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# Contemplative Outreach News

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Volume 16, Number 2 • Fall/Winter 2002 -2003

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## Shattered Vision

By Thomas Keating

“Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph, her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. An angel appeared to Joseph in a dream saying, ‘Fear not to take Mary as your wife. For what is born of her is of the Holy Spirit.’ Joseph immediately arose and took Mary to his home.” (Matthew 1:18-21)

Just as Abraham became the father of all who have faith by renouncing the possibility of an heir, so Joseph became the husband of Mary only after he had given up his plan to marry her. This loss and finding of Mary parallels the loss and finding of Jesus in the Temple. Joseph had set his heart on living with Mary as his wife. When her mysterious pregnancy broke up his plan, he decided that he had to give up the vision he had formed for his life — his plan of serving God with Mary as his wife. Later, Joseph had to go through the loss and finding of Jesus in the Temple, an even deeper participation in the mystery of Christ’s passion, death and resurrection.

Every true seeker of God has to pass through this mysterious inward death and rebirth, perhaps many times over. Joseph’s love of Mary and his vision of life with her — and later his love of Jesus and his vision of life with him— were the two eyes that he had to give up in order to see with God’s eyes. He had to surrender his personal vision in order to become the vision God had for him.

God grants us men and women who dedicate themselves to some great ideal or purpose. Vision is what gives ordinary life its direction and invests it with purpose. At the same

time, as one journeys across the desert, prairie, or sea — all images of everyday life in spiritual literature — one may come upon various places of rest: an oasis, a garden of spiritual delights, or a safe harbor. One seems to have arrived at the end of one’s laborious journey and all one’s immense efforts seem to

*“Take your great vision, your ideal of the spiritual journey and how to attain it, and go to the place I will, show you. There sacrifice it to me.”*

be coming to fruition. Actually, the place of rest will become a place of poison unless one hastens to push on.

But how does one push on? Is it by giving up the vision? Not exactly. Rather, it is by being *willing* to do so. For that renunciation is the only way to move beyond what one *thinks* is the vision and to embrace what it really *is*. In other words, it is necessary to transcend all one’s own ideas of how to reach the place of vision in order to get there. Thus, Abraham was told by God, at the most critical moment of his life, “Take your son...Isaac, whom you love, and go the land of Moriah, and offer him there as a burnt offering upon one of the mountains of which I shall tell you” (Genesis 22:2). To paraphrase the text: “Take your great vision, your ideal of the spiritual journey and how to attain it, and go to the place I will show you. There sacrifice it to me.”

The struggle to attain to the “land of vision” may lead to discouragement or even to what is close to despair. It is like dying. Your world must be broken! And you with it! Your idea of your vocation, of the spiritual journey, of the church, of Jesus Christ, even of God himself, must be *shattered*. The crux of the human predicament consists of all that causes us to get stuck on thinking about our vision rather than experiencing it.

Reprinted from *Awakenings* (New York: Crossroad Publications, 1996), pp.101-103.

## *The President's Letter*

Dear Friends,

In July, a big event happened where 1,100 people gathered for a conference: *Healing Our Violence Through the Journey of Centering Prayer* with Frs. Thomas Keating and Richard Rohr. It was the first time that Contemplative Outreach and the Center of Action and Contemplation co-sponsored an event. You may view some photos of the event on our website, [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org).

*Divine Love: The Heart of the Christian Spiritual Journey—Part V* of the Spiritual Journey Series received rave reviews. In fact, many individuals purchased a set of tapes to have for their own to watch over and over again. The tapes are filled with inspiration and openness to the contemplative journey.

Our Annual Conference held in Nashville in October had an excellent turn out. The conference attendees went away enriched by their experience. Our Annual Conference 2003 is being held in San Diego, CA, September 24th to the 28th, 2003 at the Shelter Pointe Hotel and Marina. Mark your calendar now and plan to join us.

The United Day of Prayer is scheduled for Saturday, March 15, 2003 and we will feature a new video tape by Fr. Thomas Keating entitled: Reflections on 9/11 (see page 12). This day celebrates the global network of Contemplative Outreach with silence, centering prayer and enrichment opportunities.

Our calendar of events is filled with opportunities for growth in the contemplative journey. Retreats of various lengths are being held through-out the world in order to support your commitment to Centering Prayer. Why not refresh your spirit and treat yourself to retreat in 2003?

Our website is a wonderful source of updated information. We are in the process of giving our website a new design. Visit us frequently and watch our progress and let us know what you think—[office@contemplativeoutreach.org](mailto:office@contemplativeoutreach.org).

We have two new interesting resources being developed by members of Contemplative Outreach, a universal calendar/planner with quotes from Fr. Thomas and a daily reader for contemplative living based on the work of Fr. Thomas as well. Check the Spring/Summer edition of the newsletter for the ordering details.

We held a Coordinator Servant-Leadership Formation at St. Meinrad Monastery in Indiana this summer. This is a new course especially designed for coordinators, contact persons and leadership team members. If you would like to know more about it contact: Susan Komis, 888-350-5088 or email her at [susankomis@earthlink.net](mailto:susankomis@earthlink.net). See photos of this event on our website.

As we settle into the seasons of Thanksgiving, Advent and Christmas may God shower you with gratitude, healing and resplendent light.

With a grateful spirit,

*Gail Fitzpatrick-Hopler, President*

## **Reaching Out to the World An Invitation to Generosity by Fr. Carl Arico**

Here is some more exciting news. We have quietly been launching a new initiative entitled *Contemplative Outreach: Reaching Out to the World—An Invitation to Generosity*. The plan is three fold.

To revitalize the spiritual network in living and sharing the vision of Contemplative Outreach Ltd.

To lay a foundation for on-going and future financial support.

To launch a capital campaign for \$2,500,000 over a three to five year period to meet the growing needs of our global network.

Now here is the unbelievable good news—we started the quiet phase of this campaign in September 2000. This involved the Board of Trustees, the Campaign Steering and General Campaign Committee, the Voting Members and in 2001 three special Chapter fundraising events in St. Louis, Orange County, NY and Chicago. As of this time we have through pledges, contributions and grants, commitments amounting to over \$1,200,000.

Our plan is to continue our gentle approach by inviting all members and chapters to participate. For those who have already participated—many thanks. For those yet to be approached, we ask you to have an open mind and open heart. Our plan is to keep you updated in our future newsletters.

If you would like to hear more about our adventure, please contact our campaign co-chairpersons, Cathy McCarthy, [cathymc@frontiernet.net](mailto:cathymc@frontiernet.net) or 845-778-2102 or me, Fr. Carl J. Arico, [carl@coutreach.org](mailto:carl@coutreach.org) or 973-838-3384 and we will be very happy to talk with you about our hopes and dreams.

### **Attention Southern California — Mark Your Calendars**

In November 2002 our Contemplative Outreach family is hosting two marvelous fundraiser events with Fr. Thomas Keating, Gail Fitzpatrick-Hopler and Fr. Carl Arico.

— Saturday afternoon on November 23rd at the new Cathedral of Our Lady of the Angels in Los Angeles.

— Sunday afternoon on November 24th at Mission San Diego de Alcalá in San Diego.

Carve out the time to come to see us.

# Reflections on Ecumenism

by Ellen McCormack

In the audio tape *The Good Samaritan*, Fr. Thomas Keating says in his homily, "Jesus' message is that barriers have to come down. There is a single oneness to the family of God. As St. Paul writes, 'There is no Jew, Greek, no slave or free, no male or female' and Keating adds, "no Christian denominations, not to mention there are no other religions, in this deep sense of the word, of God's fatherhood. It is these barriers, most of which are created by us for our self preservation or defensive purposes, that prevent the world from moving into the fullness of the gospel message which is that this human family is more one than separate." Fr. Keating goes on to speak of distinctions, not divisions, where there is unity amid diversity.

As a Roman Catholic lay woman who does ministry in an ecumenical setting at East Liberty Presbyterian Church in Pittsburgh, I interpret life as becoming and living our fullest potential, or true self, in Christ. When we focus on this reality, we are not as preoccupied by our false self programs for happiness that dominate and stifle our everyday lives.

What can you and I do to help facilitate bridging the ecumenical gaps between all associated with Contemplative Outreach? The bottom line is communication. How do we speak? What language do we use when we are together? Is our language inclusive and respectful? Do we ask one another what our particular experience is of our spiritual journey from both sides of the fence? Unwittingly, as people share, our differences will spill out. Differences that are expressed in a positive way can enrich and broaden the

experience of all. The power and presence of the Holy Spirit unites people. I believe this is another aspect of what Keating calls the "miracle of God's love!"

Contemplative Outreach leaders must empower others to be good stewards of the treasure that has been recovered and reclaimed: living the contemplative dimension of the gospel. I have a vision of a new Pentecost emerging within the Chapters of Contemplative Outreach! Small ecumenical Centering Prayer groups in chapters who would gather periodically to celebrate our Contemplative Outreach vision statement. These gatherings could be hosted at different denominational churches, yet each group would contribute to the gathering. The host church would coordinate with other Centering prayer groups as to the program for the day. This was successfully done by the CO-Ohio chapter at which members of the Presbyterian church that I serve attended.

I am able to honor my Roman Catholic tradition and respect the denominational differences of my Protestant brothers and sisters whose friendship has broadened my Christian horizons. Let Contemplative Outreach be a living example of how Christians can live in unity because God is our focus, not denominational differences. Perhaps this is another aspect of the "miracle of God's love."

Reprinted from the *Coordinator Communication Committee Communicator* newsletter, May 2002, p. 3.

## God's Hands on Earth

The network of Contemplative Outreach spans across the world and is intricately woven together by volunteers, without which the work of Contemplative Outreach could not be done. These grace-filled individuals live each day giving reality to the vision of living life sustained by the contemplative dimension of the Gospel. Contemplative Outreach is teeming with volunteers who unselfishly share their time, talents and insights with others who are seeking a deeper relationship with God, serving as small group facilitators, presenters, contact persons and in countless other ways. We thank God for each and every one of you and we send you our heartfelt gratitude and blessings.

## Do You Have a Story to Share?

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

## Corrections

"A Prayer After Silent Prayer" on page 3 of the last issue of *Contemplative Outreach News*, Volume 16, No.1, should have been credited to Edward M. Hays. The prayer is from his book, *Prayers for a Planetary Pilgrim: A Personal Manual for Prayer and Ritual*, p. 103, Forest of Peace Publishing, Leavenworth, Kansas.

# The Announcement

by Debbie Harmon

It's amazing how one little piece of paper can completely change your life. I was led to such a piece of paper at the age of 29. Until that moment, I had only flirted with God. I never took religion or spirituality all that seriously. I wasn't even aware enough of the concept of "spirituality" to know that it was something one could take seriously. Yet for some inexplicable reason, in the years preceding the discovery of this piece of paper, I dabbled in going to mass. I even experimented with a Returning Catholics group. I read too. I read M. Scott Peck, St. John of the Cross and Dostoevsky. The Dark Night of the Soul and Christian mysticism intrigued me. For the life of me, however, I had no idea "how" John of the Cross "did" this Dark Night thing. All of these dabbings I did sporadically, over the course of several years.

Then one summer (1991), while studying Russian at Middlebury College in Vermont, I happened to hear a homily at a local church in which the priest mentioned that there were many forms of prayer. That blew my mind. I had no idea that there were ways of praying other than saying the "Our Father" and "Hail Mary" or asking God for help. The priest suggested saying a simple little prayer—to tell God I love Him. It felt strange, awkward and a little silly, but I followed his suggestion. Still, I was intrigued to know what he meant by other forms of prayer. I had to let it go for the moment, yet the question lingered with me.

That fall I returned to doctoral studies at the University of Oklahoma in Norman. I still struggled with going to church. I didn't have a car and it was stressful for me to get to church riding my bike. I'm not sure why I went—if it was guilt or some sort of inexpressible need. But I went.

One Sunday, not too far into the fall semester, I rode my bike to a local church, St. Joseph's. It was raining that morning, pouring really. And I did not have the proper gear to be riding a bike in the rain. Something unknown, stubbornness perhaps, made me go anyway. By the time I arrived, I looked a sight, I'm sure. Mud dripping from my pant legs, hair drenched with rainwater. St. Joseph's was a church that ministered to the middle and upper middle class. Several curious looks were cast my way. I felt like a misfit and as if I truly did not belong there. But I stayed and I took home a Sunday bulletin. In it was a small announcement for a Centering Prayer group held at the Archdiocese of Oklahoma City, in Oklahoma City. I didn't know what this prayer was all about, but I knew I had to check it out. It seemed to be the "more" I was looking for. One of the other ways of praying to which the priest in Vermont had referred. I was plagued with doubt and fear. Doubt because this couldn't really be all that important for me to give up much needed study time in order to pursue it. I couldn't really justify doing this. Fear because I had no car and in order to get to Oklahoma City I would have to call people I'd never met before and beg for a ride to the meeting. I would have to ask for help, something I was loath to do. Only God knows, and God certainly does know, what made me overcome, or ignore, my doubt and fear. But I did. I got a ride from a very nice older woman and went to my



first Centering Prayer meeting located on the grounds of the Archdiocese of Oklahoma City. I thought this was going to be an informational meeting; I was going to learn about the method of Centering Prayer. As it turned out, shortly after the meeting began, we dove right into 20 minutes of silence. Thoroughly clueless about it all, I had no idea what was happening. Thoughts ran through my head like steam engines. It was agony. I felt like I was flailing about in rough waters without a rudder, without an oar. No navigational devices. I was aware of much tension in my head. It gave me a headache.

Afterward there was a sharing period—testimonials about how this prayer had changed people's lives. I listened. It was a whole new language to me. Spoken in a whole new tone. These people seemed to be peaceful like no one I had ever met before. And depth. There was so much depth. Then we watched a video by Thomas Keating, one of the Trappist monks who founded this method of prayer. As I watched this animated, bald monk talk about this prayer, I soaked it in. I didn't entirely understand what he was talking about, but I knew I wanted what he had. I didn't care how many headaches it might give me or how few navigational devices I had. He spoke to me as church and mass and priests before him never had.

Healing had taken place. Although I could not have named it healing then. I had been touched. I just knew, inwardly, that I desperately needed this in my life. A great hole in me had been uncovered—a hole I did not know was there before. And out of this hole came forth a great hunger for the spiritual life, for spiritual things, for spiritual sustenance. Out of this hole came a desire for holiness. This prayer changed my life. It brought me back to God. More amazingly, it brought me back into the church. No more flirting. No more dabbling. I was serious now. This prayer breathed life into the mass for me—it breathed life into everything. It totally changed the direction in which I had been looking for happiness. Within a year I would leave graduate school unfinished, return home to Milwaukee and devote the next eight years of the journey to "catching up" on my spiritual life. My hunger was beginning to be fed.

For years after this I found myself reading Sunday bulletins faithfully. I'm not sure why. It was as if I was looking for something special in them. It finally dawned on me recently that there really was no practical reason for me to continue looking in the bulletins. I think I kept pouring over those bulletin announcements as a way of commemorating that one special announcement. Because of that one special little announcement, I had already found the "better part" as Mary had sitting at Jesus' feet.

*Debbie Harmon is a graduate student at the Institute of Pastoral Studies at Loyola University Chicago. She is halfway through a dual degree program for a Master's Degree in Pastoral Counseling and a Master's of Divinity. Debbie is a trained presenter of the Centering Prayer Introductory Workshop and has been involved in Contemplative Outreach both in Milwaukee and Chicago.*

# A Conversion to Silence By Renée Bennett

When I recently returned from our annual ten day Intensive/Post Intensive Retreat at Il Ritiro in Dittmer, Missouri, my husband, who is not a Centering Prayer practitioner, asked me, “Didn’t you get incredibly bored?” “Not at all,” I answered—but how could I ever begin to make him understand the evolution of my personal “conversion” to silence?

Extended retreats are a key component of the Contemplative Outreach Ltd. program prescribed by Fr. Thomas for those beginning this contemplative journey in his *Ongoing Process Formation in Centering Prayer and Its Conceptual Background* booklet. In his “Process of Formation” at least four main elements can be found: 1. Conceptual Background 2. (what I call the...) “Body of Christ” Experiences 3. Deepening Experiences 4. Formation for Service (as an Outgrowth of the Prayer).

The Conceptual Background includes all the presentations offered by Contemplative Outreach, Ltd. which provide the necessary intellectual background, including information on prayer as relationship; thoughts as a normal, integral part of Centering Prayer; the human condition (including our emotional programs for happiness, or energy centers—the constituents of the “false self” system); and the Christian model for transformation. Series such as *The Spiritual Journey Videos*, *The Living Flame*, and *The Cloud of Unknowing* explain these conceptual elements of our journey.

The “Body of Christ” element includes the small faith community experience: our communal Centering Prayer and Lectio Divina sessions, our contemplative liturgies, our prayer groups...all opportunities to come together as the Body of Christ in solidarity with similar prayer communities around the world.

Deepening experiences include Days of Prayer, Weekend and Extended Retreats (Intensive, Post

Intensive, and Advanced).

Fr. Thomas has said that one can accomplish more in an Intensive

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*“Didn’t you get  
incredibly bored?”*

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Retreat than in many months of the daily Centering Practice. Why is this so? For many reasons: a retreat deprograms our cultural conditioning about what is really important and the way we should spend our time; a retreat breaks the tyranny of our culture’s frenetic pace: we really “slow down.” And, yes, on a retreat we may have to face some of our “demons,” those un-Christlike aspects about ourselves that we usually keep at bay by being too “busy” to notice. (So a retreat is not always a time of extended bliss!) But most important of all, a retreat gives an opportunity to have long enough periods of silence that we can sink deeply into the presence of the Lord.

Perhaps a little personal testimony can make this clearer. At this point in my life I have attended several “Intensives,” several “Posts” and one “Advanced” retreat. Yet it has taken me this long to come to a fuller appreciation of their value. Many may chuckle to learn that I brought to my first Intensive two suitcases: one for my clothes and the other for a least a dozen books and notepads. Still in my “graduate school mode,” I figured that if I was going on a spiritual vacation for ten days, I’d be able to read all the non-course material that had accumulated! On my next retreat, I gave Susan Komis a good laugh by

showing up with my TV/VCR combination! At that time I was transcribing the *Spiritual Journey* videos. It seemed logical that since the topic matter was spiritual, I might as well get some work done! I’m sure Susan must have been asking herself, “What is it about the words “silent retreat” don’t you understand, Renée?” And that is exactly the point. At that time I did not grasp the meaning of true silence. Annette Stamm is another person in my area who helped me to understand silence through her wise comments at retreat meetings, her personal example, and her extensive experience in facilitating retreats. (We don’t have to travel this journey alone. We can travel it with wise companions who exemplify the Fourth aspect of Fr. Thomas’ program, Service as an Outgrowth of the Prayer.)

This summer’s retreat was a watershed experience for me. I now realize that it is possible to walk into a retreat without electronic equipment and even books! An extended retreat is an opportunity to practice “the sacrament of the present moment”, moment by moment, for an extended period of ten days. But this involves an understanding we come to through our Conceptual Background which reveals that being created in the image of God means that God is the very foundation of our being. At every nanosecond of our existence God breathes us into life. In a retreat, we can make ourselves totally available to our God, moment by moment. We are able to realize at each instant: **God is here. God is now!**

It is to living our entire life in this realization that our Centering Prayer practice, our on-going training in the “school of consent,” leads. All of the retreats offered by Contemplative Outreach shepherd us to this realization by providing us the space and the time to practice, in an “intense” way, the sacrament of the present moment—to be converted to the true meaning of silence.

# The Spanish Corner

by Ilse Reissner

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

We had our second Spanish Formation for service here in Orlando the week of July 21st. We had an incredible group! Only the Holy Spirit could have possibly put this together! We invited Leila from El Salvador, Raul from Puerto Rico and Judith & Julio from Mexico to join our team and receive the training to conduct the workshop in the future at their locations. There were three more people from each country as participants, including a priest from Mexico, Fr. Luciano Villanueva. We also had Spanish-speaking participants from California and Florida. A total of 16. We put our effort in and the Lord blesses it. It pops up here and there and grows, and in turn bears fruit, and so on and on and on. After the workshop, the International Contact persons stayed an extra day. Gail Fitzpatrick-Hopler flew in especially for this meeting with the Board members of Extension Contemplativa. We had a very productive session and put together a plan for the next three years.

Our recent pilgrimage with Fr. William Meninger, "In the Footsteps of St. Paul," that included Greece, Turkey and a cruise visiting certain Mediterranean islands like Patmos and Rhodes, was an awesome experience! Look for our next pilgrimage in the next Bulletin, or at the October Annual Meeting — it will most probably be in the fall of 2003.

## Books in Spanish

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

### Libros disponibles en Español (Books available in Spanish):

#### By Fr. Thomas Keating

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

#### By Fr. William Menniger

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|--------------------------|------|
| Buscando a Dios Con Amor | \$10 |
|--------------------------|------|

#### By Sr. Mary Margaret Funk

|                   |      |
|-------------------|------|
| El Corazón en Paz | \$15 |
|-------------------|------|

### Cintas y Grabaciones en Español (Audio Cassettes and Guidebooks available in Spanish)

Travesía Espiritual (Spiritual Journey) by Fr. Thomas Keating  
Serie I: Sesiones 0-5; II: 6-11; y III: 12-17

|                                       |      |
|---------------------------------------|------|
| Estuches con 6 cintas audio por serie | \$18 |
| Libros Guía                           | \$12 |
| Juegos de 6 Cintas Con Libro Guía     | \$25 |
| Grabaciones Cántico Jerusalén: CD     | \$ 7 |
| Audio                                 | \$ 4 |

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



## Contemplation

BY RUTH HOPPIN

Alone in the silence, I am blessed  
Grant O God, my soul find rest  
And prayer fulfill its ancient quest:

To flee dominion of earthly thought  
Stand where angels are Spirit-taught  
For there most wondrous deeds are wrought

Such deeds as shape reality  
That lame may leap and blind may see.  
Nor leave the captive less than free:

To hear the most exalted word  
That once the stars, inchoate, heard  
And formed a blue, celestial world—

Resounded once in village streets  
In human hearts, and still entreats  
In wave on wave of history.

Alone in the silence I would stay  
To seek my God and find my way.

# Updates Fall/Winter

## Atlanta, Georgia

Contemplative Outreach—Atlanta held their first conference on “Visioning a Future” at the All Saints Episcopal Church in Atlanta. Thirty people from five Christian church denominations participated with Susan Komis, Chairperson of the Coordinator Communication Committee, who facilitated members in forming a plan of support and outreach to persons wishing to pray Centering Prayer. Fr. Basil Pennington joined the afternoon session as we brainstormed ways of strengthening Centering Prayer in our region. Since Fr. Basil’s arrival at the Holy Spirit Monastery last year he, along with three other monks, has taught monthly Centering Prayer Workshops. As a result, we now have 350 names of persons in Georgia who have attended workshops. Our prayer groups have increased from four to eleven in one year with requests for more in Catholic, Episcopal and Presbyterian churches. The cities of Savannah, Albany, and small communities in North Georgia are also receiving workshops and are in the process of setting up prayer groups. Vernon and Mary Joyce Dixon are serving the North Georgia region and will go anywhere in the state of Georgia upon request to give workshops. In April, four of us attended the Basic Facilitator’s Workshop conducted by Bonnie Shimizu in Cullman, Alabama. In July, our Regional Coordinator and a member of our steering committee attended the Coordinator’s Leadership Training at St. Meinrad’s, Indiana. Hopefully by fall 2002, we’ll have a website and start sending out a newsletter. We are grateful to all who participate in supporting our efforts, both by their assistance with our programs and by their generous contributions.

## **Transformation for Everyday Life... A 40 Day Live-In Experience**

To meet the needs of long term Centering Prayer practitioners who want to share and grow in an extended community environment and experience. This Live-In Experience uses the luxury of 40 consecutive days as a unique training period for living the depth, breadth and length of the contemplative journey in everyday life. New teachings on the refinements of Centering Prayer and the impact of contemplative practice for your human experience and journey will be explored. There will be periods of structured retreat silence and solitude included, yet because the focus is on transformation for everyday life, the schedule will be more subtle and dynamic than having continual days of retreat. The Retreat Center allows for an environment of solitude and community, silence and dialogue, retreat and rest, and some on and off-site recreation. The staff will be Fr. Thomas Keating, David Frenette and Cathy McCarthy who draw from their backgrounds with live-in experiences at Chrysalis House and the recent 21-day Immersion Retreats.

Date: October 6-November 14, 2003

Place: St. Benedict’s Monastery, Winnipeg, Canada

Website: [www.mts.net/~stbens/](http://www.mts.net/~stbens/)

Cost: \$2900 USD

For information and/or application, please contact Cathy McCarthy, 257 St. Andrew’s Road, Walden, NY, 12586, 845-778-2102; Email [cathymc@frontiernet.net](mailto:cathymc@frontiernet.net).

## Central Florida

Central Florida mourns the departure of Jacquie Brinkman from this life on May 29, 2002 and celebrates her passing into life eternal. Jacquie was active in Centering Prayer long before she moved to Central Florida. She was the Contact Person for Volusia County and facilitated prayer groups in New Smyrna Beach and Port Orange. After completing the Nine Month Course, The Practice of Contemplative Living at Chrysalis House, she assisted Barbara Rietberg in offering the course in South Florida and was instrumental in making it available in Central Florida. Jacquie touched the lives of many people by her presence and spiritual practices. As ongoing spiritual formation for the graduates of the Nine-Month Course and for those who had long-established practices of Centering Prayer, Jacquie planned an Enrichment Weekend with Fr. Thomas Keating on July 5-7, 2002. This retreat brought together people from all areas of Florida, as well as a few from out of state, and filled the entire San Pedro Retreat Center to overflowing. *Thanks, Jacquie.*

The Formation for Contemplative Outreach Service was held in July at the San Pedro Retreat with six participants attending. Therese Saulnier, Coordinator of New Jersey CO, led the workshop with Basha Perez assisting. A 5-Day Retreat is scheduled for April 29-May 1, 2003 with David Frenette entitled “Integrating Centering Prayer Into Daily Life.” The Federal Prison in Coleman, Florida has weekly Centering Prayer groups in the women’s camp and the men’s medium complex thanks to the generosity of Kay Hill and Mary Ann Blaubach who facilitate both groups. The women’s group has been active since November 2001 and men’s group since April 2002. Support and encouragement also comes from Chief Chaplain Fr. Tom Hereford, who attended a 10-Day Intensive Centering Prayer retreat in Miami this past June and attended the Enrichment Retreat with Fr. Thomas Keating at Winter Park in July. The excitement continued when Fr. Keating visited the prison and spoke to the female and male inmates. Both groups were honored by his presence and inspired by his words. They are very grateful to Contemplative Outreach volunteers for making Centering Prayer available to them and supporting them in their practice.

Kay Hill 352-326-8676, [Kayhill@gate.net](mailto:Kayhill@gate.net)

## Denver, Colorado (CO of Colorado)

We open our center poised for another banner year. The highlight of our fall class schedule is *Divine Love: The Heart of the Christian Spiritual Journey (Course V)*, the final five tapes of the *Spiritual Journey Series—Courses I-III* and the *Advance Course—Course IV* in the spring. We anticipate record-breaking enrollment again this year. The Spirit is really touching people so we will accommodate as many as possible. September marked the start of our fourth offering of *The Course: The Practice of Contemplative Living (The Nine Month Course)*. As is our tradition, Fr. Thomas Keating was the featured speaker for a mini-retreat in October. In September and October, we scheduled a Half Day of Prayer, followed by an Immersion Experience in November and a Weekend Intensive Retreat on December 6-8 at Sacred Heart Jesuit Retreat Center. A five-day retreat is in the works for the spring, in addition to weekend intensive retreats in February and June. Our 2002 Annual Conference was attended by 640 people, the largest turnout ever! We are storming heaven for inspiration to make our 2003 Annual Conference (March 22, 2003) an extra special event as it occurs during Lent. We continue to have noonday Centering Prayer on Tuesdays, Wednesdays and Thursdays. The staff and I are truly blessed to offer our Center for Contemplative Living to those seeking to experience the Divine Presence in their lives through Centering Prayer.

**Sr. Bernadette Teasdale, 303-698-7729**

*Continued on next page*

# Updates Fall/Winter continued

## GHANA, West Africa

The Centre for Spiritual Renewal (CSR) is at the edge of Kumasi, the second largest city in Ghana, the home of the Ashanti people. The centre is a place of beauty and refreshment for the many religious sisters, priests, brothers and laity. Both African and expatriates come to be refreshed and renewed spiritually, physically and psychologically. I spent ten months in Kumasi, Ghana at the CSR in 2001 and 2002, and spent six weeks there in 2000. I was invited to give an Introductory Workshop on Centering Prayer in 2000 and found the people open and eager for this form of contemplative prayer. When I returned in August of 2001, I found several people still very involved in the practice and longing to experience more. This past year three Introductory Workshops were held and the follow-up sessions were offered. There are many people in Ghana united in prayer daily with their brothers and sisters in other parts of the world.

My plans are to return to Ghana early in 2003. I will continue to offer the Introductory Workshop and there are plans to offer a 5-Day Intensive Centering Prayer Retreat in the spring of 2003. The dates will be determined by the sisters/religious/laity as the coordinate their calendars with school breaks and other commitments. There is an open and receptive attitude, in fact deep desire, for this prayer form. I often introduce it to people who are making individually guided 8-Day retreats.

Providing video material and books is one of our greatest challenges. Our video materials are limited, but we are in the process of expanding them with some help from Contemplative Outreach, Ltd. We are building a library of books available for lending as well as having books available for purchase. The Church is growing all over Africa and this prayer form is a great enrichment for those seeking a deeper relationship with God. Keep Ghana in your hearts and prayers.

**Sr. Therese Jacobs former C.O. Contact for Mississippi**

## Guam

Our Intensive Centering Prayer Retreat was scheduled for July 8 to 12, 2002. The typhoon season was upon us. We had a big one (Typhoon Chata'an) on July 5th. The whole island went without water and power for weeks. We were very fortunate that in our convent where Our Lady of Kamalin House of Prayer is located, our water never ran out. This prompted us to continue to retreat, even without power. So we started as scheduled, with nine of us present, with no power to view the Part 3 video of *The Spiritual Journey Series*. I outlined the tape transcription and made copies in places that had generator power. This is how we managed with our lecture part.

At noontime of the 9th, another typhoon was seen approaching Guam and the National Weather Service declared typhoon conditions for the entire island. That's when some of the participants needed to go to take care of their families and homes. Those of us who are single continued throughout this second typhoon (Typhoon Halong). On July 12, when it was deemed safe to go back in the streets, all the participants came back and continued with the retreat the whole day. We did Centering Prayer, Lectio Divina, lecture and a reconciliation service. At 4 p.m. we had Mass and dinner, sharing our experiences of everything that had happened to us. We all felt the presence of God in us, in spite of everything that besieged our island. We left very happy and fulfilled.

**Sr. Bernadette Marie Leon Guerrero, 671-632-2384**

## Louisville, Kentucky

The first Intensive Centering Prayer Retreat at the Abbey of Gethsemani, with Gail Fitzpatrick-Hopler and Ruth Dundon as leaders, was Spirit filled for the participants and for the monastic community. In May, Susan Komis, Chairperson for CCC, presented a Leadership Formation Workshop for our chapter. With her direction we are moving to form a Leadership Team. On October 26, Fr. Carl Arico provided

an Enrichment Day for us with the topic, The Power of Silence. Following this he gave The Taste of Silence mission to St. Catherine parishioners in New Haven, KY.

**Jean Johnson 502-549-3122, [jeanj@centeralky.com](mailto:jeanj@centeralky.com)**

## San Antonio, Texas (COSA)

As one of the youngest chapters in the Contemplative Outreach family, we have made strides both great and small in our attempt to become an effective chapter. We began by looking to Dr. Homer Bain's leadership and experience as our coordinator. He is ably assisted by **Tina Balderrama, who is our chapter contact through the following email address: [banit@satx.rr.com](mailto:banit@satx.rr.com).**

Our long strides include hosting a three-day event featuring Fr. Keating, implementing a follow-up program and hosting a Facilitator Training workshop. In July 2001, we co-hosted a three-day event at St. Mary's University. Nearly 1,700 people attended. We used the momentum from the seminar to establish a follow-up program to encourage local congregations to establish Centering Prayer groups. In October 2001, we hosted our first Facilitator Training workshop, which attracted nearly 50 participants from across Texas. Bonnie Shimizu led the three-day workshop in San Antonio.

Our smaller and currently ongoing strides include developing our chapter leadership structure. We continue to support the development of new small Centering Prayer groups as the Spirit leads. Currently, we have more than 12 small groups in our area. We have appointed a small group coordinator, Sara Henderson, to provide support through communication and other resources as needs are identified.

COSA now works closely with the Omega Retreat Center in nearby Boerne, TX at the Benedictine Monastery. Nearly 50 persons signed up for our first three-day Centering Prayer retreat last spring. Several Centering Prayer retreats are currently on the schedule. (See the National Calendar of Events listed elsewhere in this newsletter for specific dates and times). Sr. Mary Agnes Zinni, OSB, the Spirituality Programs Director, welcomes anyone who is interested to join us.

COSA, together with Fred Eckart of CO-Houston, continue to nurture and mentor areas in Texas which have yet to form CO chapters. Some of those places include Corpus Christi, Brownsville, Laredo and the Texas Hill Country.

In keeping with this year's theme "Ecumenism: Our Common Search for God", Fr. Keating is making plans for the following multi-faith events in Texas in 2003. His first stop will be Corpus Christi on Thursday, February 27th for a two-hour presentation. Next, on Saturday, March 1st, Fr. Keating will lead a one-day Centering Prayer workshop in San Antonio at the newly built St. Brigid's church. We hope to use its full capacity to seat over a thousand people. On the following day, Fr. Keating has accepted an invitation to speak to the Fredericksburg Ministerial Alliance. Further, on the evening of March 2nd, Fr. Keating will co-host, with his long time friends and vineyard owners, a lovely Hill Country dinner for 60 persons set in the old winery. We are happy to announce that most of the profits from the above events will go to support Contemplative Outreach, Ltd. Bye for now. Be sure to come see us real soon, you hear?

**Timothy Koock, Contemplative Outreach Liaison**

## St. Louis, Missouri

Greetings from Contemplative Outreach of St. Louis. You find us in our 13th year of continuous service. Please check us out on our website, [www.centeringprayerstl.com](http://www.centeringprayerstl.com). So far this year we have had our second Formation for Service, and begun our sixth year of doing the Spiritual Journey Video Series.

*Continued on next page*



# Updates continued

## St. Louis Missouri continued

The United Day of Prayer has become a special annual event to honor our Contemplative Prayer Communities. Our Lectio Lenten Retreat, led by Susan Komis, was a very special spiritual experience. We are about to have Fr. Carl come to do a Lectio Intensive/Post Intensive Retreat. Other ongoing programs include our Six Silent Saturdays and our Ongoing Spiritual Formation, which is held four times a year and is directed to Prayer Groups, addressing such themes as "Lectio Divina," "Stages of Prayer as Related to Faith Development," and "Stages of Groups to Maturity." In September, David Frenette did a special retreat for us: "Integrating Centering Prayer in Daily Life." We also had a Special Presentation with Dr. Larry Berarducci, Diane Guerra and Matthew Flatley entitled "Nurturing the Center" which focused on how our food choices affect our personal health; the sacred elements of food and mealtime community and how Centering can help us live a life of abundance. In October, Fr. Bill Sheehan did our fall weekend retreat on "Spirituality and Sexuality." In November, we will have another Special Presentation when Brother Wayne Teasdale comes to speak to us on "The Mystic Heart." We conclude our year this December with our third Twelve Step Retreat and our NTN (Nourish the Nourishers) Leadership Team retreat. Needless to say this schedule keeps us very busy...and a good motto for us might well be: "We Exist to Serve!"

## St. Paul, Minnesota (CO of MN)

In January, 2001, dozens of volunteers rolled up their sleeves to create one cohesive program that would combine all Centering Prayer activities and resources throughout Minnesota. A core group was formed (representing the four corners of this big state) and a newsletter was created (communicating information about core group activities). Eighteen months later, we're happy to report that the Minnesota's Contemplative Outreach Program is firmly established and offering dozens of enrichment opportunities to Minnesota's Centering Prayer community. The newsletter—designed to deepen understanding of the Centering Prayer practice—has grown to include 500 readers. And the core group has been meeting regularly to share resources and plan programs (almost 100 since it was formed). Most recently, for example, David Frenette came to the Benedictine Center of St. Paul's Monastery in St. Paul, MN in April to lead an inspiring five-day "Centering Prayer Formation Retreat" for about a dozen attendees. Last May, Fr. Carl Arico shared his humor and wisdom with about 50 people, when he presented a one-day seminar on "The Dark Nights of St. John of the Cross" at St. Scholastica Monastery in Duluth, MN. To celebrate how far we've come, the Minnesota Contemplative Outreach Program sponsored a day-long retreat on September 21 at the Benedictine Center of St. Paul's Monastery. Participants learned how to "Live Contemplatively in a Busy World" from Christian and Buddhist teachers who shared their unique—and similar—perspectives. Our core group continues to assess the needs of the practitioners throughout the state and to develop programs that will enrich their spiritual lives.

**Kathleen Lindstrom, Editor, Minnesota Contemplative Outreach News**

## Walden, New York (CO of Orange County)

Hello everyone from *St. Andrew's Retreat House in Walden*. We have just completed our *third* 21-Day Centering Prayer Immersion Retreat and are having our *first* Immersion Renewal Retreat in January 2003. The next 21-Day is May 24-June 13. In September 2002, we had our *first* follow-up to the Nine Month Course—Part II: A Deepening of Contemplative Living. The members of the Contemplative Living Communities met with Fr. Thomas on October 20

following our Day of Enrichment, October 12. We continue to meet our five-year pledge to Contemplative Outreach. We are beginning Part III of the Spiritual Journey videotapes with one local parish, and Part I with another. We continue to be grateful to God for all the people who support our retreats and programs, and for the privilege of serving God and others in and through Contemplative Outreach.

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

## Westchester, New York (CO of Westchester)

God's blessings keep flowing, touching and inspiring us to do new things and offer more workshops. This year we instituted a monthly prayer meeting which takes place the third Saturday of every month at St. Patrick's in Armonk. It's truly a day of renewal which begins at 9:30, ends at 12:30, contains two sessions of CP, Lectio Divina and sharing. This fall we gave an Introductory Workshop at Immaculate Conception in Irvington on Saturday, Oct. 26. In the spring, we'll be doing an Introductory in Chappaqua on Feb. 15 at St. John and St. Mary's parish. Our new Advisory Committee is brainstorming creative ideas and we are looking forward to a stimulating year!

**Diane Harkin, 914-423-4888**

## Western Tennessee

Most of our efforts for 2002 have been toward conducting one-day Introductory Workshops and leading the follow up sessions. The Jackson, TN, group hosted a one-day retreat at St. Mary's Catholic Church. They have two active support groups meeting in Jackson. Three people from Jackson attended the Facilitator Training Workshop in Nashville, TN, led by Bonnie Shimizu. Presentations on Centering Prayer have been made at two of the largest Episcopal congregations in Memphis and a one-day workshop was held with one of them.

Following a meeting of the Southeastern Cluster at St. Mary's Benedictine Monastery in Cullman, AL, with Bonnie Shimizu, a Saturday half-day of Centering Prayer was started on the first Saturday of each month at Holy Communion Episcopal Church in Memphis. This was patterned after one that Bonnie led at St. Benedict's in Snowmass, CO. It begins with coffee at 9 am and the first sit is at 9:30, followed by a contemplative walk, a second sit and a silent coffee break. An introduction of CP is led in a separate room and the participants then join the other group for the final sit. Fifteen attended the first session. Bill Clemmons and Sr. Joann Mascari, OP, have been leading it. A second group meets in Memphis at the Dominican Spirituality Center every other Thursday evening.

Norma Moore, convenor of the Jackson, TN group was elected the Coordinator and Contact Person for the Chapter. An active Lutheran in her church, she leads the Stephen Ministry caregiving team and the ChristCare small group ministry there. She attended the training event for Coordinators sponsored by Contemplative Outreach, July 21-28 at St. Meinrad Benedictine Monastery in Indiana. Norma, Sr. Joann, Joy Boller (Treasurer) of St. Mary's Catholic Church in Jackson, and Bill Clemmons of Memphis serve as the coordinating group of the Chapter. They meet two or three times a year to plan events.

For the fall, the Memphis team is planning two Introductory workshops plus the follow up sessions, and will continue the first Saturday, half-day Centering Prayer events. A number of people from both Jackson and Memphis are planning to attend the Day of Enrichment with Fr. Keating in Nashville on October 12.

# AMERICAN MAGNETIC MEDIA PRESENTS

Video and Audio Tape Collection by Contemplative Outreach

1-800-USA -TAPE (1-800-872-8273)

## Tape Series with Fr. Thomas Keating

### The Spiritual Journey Series: (Video Only)

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| Complete Series with Prologue and Parts 1,2,3 & 4    | \$649.74 |
| Complete Series without Prologue - Parts 1,2,3 & 4   | \$599.76 |
| Prologue: (2-Tape Set)                               |          |
| * The Method of Centering Prayer                     |          |
| The Psychology of Centering Prayer                   | \$ 49.99 |
| Part 1: Developing Centering Prayer (6 Tapes)        | \$149.94 |
| Part 2: Model of the Human Condition (6 Tapes)       | \$149.94 |
| Part 3: Paradigms of the Spiritual Journey (6 Tapes) | \$149.94 |
| Part 4: Contemplation - The Divine Therapy           | \$149.94 |

All tapes in the series may be purchased individually \$ 24.99

|   |          |
|---|----------|
| Spiritual Journey Handbooks Parts 1,2,3, or 4<br>(corresponding to each "part" in the series) | \$ 14.95 |
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\* Same Tape

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### Christian Contemplative Heritage - Our Apophatic Tradition -

Locates Centering Prayer in the mainstream of the Christian Contemplative Heritage

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|--|----------|----------|
| Introduction: Origins and Inspirations of Centering Prayer<br>(Fr. Keating, Meninger & Pennington)         | \$24.99  | \$11.95  |
| Set I: *The Method of Centering Prayer and the<br>Psychology of the Spiritual Journey (Fr. Thomas Keating) | \$49.99  | \$32.95  |
| Set II: An Overview of the Apophatic Tradition<br>(Fr. James Wiseman)                                      | \$49.99  | \$22.95  |
| Set III: The Monastic Heritage (Fr. Basil Pennington)  | \$49.99  | \$22.95  |
| Set IV: Women Religious and the Contemplative<br>Dimension (Sr. Jeanne Knoerle and Sr. Patricia Benson)    | \$49.99  | \$22.95  |
| Set V: The Cloud of Unknowing (Fr. William Meninger)   | \$59.99  | \$32.95  |
| Epilogue - Questions and Answers (Fr. Thomas Keating)  | \$24.99  | \$11.95  |
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|---|------------|------------|
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| Tape 5: Lectio Divina Tradition (Sr. Mary Margaret Funk,<br>Gail Fitzpatrick-Hopler, Fr. Bruno Barnhart)                | \$24.99    | \$11.95    |
| Tape 6: Lectio Divina Demonstration &<br>Commentary (Sr. Mary Margaret Funk)  | \$24.99    | \$11.95    |
| Tape 7: Centering Prayer and Lectio Divina<br>(Fr. Thomas Keating)  | \$24.99    | \$11.95    |
| Tape 8: Lectio Divina and the Spiritual Journey<br>(Panel Fr. Thomas Keating, Fr. Bruno Barnhart, Sr. M. Margaret Funk) | \$24.99    | \$11.95    |
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|--|---------|
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### Libros Traducidos al Espanol

Extensión Contemplativa, the branch of Contemplative Outreach serving our Spanish-speaking members, will now be handling the sale of books translated in Spanish, formerly sold by the International Office. See page 7 for a listing of available books. Orders can be placed by calling Maria López at (305) 223-7329.

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- Old Wine in New Skins - Centering Prayer and Systems Theory \$15.00

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- Loving Search for God \$12.95
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- Lectio Divina \$15.95

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#### Handbooks:

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- Journey to Contemplation (8 Tapes) \$35.00
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- The Spiritual Journey Parts I & II*) \$99.95
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| ___ Tape 26: Prayer in Secret: Matthew 6:6                                  | \$24.99  |
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Weekly articles by Fr. Thomas Keating

Information about local events

Locations of Centering Prayer Groups

Information about Centering Prayer resources

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

Email: office@coutreach.org

Phone: 973-838-3384

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# Great Gift Ideas

Hardcover gift editions of *Open Mind Open Heart* (\$19.95) and the Combined Volume, *Foundations for Centering Prayer and the Christian Contemplative Life: Open Mind, Open Heart; The Mystery of Christ; Invitation to Love* (27.95) are now available from Contemplative Outreach, Ltd. See page 11 for ordering information.

## Contemplative Outreach United in Prayer Day

We invite you to join us for our Annual United in Prayer Day on Saturday, March 15, 2003. This day celebrates the worldwide network of Contemplative Outreach united in a single bond of Centering Prayer around the globe. The featured videotape for this day is entitled *Reflections on 9/11* with Fr. Thomas Keating.

If you wish to host the day in your local Contemplative Outreach Chapter, Centering Prayer group, or simply want to participate with a few friends, please fill out the form below and we will send you the videotape, including the format for the day of prayer. The special price of \$19.99 plus \$4.50 for U.S. postage and handling will only be available for the event. After March 15, the tape will be the regular price of \$24.99. The tape is available in the PAL version for foreign countries, shipping will be slightly higher. The video will be available after January 15, 2003.

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# Calendar of Events

## December 2002 — August 2003

### Introduction to Centering Prayer

#### Retreats/Workshops

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

|  |              |  |
|--|--------------|--|
| <b>Conyers, GA</b><br>Holy Spirit Monastery                          | Dec 6-8      | Fr. Basil Pennington<br>Contact: Br. Elias<br>(404) 760-0959                         |
| <b>Beech Grove, IN</b><br>Benedict Inn Retreat and Conference Center | Dec 6-8      | Contemplative Outreach Staff<br>Contact: Leann Boehle<br>(317) 788-7581              |
| <b>Walden, NY</b><br>St. Andrew's Retreat House                      | Jan 17-19    | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102            |
| <b>Pittsburgh, PA</b><br>Tabor House of Prayer                       | Jan 24-25    | Contemplative Outreach Staff<br>Contact: Jane Schmitt, OSF<br>(412) 821-1149         |
| <b>Cullman, AL</b><br>Benedictine Center                             | Jan 24-26    | Contemplative Outreach Staff<br>Contact: Sr. Eleanor Harrison<br>(256) 734-8302      |
| <b>Melbourne, KY</b><br>Moye Spiritual Life Center                   | Feb 1-2      | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 ext. 325 |
| <b>Melbourne, KY</b><br>Moye Spiritual Life Center                   | Feb 28-Mar 2 | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 ext. 325 |
| <b>Walden, NY</b><br>St. Andrew's Retreat House                      | March 21-23  | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102            |
| <b>Encino, CA</b><br>Holy Spirit Retreat Center                      | May 30-Jun 1 | Contemplative Outreach Staff<br>Contact: Sr. Linda Snow<br>(818) 784-4515            |
| <b>Cullman, AL</b><br>Benedictine Center                             | Aug 29-31    | Contemplative Outreach Staff<br>Contact: Sr. Eleanor Harrison<br>(256) 734-8302      |

**Introduction to Lectio Divina Retreats/Workshops**  
Conferences and practice introducing us to the most traditional way of cultivating a friendship with Christ.

No Lectio Divina Retreat dates were submitted for this issue.

### The "Welcoming" Prayer Workshop

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

|   |             |  |
|---|-------------|--|
| <b>Richmond, VA</b><br>Shalom House             | March 14-16 | Contemplative Outreach Staff<br>Contact: Reba Gabel<br>(804) 344-3309/reginfan@aol.com |
| <b>Walden, NY</b><br>St. Andrew's Retreat House | March 28-30 | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102              |

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

The purpose of this weekend is to introduce or expand the experience of Centering Prayer as a part of a daily 12 Step Practice and to stimulate a desire and resolve to practice prayer and meditation on a daily basis.

|  |           |  |
|--|-----------|--|
| <b>St. Louis, MO</b><br>Marianist Retreat Center       | Dec 6-8   | Contemplative Outreach Staff<br>Contact: Matthew Flatley<br>(314) 918-8288 |
| <b>Sublimity, OR</b><br>Silver Falls Conference Center | Apr 25-27 | Donald Masters<br>Contact: Faye Ellingson<br>(503) 307-4481                |

### Holy Week Retreat

|   |  |  |
|---|--|--|
| <b>Venice, FL</b><br>Dayspring Contemplative Center | Apr 11-13<br>Thomas Merton & Holy Week | Fr. Carl Arico<br>Contact: Betty Zania<br>(941) 484-9543                 |
| <b>Walden, NY</b><br>St. Andrew's Retreat House     | Apr 16-20                              | Fr. Carl Arico<br>Contact: Cathy McCarthy<br>(845) 778-2102              |
| <b>Frenchville, PA</b><br>Bethany Retreat House     | Apr 17-20                              | Contemplative Outreach Staff<br>Contact: Nicole Fedder<br>(814) 263-4855 |

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

|  |                                   |  |
|--|-----------------------------------|--|
| <b>Frenchville, PA</b><br>Bethany Retreat Center                   | Dec 6-7                           | Contemplative Outreach Staff<br>Contact: Nicole Fedder<br>(814) 263-4855           |
| <b>Melbourne, KY</b><br>Moye Spiritual Life Center                 | Dec 6-8                           | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 x325   |
| <b>Sedalia, CO</b><br>Sacred Heart Jesuit Retreat Center           | Dec 6-8                           | Contemplative Outreach Staff<br>Contact: Sr. Bernadette Teasdale<br>(303) 698-7729 |
| <b>Manchester, NH</b><br>Joseph House Contemplative Retreat Center | Dec 6-8                           | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493  |
| <b>Walden, NY</b><br>St. Andrew's Retreat House                    | Dec 6-8                           | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102          |
| <b>St. Joseph, MN</b><br>Saint Benedict's Monastery                | Dec 6-8                           | Contemplative Outreach Staff<br>Contact: Sr. Rita Budig<br>(320) 363-7115          |
| <b>Honolulu, HI</b><br>St. Anthony's Retreat Center                | Dec 12-16<br>Fruits of the Spirit | Fr. William Meninger<br>Contact: Cathie Jordan<br>(808) 536-6090                   |
| <b>Manchester, NH</b><br>Joseph House Contemplative Retreat Center | Dec 20-22                         | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493  |
| <b>Walden, NY</b><br>St. Andrew's Retreat House                    | Dec 30-Jan 1<br>New Year's        | Fr. Bill Sheehan<br>Contact: Cathy McCarthy<br>(845) 778-2102                      |

# Calendar continued

## Centering Prayer Weekend Retreats *Continued*

|  |              |  |   |              |   |
|--|--------------|--|---|--------------|---|
| <b>Boerne, TX</b><br>Omega<br>Retreat Center                               | Jan 3-5      | Contemplative Outreach Staff<br>Contact: Sr. Mary Agnes Zinni, OSB<br>(830) 249-3894/816-8471  | <b>Rapid City, SD</b><br>St. Martin<br>Community Center               | Mar 13-15    | Contemplative Outreach Staff<br>Contact: Sr. Marmion Howe<br>(605) 343-2688                     |
| <b>Belo Horizonte, Brazil</b><br>Casa de Retiros São José                  | Jan 3-5      | Fr. Thomas Keating<br>Contact: Sergio de Azevedo Morais<br>55-21-22442970/sdmorais@terr.com.br | <b>Omaha, NE</b><br>Archdiocesan Retreat<br>and Conference Center     | Mar 21-23    | Contemplative Outreach Staff<br>Contact: Eleanore McNulty<br>(402) 333-3819                     |
| <b>Waldoboro, ME</b><br>Wellspring<br>House of Prayer                      | Jan 3-6      | Contemplative Outreach Staff<br>Contact: Adele Millette<br>(207) 832-6263                      | <b>Gold Hill, OR (Near Medford)</b><br>Sr. Rita's Retreat Center      | Mar 21-23    | Contemplative Outreach Staff<br>Contact: Kathleen Muller<br>(541) 412-7913                      |
| <b>Belo Horizonte, Brazil</b><br>Casa de Retiros São José                  | Jan 10-12    | Fr. Thomas Keating<br>Contact: Sergio de Azevedo Morais<br>55-21-22442970/sdmorais@terr.com.br | <b>Encino, CA</b><br>Holy Spirit<br>Retreat Center                    | Mar 22-24    | Contemplative Outreach Staff<br>Contact: Sr. Linda Snow<br>(818) 784-4515                       |
| <b>Manchester, NH</b><br>Joseph House<br>Contemplative Retreat Center      | Jan 10-12    | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493              | <b>Tucson, AZ</b><br>Picture Rocks<br>Retreat House                   | Mar 26-30    | Contemplative Outreach Staff<br>Contact: Jeannie Lashinske<br>(480) 423-1645, lashinske@msn.com |
| <b>Manchester, NH</b><br>Joseph House<br>Contemplative Retreat Center      | Jan 24-26    | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493              | <b>Manchester, NH</b><br>Joseph House<br>Contemplative Retreat Center | Mar 28-30    | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493               |
| <b>Melbourne, KY</b><br>Moye Spiritual Life<br>Center                      | Feb 1-2      | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 x325               | <b>St. Louis, MO</b><br>Marianist<br>Retreat Center                   | Apr 4-6      | Contemplative Outreach Staff<br>Contact: Annette Stamm<br>(314) 918-8288                        |
| <b>Waldoboro, ME</b><br>Wellspring<br>House of Prayer                      | Feb 6-9      | Contemplative Outreach Staff<br>Contact: Adele Millette<br>(207) 832-6263                      | <b>Waldoboro, ME</b><br>Wellspring<br>House of Prayer                 | Apr 3-6      | Contemplative Outreach Staff<br>Contact: Adele Millette<br>(207) 832-6263                       |
| <b>Manchester, NH</b><br>Joseph House<br>Contemplative Retreat Center      | Feb 7-9      | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493              | <b>Winnipeg, Canada</b><br>St. Benedict's<br>Retreat Center           | Apr 4-6      | Contemplative Outreach Staff<br>Contact: Sr. Catherine Labinowich<br>(204) 338-4601             |
| <b>Lacy, WA</b><br>Priory<br>Spirituality Center                           | Feb 14-16    | Contemplative Outreach Staff<br>Contact: The Priory<br>(360) 438-2595                          | <b>Waldoboro, ME</b><br>Wellspring<br>House of Prayer                 | May 2-4      | Contemplative Outreach Staff<br>Contact: Adele Millette<br>(207) 832-6263                       |
| <b>Manchester, NH</b><br>Joseph House<br>Contemplative Retreat Center      | Feb 21-23    | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493              | <b>Lacy, WA</b><br>Priory<br>Spirituality Center                      | May 2-4      | Contemplative Outreach Staff<br>Contact: The Priory<br>(360) 438-2595                           |
| <b>Frenchville, PA</b><br>Bethany Retreat<br>Center                        | Feb 21-23    | Contemplative Outreach Staff<br>Contact: Nicole Fedder<br>(814) 263-4855                       | <b>Lantana, FL</b><br>Cenacle<br>Spiritual Life Center                | May 9-11     | Fr. Bill Sheehan<br>Contact: Sr. Margaret<br>(561) 582-5492                                     |
| <b>Sedalia, CO</b><br>Sacred Heart<br>Jesuit Retreat Center                | Feb 21-23    | Contemplative Outreach Staff<br>Contact: Sr. Bernadette Teasdale<br>(303) 698-7729             | <b>Albuquerque, NM</b><br>Spiritual<br>Renewal Center                 | May 16-18    | Contemplative Outreach Staff<br>Contact: Amata Dawson, O.P.<br>(505) 877-4211                   |
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House                         | Feb 28-Mar 2 | Sr. Juanita Morales<br>Contact: Cathy McCarthy<br>(845) 778-2102                               | <b>Saginaw, MI</b><br>Queen of Angels<br>Retreat Center               | May 16-18    | Contemplative Outreach Staff<br>Contact: Nan Spence<br>(989) 791-7079                           |
| <b>Melbourne, KY</b><br>Moye Spiritual Life<br>Center                      | Feb 28-Mar 2 | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 x325               | <b>McLean, VA</b><br>Dominican<br>Retreat House                       | May 30-Jun 1 | Fr. Bill Sheehan<br>Contact: Sr. Mary Ellen<br>(703) 356-4243                                   |
| <b>Waldoboro, ME</b><br>Wellspring<br>House of Prayer                      | Mar 6-9      | Contemplative Outreach Staff<br>Contact: Adele Millette<br>(207) 832-6263                      | <b>Allenspark, CO</b><br>St. Malo<br>Retreat Center                   | Jun 6-8      | Contemplative Outreach Staff<br>Contact: Sr. Bernadette Teasdale<br>(303) 698-7729              |
| <b>Manchester, NH</b><br>Joseph House<br>Contemplative Retreat Center      | Mar 7-9      | Contemplative Outreach Staff<br>Contact: Sr. Mary Anne Laughlin<br>(603) 627-9493              | <b>Frenchville, PA</b><br>Bethany<br>Retreat Center                   | Jun 25-28    | Contemplative Outreach Staff<br>Contact: Nicole Fedder<br>(814) 263-4855                        |
| <b>St. Joseph, MN</b><br>Saint Benedict's<br>Monastery Spirituality Center | Mar 7-9      | Contemplative Outreach Staff<br>Contact: Sr. Rita Budig<br>(320) 363-7115                      | <b>Manhasset, NY</b><br>St. Ignatius<br>Retreat House                 | Jun 27-29    | Contemplative Outreach Staff<br>Contact: George Gerardi<br>(516) 431-6002                       |
| <b>Sewanee, TN</b><br>St. Mary's<br>Retreat Center                         | Mar 8-11     | Contemplative Outreach Staff<br>Contact: Carol Wray<br>(615) 373-0613                          | <b>Winnipeg, Canada</b><br>St. Benedict's<br>Retreat Center           | Aug 8-10     | Fr. Thomas Keating<br>Contact: Sr. Catherine Labinowich<br>(204) 338-4601                       |

# December 2002-August 2003

## Intensive Centering Prayer Retreats

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

### 5 Day Intensive Retreats

|  |   |   |
|--|---|---|
| <b>Boerne, TX</b><br>Omega<br>Retreat Center                       | Dec 1-5   | Contemplative Outreach Staff<br>Contact: Sr. Mary Agnes Zinni, OSB<br>(830) 249-3894/816-8471 |
| <b>Rapid City, SD</b><br>Community Center<br>St. Martin Monastery  | Feb 5-9   | Contemplative Outreach Staff<br>Contact: Sr. Marmion Howe, OSB<br>(605) 343-2688              |
| <b>Cullman, AL</b><br>Benedictine Center                           | Mar 28-Apr 1  | David Frenette<br>Contact: Sr. Mary McGehee<br>(256) 736-5820                                 |
| <b>Winter Park, FL</b><br>San Pedro<br>Retreat Center              | Apr 27-May 1<br>Integrating C.P.<br>Into Daily Life | David Frenette<br>Contact: Basha Perez<br>(407) 869-0781                                      |
| <b>Dededo, Guam</b><br>Our Lady of Kamalin<br>House of Prayer      | Jun 9-13  | Contemplative Outreach Staff<br>Contact: Sr. Bernadette Marie<br>(671) 632-2384               |
| <b>Boerne, TX</b><br>Omega<br>Retreat Center                       | Jul 11-15   | Contemplative Outreach Staff<br>Contact: Sr. Mary Agnes Zinni, OSB<br>(830) 249-3894/816-8471 |
| <b>New Baltimore, PA</b><br>St. John the Baptist<br>Retreat Center | Aug 11-16   | Contemplative Outreach Staff<br>Contact: Melanie Hankinson<br>(814) 733-2210                  |
| <b>Boerne, TX</b><br>Omega<br>Retreat Center                       | Aug 15-19   | Contemplative Outreach Staff<br>Contact: Sr. Mary Agnes Zinni, OSB<br>(830) 249-3894/816-8471 |

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

|   |                       |   |
|---|-----------------------|---|
| <b>Sewanee, TN</b><br>St. Mary's<br>Retreat Center                      | Jan 5-12<br>8 Day     | Contemplative Outreach Staff<br>Contact: Carol Wray<br>(615) 373-0613               |
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House                      | Feb 11-16<br>6 Day    | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102           |
| <b>Alta, WY</b><br>Alta<br>Retreat Center                               | Feb 16-22<br>7 Day    | Contemplative Outreach Staff<br>Contact: Rev. Sandra Casey-Martus<br>(307) 353-8100 |
| <b>Frenchville, PA</b><br>Bethany Retreat<br>Center                     | Feb 28-Mar 7<br>8 Day | Contemplative Outreach Staff<br>Contact: Nicole Fedder<br>(814) 263-4855            |
| <b>Toronto, ON</b><br>Convent of<br>the Sisters of St. John the Divine  | Mar 10-16<br>7 Day    | Contemplative Outreach Staff<br>Contact: Kate Jackson<br>(416) 226-1829             |
| <b>Beech Grove, IN</b><br>Benedict Inn Retreat<br>and Conference Center | Mar 28-Apr 4<br>8 Day | Contemplative Outreach Staff<br>Contact: Leann Boehle<br>(317) 788-7581             |
| <b>New Haven, KY</b><br>Abbey<br>of Gethsemani                          | Mar 28-Apr 4<br>8 Day | Contemplative Outreach Staff<br>Contact: Jean Johnson<br>(502) 549-3122             |
| <b>Victoria,<br/>British Columbia</b><br>Queenswood Convent             | Apr 4-11<br>8 Day     | Contemplative Outreach Staff<br>Contact: Julie Savas<br>(206) 938-2050              |

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|---|-----------------------|--|
| <b>Cape Town,<br/>South Africa</b><br>Volmoed                     | May 16-23<br>8 Day    | Contemplative Outreach Staff<br>Contact: Sylvia Collier<br>(021) 913-4576        |
| <b>Pacific City, OR</b><br>Nestucca<br>Retreat House              | May 29-Jun 6<br>9 Day | Contemplative Outreach Staff<br>Contact: Hannah Thomassen<br>(541) 767-0832      |
| <b>Winnipeg, Canada</b><br>St. Benedict's<br>Retreat Center       | Jun 20-27<br>8 Day    | Contemplative Outreach Staff<br>Contact: Sr. Catherine<br>(204) 338-4601         |
| <b>Melbourne, KY</b><br>Moye Spiritual Life<br>Center (Main Bldg) | Jul 20-27<br>8 Day    | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 x325 |
| <b>Cullman, AL</b><br>Benedictine Center                          | Aug 14-21<br>8 Day    | Contemplative Outreach Staff<br>Contact: Sr. Mary McGehee<br>(256) 736-5820      |
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House                | Aug 26-31<br>6 Day    | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102        |

### 10 Day Intensive Retreats

|  |   |   |
|--|---|---|
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery               | Jan 14-23<br>Full: Waiting<br>List Only | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964                               |
| <b>San Diego Area, CA</b><br>Vina De Lestonnac<br>Retreat Center | Mar 3-12                                | Contemplative Outreach Staff<br>Contact: Fr. Justin Langille<br>(619) 226-6000                            |
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery               | Apr 8-17<br>Full: Waiting<br>List Only  | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964                               |
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery               | May 13-22<br>Full: Waiting<br>List Only | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964                               |
| <b>Pacific City, OR</b><br>Nestucca<br>Retreat Center            | May 29-Jun 7                            | Contemplative Outreach Staff<br>Contact: Hanna Thomassen<br>(541) 767-0832                                |
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery               | Jun 17-26<br>Full: Waiting<br>List Only | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964                               |
| <b>Boynton Beach, FL</b><br>St. Vincent dePaul<br>Seminary       | Jun 20-29                               | Fr. Carl Arico<br>Contact: Marge Rafferty<br>(727) 345-7908<br>mraffter@tampabay.rr.com                   |
| <b>Encino, CA</b><br>Holy Spirit<br>Retreat Center               | Jun 29-Jul 6                            | Contemplative Outreach Staff<br>Contact: Sr. Linda Snow<br>(818) 784-4515                                 |
| <b>Honolulu, HI</b><br>St. Anthony's<br>Retreat Center           | Jul 14-23                               | Fr. Carl Arico<br>Contact: Susan Thornett<br>(808) 262-7487   |
| <b>Richmond, VA</b><br>Shalom House                              | Jul 16-25                               | Fr. Bill Sheehan<br>Contact: Reba Gabel<br>(804) 344-3309/reginfan@aol.com                                |
| <b>St. Louis, MO</b><br>Il Ritiro                                | Jul 18-29                               | Contemplative Outreach Staff<br>Contact: Helen Wartchow<br>(314) 918-8288                                 |
| <b>Frankfort, IL</b><br>Portiuncula<br>Retreat Center            | Aug 6-15                                | Bill Fickel, SSS, George Cairns<br>Margie Tomlinson<br>Contact: Sr. Benita Jasurda, OSB<br>(630) 969-7040 |

# Calendar continued

## Advanced Centering Prayer Retreats

Provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of silence and community support. The Advanced Intensive usually features Part IV of the "Spiritual Journey" videotape series by Fr. Thomas Keating. Prior Centering Prayer Retreat experience required. May be 5, 8, 9 or 10 day.

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

|   |                     |  |
|---|---------------------|--|
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery                | Feb 11-20<br>10 Day | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964      |
| <b>Auburn, CA</b><br>Mercy<br>Spiritual Life Center               | Jun 2-9<br>8 Day    | Fr. Bill Sheehan<br>Contact: Coleen Greg<br>(916) 887-2019                       |
| <b>Dededo, Guam</b><br>Our Lady of Kamalin<br>House of Prayer     | Jul 7-11<br>5 Day   | Contemplative Outreach Staff<br>Contact: Sr. Bernadette Marie<br>(671) 632-2384  |
| <b>Melbourne, KY</b><br>Moye Spiritual Life<br>Center (East Wing) | Jul 20-27<br>8 Day  | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 x325 |

## Post Intensive Centering Prayer Retreats

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

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

|   |                       |   |
|---|-----------------------|---|
| <b>Sewanee, TN</b><br>St. Mary's<br>Retreat Center                | Jan 5-12<br>8 Day     | Contemplative Outreach Staff<br>Contact: Carol Wray<br>(615) 373-0613               |
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House                | Feb 11-16<br>6 Day    | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102           |
| <b>Alta, WY</b><br>Alta<br>Retreat Center                         | Mar 16-22<br>7 Day    | Contemplative Outreach Staff<br>Contact: Rev. Sandra Casey-Martus<br>(307) 353-8100 |
| <b>New Haven, KY</b><br>Abbey of<br>Gethsemani                    | Mar 28-Apr 4<br>8 Day | Contemplative Outreach Staff<br>Contact: Jean Johnson<br>(502) 549-3122             |
| <b>Melbourne, KY</b><br>Moye Spiritual Life<br>Center (East Wing) | Jul 20-27<br>8 Day    | Contemplative Outreach Staff<br>Contact: Nancy McLaughlin<br>(859) 441-0700 x325    |
| <b>Cullman, AL</b><br>Benedictine Center                          | Aug 14-21<br>8 Day    | Contemplative Outreach Staff<br>Contact: Sr. Mary McGehee<br>(256) 736-5820         |

### 10 Day Post Intensives

|  |   |  |
|--|---|--|
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery         | Dec 10-19<br>Full: Waiting<br>List Only | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964            |
| <b>Amarillo, Tx</b><br>Bishop De Falco<br>Retreat Center   | Mar 4-13<br>Full: Waiting<br>List Only  | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964            |
| <b>Immaculata, PA</b><br>IHM<br>Spiritual Life Center      | Jun 14-23<br>8 Day                      | Fr. Bill Sheehan<br>Contact: Sr. Margaret<br>(610) 644-1152                            |
| <b>Boynton Beach, FL</b><br>St. Vincent dePaul<br>Seminary | Jun 20-29                               | Fr. Carl Arico<br>Contact: Marge Rafferty<br>(727) 345-7908<br>mrafter@tampabay.rr.com |
| <b>Encino, CA</b><br>Holy Spirit<br>Retreat Center         | Jun 29-Jul 6                            | Contemplative Outreach Staff<br>Contact: Sr. Linda Snow<br>(818) 784-4515              |
| <b>St. Joseph, MN</b><br>Saint Benedict's<br>Monastery     | Jul 18-27                               | Contemplative Outreach Staff<br>Contact: Sr. Rita Budig<br>(320) 363-7115              |
| <b>St. Louis, MO</b><br>Il Ritiro                          | Jul 18-29                               | Contemplative Outreach Staff<br>Contact: Helen Wartchow<br>(314) 918-8288              |

|   |   |   |
|---|---|---|
| <b>Frenchville, PA</b><br>Bethany<br>Retreat House    | Jul 24-Aug 2                            | Contemplative Outreach Staff<br>Contact: Nicole Fedder<br>(814) 263-4855                                  |
| <b>Frankfort, IL</b><br>Portiuncula<br>Retreat Center | Aug 6-15                                | Bill Fickel, SSS, George Cairns<br>Margie Tomlinson<br>Contact: Sr. Benita Jasurda, OSB<br>(630) 969-7040 |
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House    | Aug 8-17                                | Fr. Bill Sheehan<br>Contact: Cathy McCarthy<br>(845) 778-2102   |
| <b>Snowmass, CO</b><br>St. Benedict's<br>Monastery    | Aug 19-28<br>Full: Waiting<br>List Only | Contemplative Outreach Staff<br>Contact: Carol DiMarcello<br>(970) 963-3964                               |

**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.

|  |                |   |
|--|----------------|---|
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House | May 24-June 13 | Fr. Thomas Keating,<br>Gail Fitzpatrick-Hopler, David Frenette<br>Contact: Cathy McCarthy<br>(845) 778-2102 |
|--|----------------|---|

### Immersion Renewal Retreat

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

|  |              |   |
|--|--------------|---|
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House | Jan 28-Feb 2 | Fr. Thomas Keating<br>Contact: Cathy McCarthy<br>(845) 778-2102 |
|--|--------------|---|

### 30 Day Intensive Retreat

No 30 Day Retreat dates were submitted for this issue.

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

|  |            |   |
|--|------------|---|
| <b>Walden, NY</b><br>St. Andrew's<br>Retreat House | June 20-27 | Contemplative Outreach Staff<br>Contact: Cathy McCarthy<br>(845) 778-2102 |
| <b>St. Paul, MN</b><br>Benedictine Center          | Jun 15-21  | Gail Fitzpatrick-Hopler<br>Contact: Sr. Virginia Matter<br>(651) 777-7251 |

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

The twelve week course is divided into two parts and covers contemporary expressions of the Christian contemplative tradition and then reaches back, during the last six weeks to the beginnings of the systematic practice of contemplative prayer among the desert monks of Syria, Egypt and Palestine. Objectives of this course include facilitating a deeper understanding of the depth and richness of the Christian contemplative tradition and the chance to engage the study material beyond the intellectual level in order to find the living tradition as we personally interact with it in our everyday lives. For more information, call Bonnie Shimizu (970) 927-3858 or email — [bjs@rof.net](mailto:bjs@rof.net).



# December 2002-August 2003

## Nine Month Course: The Practice of Contemplative Living

An ongoing process of formation enabling participants to create their own unique contemplative lifestyle in the contemporary world. Commitment is one weekend a month for nine months. Prayer, contemplative living and the integration of contemplation and activity are cultivated; the process is aided by the development of relational prayer through contemplative prayer practices. For information contact:

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

### The Living Flame

A national program on contemplative issues, designed to heighten the awareness of the dynamic of Centering Prayer in the context of the Spiritual Journey, offering guidance and intelligibility needed to stay faithful to the practice. It is an opportunity to receive and share conceptual background at a deeper level, as well as experiential insight, thus building a faith community committed to the Centering Prayer practice. Meets one Saturday a month during seven consecutive months. For information, contact Monica Freeman (504) 924-3812.

## Parish Missions/Retreats -Fr. Carl Arico

Contact: International Office Butler, NJ (973) 838-3384

|               |   |   |
|---------------|---|---|
| Jan 25-28     | Parish Mission                                  | Holy Trinity<br>Beaverton, OR               |
| Mar 1-4       | Parish Mission                                  | Holy Souls<br>Little Rock, AK               |
| Mar 8-11      | Parish Mission                                  | Holy Cross<br>Atlanta, GA                   |
| Mar 15-18     | Parish Mission #2                               | St. Cletus<br>St. Charles, MO               |
| Mar 22-25     | Parish Mission                                  | Blessed Sacrament<br>Walpole, MA            |
| Mar 28- Apr 4 | 8-Day Combo<br>Intensive Retreat                | Gethsemane, KY                              |
| Apr 5-8       | Parish Mission #2                               | St. Gregory<br>Danbury, CT                  |
| Apr 11-13     | Weekend Retreat<br>Thomas Merton<br>& Holy Week | Dayspring Contempl.<br>Center<br>Venice, FL |
| Apr 16-20     | Holy Week Retreat                               | St. Andrew's<br>Walden, NY                  |
| Apr 25-27     | Contemplative Living #2                         | St. Andrew's<br>Walden, NY                  |
| Jun 20-29     | 10-Day Intensive<br>Retreat                     | Boynton Beach, FL                           |
| July 14-23    | 10-Day Combo<br>Intensive Retreat               | Hawaii                                      |

## What is The Nine Month Course?

by Cathy McCarthy

The Nine Month Course: The Practice of Contemplative Living is an ongoing formation that enables participants to create their own personal contemplative lifestyle in the contemporary world. The commitment is for one weekend a month (Friday evening through Sunday lunch) for the nine months of September through May. Prayer, contemplative living and the integration of contemplation and activity are cultivated in the community through the support, guidance, silence and solitude of the weekend, and then practiced in the participant's own life. Formation is offered in contemplative prayer, lifestyle, and activity through the practice of Centering Prayer, Lectio Divina, the Active Prayer, Logging, the "Welcoming" Prayer and Spiritual Reading. The contemplative dimension of one's lifestyle is nurtured by exercising discernment, simplicity, forgiveness, integrity, and commitment.

A Presenter of this Course is one who has completed the Nine Month Course for at least three years, and is faithful to living a contemplative lifestyle (integration of the Prayer Practices into their daily lives). All staff must have completed the Formation for Contemplative Outreach Service and be faithful practitioners of Centering Prayer as presented by Contemplative Outreach, Ltd.

This Nine Month Course: The Practice of Contemplative Living was created in the mid '80s by Fr. Thomas Keating and the residents of Chrysalis House, a contemplative lay community. It was first presented in September 1989 at Ball Road in Warwick, New York by Mary Mrozowski and David Frenette, and has continued at St. Andrew's Retreat House, Walden, New York. May 2002 completed its 13th year.

This Nine Month Course is also presented in Florida and Denver; it was presented for the first time on Long Island in September 2002. For further information on making this Course available to your Chapter, contact Cathy McCarthy, cathymc@frontier.net or call 845-778-2102.

**Nine Month Course, Part II:** A Deepening of Contemplative Living began at St. Andrew's Retreat House in September 2002. The focus is on deepening one's practice of contemplative living and broadening of the areas in which we open to God's presence and action, and is available to those who have completed the first Nine Month Course.

# C.O. Regional Contacts

## USA

|                                  |                          |                   |                    |                         |              |
|----------------------------------|--------------------------|-------------------|--------------------|-------------------------|--------------|
| AK Anchorage                     | Kess Frey                | 907-338-2894      | LA Lake Charles    | Barbara Tomme           | 337-855-4239 |
| AK Juneau                        | Fr. Thomas Weiss         | 907-789-2648      | LA New Orleans     | Ed & Vivian Michals     | 504-944-4000 |
| AL Birmingham                    | Aloysius Golden          | 205-592-3930      | MA Amherst         | Connie Daniel           | 413-256-1369 |
| AL Birmingham                    | Caroline Humphreys       | 205-979-1159      | MA Boxborough      | Kathleen Long           | 978-263-1319 |
| AL Cullman                       | Sr. Mary McGehee         | 256-736-5820      | MA Lowell          | Fr. William Sheehan     | 978-454-0039 |
| AR North Little Rock             | R. Scott Ogilby          | 501-835-2359      | MA Rockport        | Robert Hope             | 978-546-6044 |
| AZ Scottsdale                    | Denise Caldwell          | 480-970-6428      | MA Taunton         | Ethel Fraga             | 508-822-2410 |
| AZ Tempe                         | Jeanne Lashinske         | 480-423-1645      | MA West Chatham    | Kathleen Rhinesmith     | 508-945-5092 |
| AZ Tucson                        | Frank Tuoti              | 520-749-3443      | MD Annapolis       | Carol Leach             | 410-263-1752 |
| CA Encino                        | Sr. Linda Snow           | 818-784-4515      | MD Germantown      | Ronald Barnett          | 301-540-2693 |
| CA Eureka                        | Ken Meece                | 707-269-4245      | MD Potomac         | Guy & Dana Semmes       | 301-983-1857 |
| CA Hermosa Beach                 | Rev. Paul Lawson         | 310-376-8989      | ME Waldoboro       | Adele Millette          | 207-832-6263 |
| CA Long Beach                    | Barbara Brown-Thompson   | 562-433-7901      | MI Adrian          | Carol DiMarcello        | 517-263-0828 |
| CA Los Angeles                   | Sr. Catherine Bazar      | 626-685-8559      | MI Detroit         | Fr. Ken McKenna         | 517-592-8218 |
| CA Marina Del Rey                | Marie Howard             | 310-823-5863      | MI Grand Rapids    | David Muyskens          | 616-452-2234 |
| CA Orange                        | David Hoover             | 714-744-3175x4403 | MI Grosse Pt       | Bernadette Thibodeau    | 313-882-4824 |
| CA Pleasanton                    | Richard Wilder           | 415-462-7208      | MI Haslett         | Bella Mody              | 517-339-1647 |
| CA Sacramento                    | Liberty Kovacs           | 916-452-0483      | MI Saginaw         | Nan Spence              | 989-791-7079 |
| CA San Diego                     | Fr. Justin Langille      | 619-226-6000      | MN Chasset         | Nicholas Eltgroth       | 218-328-6396 |
| CA San Francisco                 | Mary English             | 415-282-8076      | MN Duluth          | Meridith Schifsky       | 218-525-9363 |
| CA San Francisco                 | Mark Lodico              | 415-252-1667      | MN Mendota Heights | Yong Chin Denn          | 651-306-0348 |
| CA San Gabriel                   | Rev. James Clark         | 626-282-5147      | MN Staples         | Carol Weber             | 281-894-3631 |
| CA San Jose                      | Jean Ramacciotti         | 650-326-5256      | MN St Joseph       | Sr. Katherine Howard    | 320-363-7187 |
| CO Breckenridge                  | Jim Bernlohr             | 970-453-6003      | MN St. Paul        | Sr. Virginia Matter     | 651-777-7251 |
| CO Boulder                       | Barbara Hayden           | 303-494-2845      | MO Nixa            | Gary Johnson            | 417-724-9598 |
| CO Carbondale                    | Rosy Fernandez           | 970-963-3964      | MO St. Louis       | Susan Komis             | 888-350-5088 |
| CO Clifton                       | Pat Becker               | 970-434-8650      | MO St. Louis       | Mathew Flatley          | 314-918-8288 |
| CO Colorado Springs              | David Salamon            | 719-475-7011      | MO St. Louis       | Renee Bennett           | 314-918-8288 |
| CO Colorado Springs              | Sr. Anne Stedman         | 719-473-6184      | MS Jackson         | Sr. Therese Jacobs      | 601-981-3567 |
| CO Denver                        | Rev. David Morgan        | 303-832-7309      | MS Topelo          | Allen Cooley            | 662-377-2854 |
| CO Denver                        | Sr. Bernadette Teasdale  | 303-698-7729      | MT Missoula        | Jean Woessner           | 406-721-3540 |
| CO Denver                        | John Congdon             | 303-355-1731      | NC Hendersonville  | Joe Lancaster           | 828-625-9753 |
| CO Fort Collins                  | Rosemary Kisling         | 970-225-6359      | NC Cary            | John Kelsey             | 919-467-0045 |
| CO Loveland                      | Laura Campbell           | 970-461-4634      | NC Chapel Hill     | Jim Biggins             | 919-969-9604 |
| CO Montrose                      | Nick Cole                | 970-249-7355      | NC Raleigh         | Karen Hoffman           | 919-832-5316 |
| CO Snowmass                      | Bonnie Shimizu           | 970-927-3858      | NC Winston-Salem   | Joan Ricci Hurst        | 336-765-0865 |
| CT Greenwich                     | Pat Castellano           | 203-531-6528      | NE Gering          | Joe & Pat Masek         | 308-436-8215 |
| DC Washington                    | Laurel LaCivita          | 202-398-6728      | NE Omaha           | Sharon Anderson         | 402-346-8429 |
| FL Altamonte Springs             | Ilse Reissner            | 407-767-8271      | NE Omaha           | Eleanore McNulty        | 402-333-3819 |
| FL Anna Maria                    | Robert Fasulo            | 941-778-3091      | NH Manchester      | Sr. Maryann Laughlin    | 603-627-9493 |
| FL Boynton Beach                 | Mary Anne Wagner         | 561-642-1872      | NJ Bayonne         | Therese Saulnier        | 201-436-8256 |
| FL Boynton Beach                 | Zoila Diaz               | 561-732-4424      | NJ Medford         | Doris Curley            | 609-654-3417 |
| FL Bradenton                     | Janet Gallagher          | 941-795-3991      | NJ Rancocas        | Sr. Marcy Springer      | 609-877-0509 |
| FL Cocoa                         | Adalberto Henriquez      | 321-631-8040      | NM Albuquerque     | Sr. Amata Dawson        | 505-877-4211 |
| FL Miami                         | Barbara Rietberg         | 305-386-7507      | NM Sante Fe        | Susan Rush              | 505-466-4527 |
| FL Mount Dora                    | Helen Williamson         | 352-735-0958      | NY Albany          | Bruce Gardiner          | 518-325-5546 |
| FL Orlando                       | Basha Perez              | 407-869-0781      | NY Brooklyn        | Dr. William Fredrickson | 718-499-7366 |
| FL Satellite Beach               | Rosemary Van Pelt        | 321-777-3389      | NY Buffalo         | Sr. Dorothy Feltz       | 716-895-2591 |
| FL St Petersburg                 | Marjorie & John Rafferty | 727-345-7908      | NY Buffalo         | Msgr. David Gallivan    | 716-847-6930 |
| FL Venice                        | Mimi & Terry Reilly      | 941-484-9543      | NY East Meadow     | Anne Mazza              | 516-794-8233 |
| GA Atlanta                       | Roseanne Havird          | 678-796-9158      | NY Franklin Square | Barbara Sullivan        | 516-481-0472 |
| HI Honolulu                      | Susan Thornett           | 808-262-7487      | NY Hartsdale       | Thomas Skinner          | 914-328-0420 |
| HI Honolulu                      | Dr. Cathie Jordan        | 808-988-7265      | NY Manhattan       | James Marsh             | 718-335-7056 |
| IA Clarksville                   | Rev. David Walters       | 319-278-4224      | NY Manhattan       | Tony Russo              | 212-285-1296 |
| IA Des Moines                    | Rev Dan Krettek          | 515-282-4839      | NY Mt. Tremper     | Ann Gallagher           | 845-338-1829 |
| IA Fairfield                     | Rev Stephen Page         | 515-472-3179      | NY New Rochelle    | Elena Green             | 845-235-0313 |
| IA Iowa City                     | Mary Merkel-Hess         | 319-338-9128      | NY Orchard Park    | Br. John Crocker        | 716-667-6311 |
| IA Long Grove                    | Lolita Dierickx          | 319-285-7242      | NY Port Chester    | Joseph Zepf             | 845-937-2168 |
| IA Waterloo                      | Jean Neibauer            | 319-233-4348      | NY Rochester       | Marilyn Catherine       | 585-328-9369 |
| IL Chicago                       | Rev. Ted Curtis          | 312-922-1426      | NY Walden          | Cathy McCarthy          | 845-778-2102 |
| IL Chicago (Southern)            | George Cairns            | 773-752-5757x235  | NY Warwick         | Susan Supak             | 845-986-4975 |
| IL Chicago (NW Suburbs)          | Margie Tomlinson         | 847-391-0997      | NY Whitestone      | Fr. Robert Cheesman     | 718-321-1096 |
| IL Chicago (Far Western Suburbs) | Sr. Benita Jasurda       | 630-969-7040      | NY Yonkers         | Diane Harkin            | 914-423-4888 |
| IL Chicago (Asian Communities)   | Patrick Uhm              | 847-676-0200      | OH Cincinnati      | Susan Tew               | 513-871-8270 |
| IL Moline                        | Sr. Audrey Cleary        | 319-333-6189      | OH Cleveland       | Kay Powers              | 216-932-8911 |
| IL Oak Park                      | Fr. Joseph Ruiz          | 708-848-4417      | OH Cleveland       | Fr. William Fickel      | 440-442-3411 |
| IL Peoria                        | Sr. Catherine Cleary     | 309-693-7063      | OH Cleveland       | Barbara Grants          | 216-341-5722 |
| IL Springfield                   | Sr. Helen Horne          | 217-787-0481      | OH Waynesville     | Gerry McLaughlin        | 513-897-4012 |
| IN Beverly Shores (Northern IN)  | George Cairns            | 219-878-9781      | OR Ashland         | Rev Jack & Bev Gorsuch  | 541-552-1974 |
| IN Ferdinand                     | Sr. Kristine Harpeneau   | 800-880-2777x290  | OR Beaverton       | Virginia Graham         | 503-645-3448 |
| IN Greenwood                     | Laurel Simon             | 317-887-0462      | PA Altoona         | Rev. Mark Begley        | 814-942-5503 |
| KS Wichita                       | Dan Rensel               | 316-838-4751      | PA Erie            | Mary Dwyer              | 814-838-6469 |
| KY Melbourne                     | Nancy McLaughlin         | 859-441-0679      | PA Erie            | Sr. Rita Panciera       | 814-456-1802 |
| KY New Haven                     | Jean Johnson             | 502-549-3122      | PA Frenchville     | Sr. Therese Dush        | 814-263-4855 |
| LA Baton Rouge                   | Monica Freeman           | 225-924-3812      | PA Gibsonsburg     | Mark Nowak              | 724-625-6474 |
| LA Houma                         | Sr. Fionnuala Quinn      | 504-850-3444      | PA Greensburg      | Sr. Margaret Ann        | 724-834-8073 |

# USA Contacts Continued

|                         |                              |              |
|-------------------------|------------------------------|--------------|
| PA Lancaster            | Elise Kandel                 | 717-290-7889 |
| PA Philadelphia         | Sr. Margaret Gradl           | 610-644-1152 |
| PA Pittsburgh           | Jeanne Kish                  | 412-279-9505 |
| SC Charleston           | Norma Pacenta                | 843-881-4018 |
| SC Greenville           | Judy Lineback                | 864-246-3973 |
| SD Rapid City           | Sr. Marmon Howe              | 605-343-2688 |
| TN Chattanooga          | Rev. Margaret Mullen         | 865-877-2428 |
| TN Jackson              | Norma Moore                  | 731-661-0138 |
| TN Knoxville            | Fr. Terry Ryan               | 865-523-7931 |
| TN Memphis              | Sr. Joann Mascari            | 901-274-2914 |
| TN Nashville            | Carol Wray                   | 615-373-0613 |
| TN Pulaski              | Sr. Jean Tavin               | 931-363-5776 |
| TN Sewanee              | Tom Ward                     | 931-598-5088 |
| TX Austin               | Tim & Barbara Cook           | 512-347-9673 |
| TX Austin               | Sylvia Wedward               | 512-459-6122 |
| TX Austin               | Douglas Sanders              | 512-328-7058 |
| TX Dallas Area          | Sandra Guancial              | 972-771-0173 |
| TX Fredericksburg       | Tim Kooch                    | 830-997-9728 |
| TX Houston              | Fred Eckart Jr.              | 888-526-9186 |
| TX North Richland Hills | Darlene Sullano              | 817-498-6793 |
| TX San Antonio          | Rev. Homer Bain              | 210-616-0885 |
| UT Salt Lake City       | Theresa Brown Bell           | 801-596-8902 |
| VA Charlottesville      | Jody Blatz                   | 804-973-9590 |
| VA Fairfax              | David Fried                  | 703-280-2345 |
| VA Richmond             | April Swofford               | 804-648-7678 |
| VA Roanoke              | Rev. John Runkle             | 540-343-0159 |
| WA Sammamish            | Ruth Dundon                  | 425-427-9290 |
| WA Seattle              | Barbara Huston               | 206-282-9076 |
| WA Seattle              | Paul Peterhans               | 206-329-6182 |
| WA Spokane              | Gary & Lynnette Meisen-Vehrs | 509-325-1909 |
| WI Milwaukee            | Sr. Kathryn Ann Kobelinski   | 414-282-7310 |
| WI Milwaukee            | Barbara Prendergast          | 414-964-1268 |
| WY Alta                 | Rev. Sandy Casey-Martus      | 307-353-8100 |
| WY Cheyenne             | Shelley Adams                | 307-635-1922 |
| WY Cheyenne             | Sr. Therese Steiner          | 307-778-8778 |

## Spanish Outreach

### United States

|                   |                     |              |  |
|-------------------|---------------------|--------------|--|
| CA, San Francisco | Cristóbal Padrón    | 415-759-0943 |  |
| FL, Cocoa         | Adalberto Henriquez | 321-631-8040 | <a href="mailto:adahenri@ipninet.com">adahenri@ipninet.com</a>   |
| FL, Miami         | Carmen Sánchez      | 305-661-6966 | <a href="mailto:extcont@aol.com">extcont@aol.com</a>             |
| FL, Orlando       | Ilse Reissner       | 407-767-7567 | <a href="mailto:ireissner@prodigy.net">ireissner@prodigy.net</a> |
| GA, Atlanta       | Teri Gagnier        | 404-321-7385 | <a href="mailto:t-t@mindspring.com">t-t@mindspring.com</a>       |
| OR, Portland      | Hilda Smith         | 503-639-6664 |  |
| TX, Dickinson     | Angeles Diaz        | 281-337-1312 | <a href="mailto:diaz@wt.net">diaz@wt.net</a>                     |
| TX, San Antonio   | Homer A. Bain       | 210-616-0885 | <a href="mailto:hbain@ecrh.org">hbain@ecrh.org</a>               |
| WI, Milwaukee     | Fr. D. Shields      | 414-224-7565 | <a href="mailto:casaromero@core.com">casaromero@core.com</a>     |

### Dominican Republic

|               |                       |              |  |
|---------------|-----------------------|--------------|--|
| Santo Domingo | Isabel Merion-Landais | 809-482-1710 |  |
|               |                       |              | <a href="mailto:Casaora.centrate@codetel.net.do">Casaora.centrate@codetel.net.do</a> |
| Santo Domingo | Vicky Brache de Acra  | 809-562-2214 |  |

### El Salvador

|              |                |              |  |
|--------------|----------------|--------------|--|
| San Salvador | Leila Membreño | 503-263-3402 | <a href="mailto:baires@yahoo.com">baires@yahoo.com</a> |
|--------------|----------------|--------------|--|

### Méjico

|                |                      |                 |  |
|----------------|----------------------|-----------------|--|
| Méjico City    | Judith Bernal Amodio | 527-271-1703    | <a href="mailto:Pelusa-ju@hotmail.com">Pelusa-ju@hotmail.com</a> |
| Merida/Yucatan | Fr. John Martin      | 52-999-984-0667 | <a href="mailto:jmomo@sureste.com">jmomo@sureste.com</a>         |

### Nicaragua

|         |                  |              |  |
|---------|------------------|--------------|--|
| Managua | Aida M. Herdocia | 505-266-5224 | <a href="mailto:Herdocia@ibw.com.ni">Herdocia@ibw.com.ni</a> |
|---------|------------------|--------------|--|

### Puerto Rico

|          |             |              |  |
|----------|-------------|--------------|--|
| San Juan | Marilú Asón | 787-753-0758 | <a href="mailto:Mariluason@aol.com">Mariluason@aol.com</a> |
|----------|-------------|--------------|--|

### AUSTRALIA

|           |                    |                |
|-----------|--------------------|----------------|
| Claremont | Fr. Douglas Conlan | 61-8-9389-7542 |
|-----------|--------------------|----------------|

### BAHAMAS

|        |                    |              |
|--------|--------------------|--------------|
| Nassau | Sr. Annie Thompson | 242-323-5517 |
|--------|--------------------|--------------|

### BRAZIL

|                             |                         |                   |
|-----------------------------|-------------------------|-------------------|
| Belo Horizonte-Minas Gerais | Jandira Soares Pimentel | 0115531-3378-7624 |
|-----------------------------|-------------------------|-------------------|

### CANADA

|                  |                         |              |
|------------------|-------------------------|--------------|
| Alberta          | Robert Sevigny          | 780-469-4375 |
| Toronto, Ontario | Carolyn Gratton         | 416-922-6451 |
| Winnipeg         | Sr Catherine Labinowich | 204-338-4601 |

### ENGLAND

|               |                      |                     |
|---------------|----------------------|---------------------|
| Isle of Wight | Ian Wilson           | 011-44-1983-529659  |
| Nr Preston    | Pat & Joe Finn       | 011-44-1772-813421  |
| Preston       | Mrs. Elizabeth Smith | 011-44-1772-629520  |
| Sheffield     | Sylvia Jones         | 0-114-2886885       |
| W. Yorkshire  | Ann O'Donnell        | 011-44-113-226-1396 |

### GUAM

|        |                                   |              |
|--------|-----------------------------------|--------------|
| Dededo | Sr Bernadette Marie Leon Guerrero | 671-632-2384 |
|--------|-----------------------------------|--------------|

### IRELAND

|         |                  |                  |
|---------|------------------|------------------|
| Wexford | Fr. Tom Dalton   | 011-35-353-22055 |
| Wexford | Sr. M. Dolores   | 011-35-354-66634 |
| Wexford | Sr. Ita Miller   | 011-35-353-33580 |
| Wexford | Seamus Larkin    | 011-353-54-33383 |
| Wexford | Helen O'Sullivan | 011-353-54-66868 |

### ITALY

|      |                 |                   |
|------|-----------------|-------------------|
| Rome | Joseph Chalmers | 011-39-0646201833 |
|------|-----------------|-------------------|

### NORTHERN IRELAND

|                      |                   |                    |
|----------------------|-------------------|--------------------|
| Strabane, Co. Tyrone | Fr. Declan Boland | 011-44-028-7188293 |
|----------------------|-------------------|--------------------|

### MALAYSIA

|              |               |                |
|--------------|---------------|----------------|
| Kuala Lumpur | Lawrence Wong | 6-03-2096-2549 |
|--------------|---------------|----------------|

### NETHERLANDS

|             |                       |                    |
|-------------|-----------------------|--------------------|
| Appingedam  | Sr. Ange van der Pers | 011-31-59-662-3631 |
| Diemen      | Anneke Smit           | 011-31-20-416-0233 |
| Dwingeloo   | Ernst van Gulik       | 011-31-521-522103  |
| Heemstede   | Joan Heldring         | 011-31-23-528-8217 |
| Lelystad    | Kees Sybrandi         | 011-31-320-252416  |
| Stadskanaal | Jorg Buller           | 011-31-118617804   |
| Tytsjerk    | Joke Van Doorn        | 011-31-511-432787  |
| Veendam     | Dick Van Vliet        | 011-31-598-622731  |

### PHILIPPINES

|             |               |                  |
|-------------|---------------|------------------|
| Makati MM   | Grace Padilla | 011-632-810-9573 |
| Makati      | Lita Salinas  | 011-632-810-8825 |
| Makati City | Tess Colayco  | 011-632-817-9499 |

### SINGAPORE

|         |            |                 |
|---------|------------|-----------------|
| Perindu | Cecilia Ee | 011-65-241-2663 |
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### SOUTH AFRICA

|              |                      |                    |
|--------------|----------------------|--------------------|
| Bellville    | Sylvia & Don Collier | 011-27-21-913-4576 |
| Durban       | Norman McNally       | 011-27-31-201-5278 |
| Durban       | Winnie Young         | 011-27-31-202-2163 |
| Empangeni    | Erica Edwards        | 011-27-35-772-1338 |
| Grahamstown  | Wendy Sweetman       | 011-27-46-636-1002 |
| Hercules     | Sr. Francis Grogan   | 011-27-12-379-8559 |
| Johannesburg | August Donovan       | 011-27-11-477-4082 |
| Kommetjie    | Urs Geiges           | 011-27-21-783-4879 |
| Menlo Park   | Peggy Pilliner       | 011-27-12-460-4322 |
| Pinelands    | Brian Podesta        | 011-27-21-531-9114 |
| Pinetown     | Denise Allen         | 011-27-31-702-5990 |

### SOUTH KOREA

|       |                      |                  |
|-------|----------------------|------------------|
| Seoul | Sr. Marie David Choi | 011-822-923-3547 |
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### SPAIN

|              |                  |               |
|--------------|------------------|---------------|
| Gran Canaria | Patricia Roberts | 34-928-466822 |
|--------------|------------------|---------------|

### SWITZERLAND

|        |                    |                    |
|--------|--------------------|--------------------|
| Geneva | Charles Christophi | 011-41-22-707-0830 |
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### Venezuela

|              |                          |                     |
|--------------|--------------------------|---------------------|
| Barquisimeto | P. Antonio Estevez, CM   | 011-58-251-253-0454 |
| Caracas      | Sor Yolanda Zambrana, HC | 011-58-212-623-3854 |

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# Contemplative Outreach News

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A SEMIANNUAL NEWSLETTER FOR THE GROWING CONTEMPLATIVE OUTREACH COMMUNITY WORLD-WIDE.

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## Contemplative Outreach Vision Statement

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

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

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

Networking, Resources, and Workshop Presenters are available at the Contemplative Outreach International Office. For more information contact:

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