Snowmass, CO</b> St. Benedict's Monastery <b>Waiting List Only</b>	Carol DiMarcello 970-927-9376 coc@sopris.net
5/19-5/28	<b>Miami, FL</b> St. John Vianney Seminary Fr. Bill Sheehan	Basha Perez 407-869-0781 cocf@christian.net
5/21-5/30	<b>Burlingame, CA</b> Mercy Center Lorita Moffatt, RSM Suzanne Toolan RSM	Christina Esguerra 650-340-7454 cesguerra@mercyburl.org
5/26-6/3	<b>Pacific City, OR</b> Nestucca Sanctuary	Susan Turpin 503-763-0529 susanturpin@comcast.net

## 10-Day 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.

Date	Place	Contact
2/7-2/16	<b>Snowmass, CO</b> St. Benedict's Monastery	Carol DiMarcello 970-927-9376 coc@sopris.net
6/6-6/15	<b>Austin, TX</b> Cedarbrake Renewal Ctr.	Lisa Genung 512-347-9673 officemgr@consciousharmony.org

## 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.

**Presenters: Fr. Thomas Keating, Cynthia Bourgeault, Therese Saurin**  
**June 3-23: Walden, NY, St. Andrew's Retreat House**  
**Contact: Cathy McCarthy, 845-778-2102, cathymc@frontiernet.net**

## Holy Week Retreat

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

4/12-4/16	<b>Walden, NY</b> St. Andrew's Retreat House Fr. Carl Arico	Cathy McCarthy 845-778-2102, cathymc@frontiernet.net
4/13-4/16	<b>Burlingame, CA</b> St. Michael's Cathedral Catherine Regan	Christina Esguerra 650-340-7454 cesguerra@mercyburl.org

## Formation for Contemplative Outreach Service

Training and practice in communicating the essential elements of an Introductory Workshop on Centering Prayer, and an opportunity to look at our own Centering Prayer practice in light of the Essentials. Prerequisites: prior attendance of 10 Day Intensive and daily practice of Centering Prayer. Includes Centering Prayer and presentations.

Date	Place	Contact
2/19-2/24	<b>Burlingame, CA</b> Mercy Center Rev. Sandy Casey-Martus	Christina Esguerra 650-340-7454 cesguerra@mercyburl.org
3/24-3/31	<b>Walden, NY</b> St. Andrew's Retreat House	Cathy McCarthy 845-778-2102, cathymc@frontiernet.net
6/5-6/9	<b>Boise, ID</b> St. Michael's Cathedral Ken Ecklund	Dianna Hood 208-375-3862

## Nine Month Courses: The Contemplative Living and Part II, A Deepening 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, cathymc@frontiernet.net  
**Denver, CO**, Rose Meyler, 303-863-0932  
**Frenchville, PA** Nicole Fedder, 814-263-4855

## Parish Missions/Retreats by Fr. Carl Arico

Contact: C. O. International Office (973) 838-3384

Date	Place	Event
1/6-1/8	<b>Boerne, TX</b> Omega Retreat House	Night of St. John of the Cross
1/14	<b>Long Island, NY</b>	Wisdom of Basil Pennington
2/4	<b>St. Walburga, NJ</b>	Spirituality of Money
2/10-2/12	<b>Denver, CO</b>	Commuter Retreat
2/18-2/21	<b>State College, PA</b> Good Shephard	Parish Mission
2/24-2/26	<b>Oregon</b>	Weekend Retreat
2/25-2/28	<b>Beaverton, OR</b> Holy Trinity	Parish Mission
3/4-3/8	<b>Cedar Grove, NJ</b> St. Catherine	Parish Mission
3/11-3/14	<b>Mercerville, NJ</b> Our Lady of Sorrows	Parish Mission
3/18-3/21	<b>Walpole, MA</b>	Parish Mission
3/25-3/28	<b>Blessed Sacrament</b> Huntley, IL St. Mary's	Parish Mission
4/1-4/4	<b>Farmingdale, NY</b> St. Killian	Parish Mission
4/12-4/16	<b>Walden, NY</b>	Holy Week
4/21-4/23	<b>Walden, NY</b> St. Andrew's	Contemplative Living II
5/26-5/28	<b>Walden, NY</b> St. Andrew's	Cloud of Unknowing
6/7-6/14	<b>Freemont, OH</b> Our Lady of the Pines	Weekend Retreat

## For Information About Contemplative Outreach in the United States

- AK** Anchorage  
Chugiak  
Juneau
- AL** Birmingham  
Pelham
- AZ** Phoenix  
Tucson
- CA** Camarillo  
Eureka  
Fairfield  
Hermosa Bch  
LaCanada  
LaVerne  
La Quinta  
Long Beach  
Marina Del Rey  
Orange  
Palo Alto  
Pasadena  
Piedmont  
Sacramento  
San Diego  
San Francisco  
San Francisco  
San Gabriel  
San Rafael  
Shasta  
Sherman Oaks  
**CO** Boulder  
Breckenridge  
Carbondale  
Colorado Sprgs  
Colorado Sprgs  
Denver  
Denver  
Denver  
Estes Park  
Fort Collins  
Longmont  
Snowmass  
Snowmass  
Litchfield  
**CT** Washington  
**DC** Altamonte Sprgs  
**FL** Anna Maria  
Eustis  
Longwood  
Lutz  
Miami  
Miami Beach  
Naples  
Satellite Beach  
Venice  
Vero Beach  
W. Palm Beach  
Carrlton  
**GA** Decatur  
Hiawassee  
**HI** Honolulu  
**IA** Coralville  
Clarksville  
Des Moines  
Fairfield  
Long Grove  
Waterloo  
**ID** Boise  
**IL** Belleville  
Bloomington  
Bolingbrook  
Chicago  
Chicago (NW)  
Chicago (W)  
Chicago (Korean)  
Evergreen Park  
Moline  
**IN** Chesterton  
Ferdinand  
Ferdinand  
Indianapolis  
**KS** Chanute  
Lenexa  
Topeka  
**KY** Lexington  
Louisville  
Melbourne  
**LA** Baton Rouge  
Houma  
Lake Charles  
New Orleans  
Shreveport
- Kess Frey 907-338-2894  
Rev. Steven Lambert 907-696-2353  
Fr. Thomas Weise 907-209-7307
- Aloysius Golden 205-592-3930  
Diana Tschache 205-991-6964  
Therese Wagner 602-276-6418  
Frank Tuoti 520-749-3443
- Kate LeBlanc 805-388-2455  
Rev. Ken Meece 707-269-4245  
Deni Harding 707-425-8138  
Rev. Paul Lawson 310-376-8989  
Sr. Catherine Marie Bazar 626-685-8559  
Sr. Michele Harnett 909-599-3113  
Evie Connell 760-564-1899  
Barbara B. Thompson 562-433-7901  
Marie Howard 310-823-5863  
David & Sharon Hoover 714-456-9891  
Jean Ramacciotti OPL 650-326-5256  
Brian O'Neil 626-792-6183  
Eileen Halliburton 510-763-1829  
Liberty Kovacs 916-452-0483  
Chris & Sue Hagen 760-745-8860  
Mary English 415-282-8076  
Mark Lodico 415-252-1667  
Rev. Catherine Gregg 626-282-5147x33  
Richard Flout 415-499-1420  
George Wilkins 530-246-4277  
Sr. Linda Snow 818-784-4515  
Barbara Hayden 303-494-2845  
Jim Bernlohr 970-453-6003  
Pat Johnson 970-963-1258  
David Salamon 719-475-7011  
Sr. Therese O'Grady 719-633-0655  
John Congdon 303-355-1731  
Rev. David Morgan 303-832-7309  
Sr. Bernadette Teasdale 303-698-7729  
Mary Ann Kundtz 970-586-1779  
Rosemary Kising 970-225-6359  
Alice Anne Pilkington 303-772-7804  
Carol DiMarcello 970-927-9376  
Bonnie J. Shimizu 970-927-0331  
Elizabeth Gallagher 860-567-8645  
Gigi Ross 202-483-6588  
Ilse Reissner 407-767-8271  
Robert Fasulo 941-778-3091  
Mary Ann Blubach 352-735-0201  
Basha Perez 407-869-0781  
Camille Caldwell 813-949-5792  
Ricardo & Maria Lopez 305-223-7329  
Isabel Castellanos 305-673-6206  
Vincent Cinque 239-566-2937  
Rosemary Van Pelt 321-777-3389  
Jane Stehn 941-485-0509  
Sally Byrnes 772-231-1068  
Ellen McCormack 561-840-7700  
Roseanne Havird 678-796-9158  
Roberta Oster 404-299-2670  
Vernon & Mary Dixon 706-896-8275  
Cathie Jordan 808-536-6090  
Cathy Chenard 319-354-2414  
Rev. David Walters 319-278-4224  
Kathy Reardon 515-280-3861  
Rev. Stephen Page 641-472-3179x3  
Lolita Dierickx 563-285-7242  
Jean Neibauer 319-233-4348  
Ken Eklund 208-343-0413  
Marsha Hatfield-Baker 314-265-8084  
Florrie Dammers 309-664-5921  
Robert Gordon 630-679-1797  
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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.

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Networking, resources, and workshop presenters are available at the Contemplative Outreach International Office.

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