



# The Wedding Feast at Cana

by Thomas Keating

The passing of John Paul II has become a symbol of the unity of the human family calling forth an unprecedented outpouring of respect and affection. His tireless reaching out to people of all faiths, along with his commitment to his own tradition are widely perceived to be an encouraging witness in a time of discouragement and confusion. His example constitutes a call to the Christian churches, especially the Roman Catholic communion, to find effective structures to bring into the world the new wine entrusted to the Second Vatican Council by the Spirit. The renewal of the contemplative heritage is undoubtedly one of them.

*On the third day there was a wedding feast in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone jars of water for the Jewish rites of purification, each holding 20 or 30 gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him. (John 2: 1-11)*

**On this occasion** there was a wedding feast in a small town in Galilee, and the Mother of Jesus was there. Presumably, she was acquainted with the couple. Maybe she dragged Jesus along for company or for social reasons. As the event progressed it became clear to her that the wine was running out. This was a very important occasion for the young couple. Mary knew they would be profoundly embarrassed if there was nothing but plain water to offer the guests. Because of her concern for this young couple she said to Jesus, "They have no wine," meaning, of course, that the supply of wine is in the very last stages. *Continued on page 6*

Practice, Practice, Practice Practice is what we do ... God does the 'rest'



Gail Fitzpatrick-Hopler

Our 'year of practice' is underway. As we celebrate our 20<sup>th</sup> anniversary we are exploring ways to carry the peace granted to us by a regular practice of Centering Prayer out of our prayer room and into the 'marketplace' of everyday life. Centering Prayer is complemented by other contemplative practices: the welcoming prayer, lectio divina, intention and attention, contemplative service, spirituality of money, and the active prayer practice are some of them. The foundation of everything, however, is our personal commitment to practice, and this commitment can transform the heart of the world.

The new Contemplative Life Program (CLP) is a means of connecting our global community through practice. Now more than a thousand members of our spiritual family, from Antarctica to Ohio, South Dakota to South Africa are subscribers to it. Since we began on Ash Wednesday we've re-dedicated ourselves to Centering Prayer, the first of nine 40 day modules. And together, through this practice we are building up the body of Christ.

I would like to share with you the impact the Contemplative Life Program has had on my personal commitment to practice. I have realized that 'prayer without ceasing' is my contemplative practice and that all of the other practices mentioned above help me to keep that focus each day. Attention, intention, and consent to practice are the heart of transformation and cooperation with the Spirit of God. Over time my daily routine of prayer has changed. I've increased the time spent in Centering Prayer gradually to one and a half to two hours each day. I've taken to heart what St. John of the Cross says: "If you don't have time for prayer then increase it". I've realized that the busier I am, the more time I need in prayer to remain balanced and to keep my heart open.

How do I find the time each day? I get up a bit earlier and spend one hour in Centering Prayer — then move into spiritual reading (lectio divina) for about 10 minutes. I find this is a wonderful way to ease into my hectic day. In our office, most days we take a Centering Prayer

break of 20-25 minutes. Most recently I've added a third period of Centering Prayer before dinner. Each time I sit during the day, I read the same page of *The Daily Reader for Contemplative Living*. Listening to the same reading three times in one day weaves the word of God throughout my day and helps me to hear more deeply the message hidden between the lines. It's my opportunity to listen again to what God is revealing and teaching me about our relationship.

The Contemplative Life Program booklet is my prayer companion and provides me with simple readings and beautiful images to ponder and carry with me into the day as my active prayer. My CLP bookmark and practice card are on my desk as a constant reminder that I am united with our global contemplative community.

Sometimes, I awaken spontaneously around 3:30 AM. Rather than fret about losing sleep and tossing and turning, I take this opportunity for 30 to 45 minutes in Centering Prayer and then return to sleep. This time when the world is asleep around me is a precious time for prayer. It reminds me of times when my children were infants; getting up to feed them in the quiet of the night was a sweet time to be alone with them.

How do I remember God in the midst of daily activity when emotions get triggered? The day to day busyness, — airport madness, deadlines, email, fax, telephone — all demanding immediate attention — are all grist for the mill of transformation.

While traveling during the last several months, I've had the good fortune of discussing 'the year of practice' with many people around the world during chapter visits, workshops, retreats, training programs and on the 20<sup>th</sup> anniversary tour (see page 7). When I've asked, "What does your commitment to 'practice' mean to you?" I've heard many stories of transformation. Centering Prayer has affected the quality of lives, marriages, relationships with children, elderly parents and illness. Centering Prayer, the prayer of consent, offers a peaceful place to return to each day, to drop below the speed of the whirl-wind world and sink into a place of rest; it provides a deep sense of being 'home'. This time apart helps to remember that God is, in fact, the source of life.

The welcoming prayer provides that seven- second pause, to focus and sink into the experience, welcome the Spirit and let go and let grace flow into the event, the situation — I am able to return to my interior disposition, as the Spirit is always present within. This simple practice helps me to get out of the way, to surrender to the Spirit in the present moment right then and there, even on the phone or in the airport!

It isn't easy to make a deeper commitment to contemplative practices. Life has a way of pulling us away from 'practice'. Sometimes we forget about them. Sometimes we *believe* we are practicing because we are reading or talking or thinking about practice, contemplative life, the mystics, or the spiritual journey. And as good as these activities may be, they aren't the same as 'practice'.

Some long time practitioners tell me that their commitment to Centering Prayer is 20 minutes a day. And they often take the weekends off and then find they have a difficult time getting back to their 'practice'. Others say they are faithful practitioners, but then admit they often have trouble really getting to that second sit each day. Many are grateful for their Centering Prayer group, which provides gentle accountability and support for them each week.

So, what is an established practice of Centering Prayer anyway? Well, Fr. Thomas tells us it is at least two 20-minute periods of Centering Prayer each

day: "one for maintenance and the other for growth in the transformation process." He adds that an intensive retreat, at least once a year, is recommended to support our on-going transformation.

Contemplative Outreach exists to help support us in our commitment to practice. We provide the tools needed to help us make more room for our relationship with God. The Contemplative Life Program, (details on page 4) is one of those tools. You can still join the program and journey with us throughout 2005.

We do the 'practice' and God does the 'rest'. We enter into the silence, we unite with God, and God does the work of the dismantling process in us. The Spirit moves into the world as the transmission of Divine love, in us, through and between us. All we have to do is stop, take ourselves to our prayer chair or cushion and wait upon God.

Our Annual Conference/Retreat this year will focus on the 'The Year of Practice'. It will be held at The Crossings, a retreat and wellness center in the Texas Hill Country. Together we will share our experiences, challenges and ways to deepen our commitment to contemplative practices. We invite you to participate — September 28 to October 2. See page 10 for details on the Annual Conference/Retreat. Reserve your place early, as space is limited.

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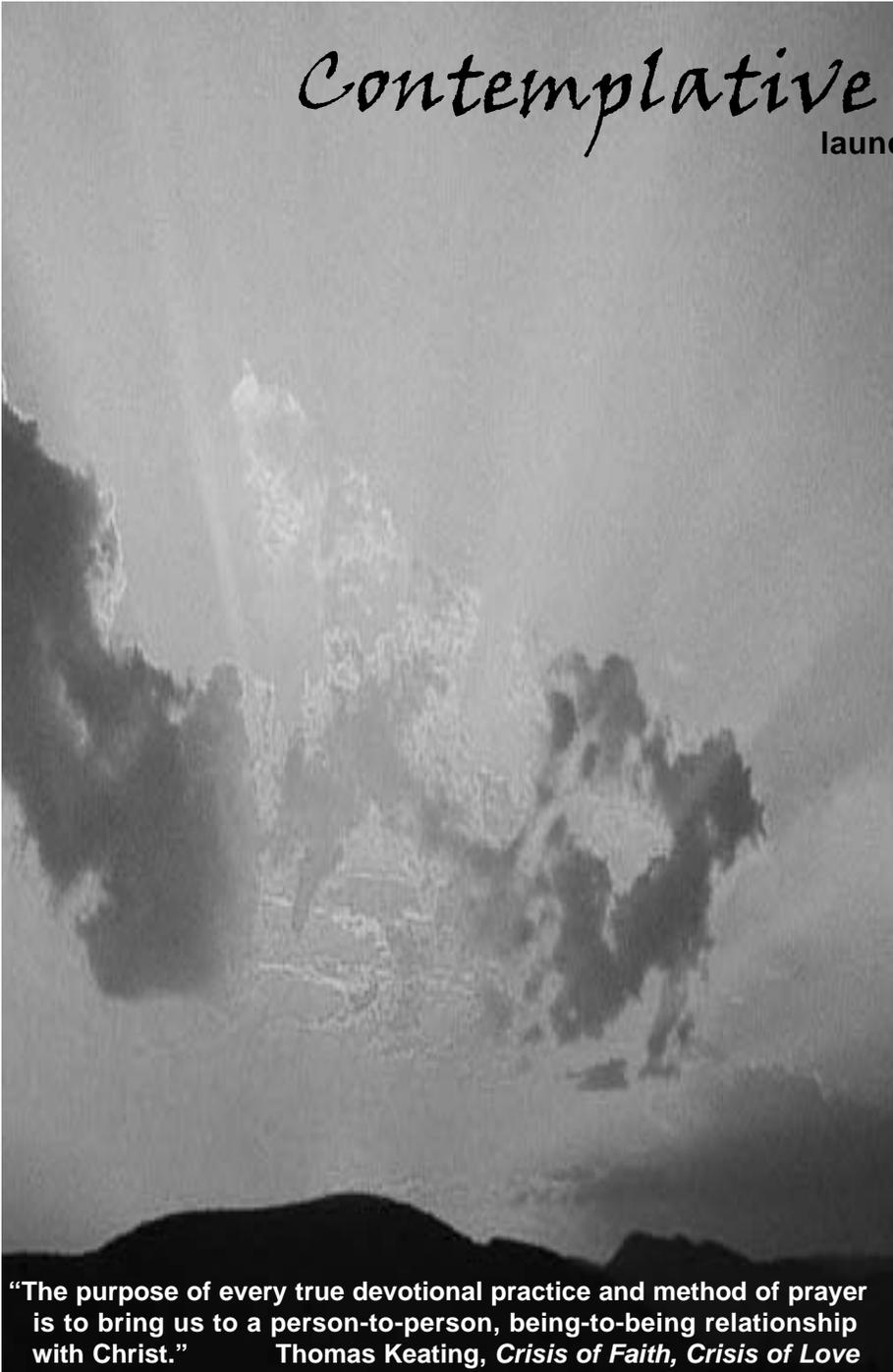
*As I have shared some of my life of practice with you, I invite you to share your experience of practice with me. I would love to hear from you. How is the year of practice making a difference in your commitment to Centering Prayer and/or the other contemplative practices? Send your comments to [office@coutreach.org](mailto:office@coutreach.org)*

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“ Have you noticed that our newsletter had a facelift?

We are very fortunate because our editor/designer Susan Supak is a volunteer and this face lift hasn't increased our cost, yet it makes it more attractive and read-able. We are so grateful to Susan for the time, energy and enthusiasm that she puts into creation and development of our newsletter. This is spirituality of contemplative service in action! The newsletter is supported by donations from readers like you – the cost to print and mail it is \$66,000. We receive donations of \$12,000 - \$14,000 toward our cost. ”

*Editor's Note:* Thanks, Gail. Truth be told, working on the newsletter affords me the opportunity to interact with incredible spirit-filled people from around the world — even if it's not always personally but through their updates and articles. I'm truly blessed. It's given me a real sense of the oneness of us all.



# Contemplative Life Program

launches with over 1000 subscribers

The new Contemplative Life Program, a series of nine, in-home modules for contemplative practice and study, has attracted over 1000 subscribers from all over the world in just a few short months.

*“One of the awesome things about the Contemplative Life Program is knowing that so many others are praying at the same time — with the same materials — and in such a profound way. Surely the world will be blessed and enriched by this effort.”*

*—current CLP subscriber*

The Contemplative Life Program (CLP) is for individuals to engage within their own home, but in spiritual connection with other participants around the world. Each module consists of a booklet containing excerpts of Fr. Thomas Keating’s teachings, reflective passages, suggested practices to engage during the 40 days and a list of suggested readings. A bookmark or some sort of visual reminder of the practice will also be included. (Content and format will vary between each of the nine modules.)

The topics selected for 2005 are:

- Centering Prayer
- Welcoming Prayer
- Lectio Divina
- Spirituality of money
- Active Prayer
- Contemplative discernment
- Spirituality of contemplative service
- Attention/intention
- Forgiveness

**“The purpose of every true devotional practice and method of prayer is to bring us to a person-to-person, being-to-being relationship with Christ.”** Thomas Keating, *Crisis of Faith, Crisis of Love*

**Questions?** Visit the CLP FAQ online at [www.outreach.org/clp.htm](http://www.outreach.org/clp.htm).

**Email?** [CLP@coutreach.org](mailto:CLP@coutreach.org)

**Call?** 800-608-0096 US & Canada,  
570-822-8899 for international callers.

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

You may still subscribe to the program at the website or by phone. A year-long subscription to the program is \$180 ... or 50 cents a day. The first module on Centering Prayer was mailed in February, but new subscribers may join at any time. Previous modules will be included in your first mailing.

## A Sampling of Frequently Asked Questions

More information on the program, a sample excerpt of the first module and a detailed Frequently Asked Questions (FAQ) may be found online at [www.outreach.org/clp.htm](http://www.outreach.org/clp.htm). A sampling of the FAQ's are printed below. Gift subscriptions, e-versions of the program for distant subscribers and a payment plan are available.

### **I am worried about how much time this will take. How will I fit this program into my busy life?**

The program can take as much or as little time as you would like to give it. It is all about your commitment to your spiritual journey. Your intention and your desire for relationship with God will determine the length of time you spend with the materials each day. It could be 5 minutes or it could be an hour or more. It provides an opportunity to recapture an 'interior retreat atmosphere' and move through each day reflective and recollected.

### **What is the point of the program? If I'm already practicing, why do I need it?**

The Contemplative Life Program has several objectives. There is a definite, pervasive hunger for something meaningful in everyday life. A personal relationship with God seems to be the only real answer. Many people do want to go deeper in their relationship with God and don't have a local faith community that supports them. Some find there is a need for more support at home or at work, in the midst of the ordinary routines of life. Over 1000 subscribers in a few short months points to the need for The Contemplative Life Program, which can satisfy some of the longing to focus, support and connect with others who have this hunger for God.

### **I received my first module and wasn't sure how to use it. I was confused — what should I do with it?**

We have received feedback that the first module was too unstructured and needed more direction on how to use it. As a result of the subscriber comments, starting with the Lectio Divina module, the program will have a more directed, daily structure.

We recommend that you tailor the program to fit your particular spiritual needs. Some subscribers read a few pages of the booklet a day as a "doorway" into their Centering Prayer period. Others are reading the booklet over and over in its entirety throughout the 40 days, seeking to let the words penetrate them as they allow the essence of the practice to penetrate them. Experienced practitioners might pick just one or two of the suggested practices and



**"The materials are beautiful and of high quality. The quotes and passages appear to be deep, prayerful "doorways" into prayer ... I've been praying with the materials for several days now and am enjoying them very much. I pray the daily readings first, reflecting on them for a few moments before settling into my centering prayer. I've found that "doing" 2 pages of the spiral bound book per day works well — and the blank spaces on most of the pages are just right for jotting down daily thoughts, reflections, etc."**

focus on them, in solidarity with other newer practitioners who are just beginning the process.

### **Why aren't there more materials with the program — more to read and more to do?**

The program is designed to meet the needs of busy people in the modern world. One of the biggest concerns for many is "will I have time for this?" The program offers a range of options to practice or read, depending on your time.

Most importantly, contemplative practices are not about 'doing' or intellectual efforts. The best 'effort' we can make in relation to any contemplative practice is to remain open to the experience of God's presence in all that surrounds us, moment by moment. We bring our receptivity and curiosity to our participation in programs and practices. We use our intellect to learn

and discern. We surrender our normal patterns, preferences and behaviors to the grace of the Indwelling Spirit.

### **I am a long-time practitioner and there doesn't seem to be anything new for me. Do you have any suggestions?**

For long-time practitioners, the intention behind the program is to build the Body of Christ, which is the real key to the program - beyond the physical form of the materials or suggested practices. We can join in solidarity with one another in the struggle to remember and live a contemplative life in the marketplace. We join hands and hearts as a contemplative global community, with the desire to allow Divine Love to flow through us into the world.

It is also an opportunity for long-time practitioners to make fresh commitments to their practices that might have grown stale, habitual or that have been inadvertently set aside. It is a chance to deepen our relationship with God — to surrender more deeply within each practice. What does my current participation in relationship to the Body of Christ look like? Where am I out of relationship with God? What new nourishment can my existing practices reveal to me? What do I wish to know or understand by my participation in this program? How does the fruit of my contemplative commitment support my service to others? How do I apply the contemplative dimension of the Gospel to family, business and social concerns?

We believe that some of the upcoming modules may have greater interest to you. We have started with Centering Prayer, the Welcoming Prayer and Lectio Divina this year because they are the fundamental practices of Contemplative Outreach. As we begin to explore other areas, we are confident you will find new, interesting and perhaps challenging 'spiritual food' coming to you through The Contemplative Life Program.

*"I am enjoying the first segment of the Program a lot. I have been a centering prayer practitioner for many years, but my practice lately has been sketchy and this has helped me to become more faithful again — and even to increase the length and frequency of my sits. Thank you very much for this program!"*

*from NYC*

# THE WEDDING FEAST AT CANA

continued from page 1

**B**ut notice that she doesn't actually ask for anything. She simply presents the problem to him. She lays out the facts and gives him credit for being able to anticipate the consequences for the young couple. Of course, there is an implied request in the words that express her concern.

Jesus' response to her observation indicates that he perceived that she would like him to do something about the situation, although she did not specifically ask for anything. Her words suggest that she is asking him to look into the problem, as if to say, "Can you do something?"

Her concern apparently placed Jesus on the spot. He was not ready to work a miracle that would launch him into his predestined ministry. The latter is exactly what happened when he acted upon Mary's concern, for at the conclusion of the narrative we read: "This was the first of Jesus' miracles and *his disciples believed in him*".

Jesus' response to Mary is a question: "What does this concern of yours have to do with me?" A more down to earth translation might be: "Why anticipate the purpose for which I have come into the world just because this couple have not provided enough wine for their guests?" In other words, "Why, Mother, are you concerned?"

This exchange casts a light upon the way divine inspiration sometimes works. Jesus may be thinking: "What is the motive for your request?" Mary has expressed the facts and her concern, but has left the solution of the problem in his hands. She waits to see what he will decide while admonishing the waiters, "Do whatever he tells you." This is Jesus' cue that she is not attached to her concern. It may be this disposition of detachment from her own will that Jesus is seeking to verify by his question. To be more specific, Jesus may be wondering whether her remark about the wine running out is an expression of the Spirit speaking through her, or whether it is simply a gesture coming from the impulse of her motherly goodness. Good people are always concerned for the needs of others, but how they express that concern is not always a movement of the Spirit.

If Jesus was to take Mary's statement seriously, he needed to know whether her request was reflecting not just her motherly concern, but the divine will using her human goodness to express an immense movement of love in the heart of God. Her concern and her expression of it did in fact initiate the whole redemptive process. When Mary whispered to the waiters, "Do whatever he tells you," Jesus recognized that she was manifesting not just her own will, but a movement of the Father's love requesting him to perform a miracle that would transform the admiration of the apostles into faith in him as God's Son.

Jesus said to the waiters: "Fill the jugs with water." They did so. Then he said: "Present some of it to the head waiter." The waiters took the water, now made wine to the head waiter. He was not aware of where the wine came from. After tasting it, he called the groom over and quipped, "Everyone serves the good wine first and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus not only had changed the water into wine, but changed it into the very best of wine.

In Scripture, water often represents human nature and the revelation of God in creation. The new wine suggests a new perspective. The miracle is not just the change of water into better water. It is the change of water into something brand new. The miracle thus points to a new creation. It reveals the presence of the Holy Spirit as exhilarating, heady — even intoxicating, an expansion of love that stirs people up and leads to a convivial atmosphere that spreads delight among the guests.

The new wine signifies the Gospel as a movement of divine love in which the Spirit at the heart of God's Trinitarian life is made available. Notice there were six jugs of water, an immense quantity, enough wine to supply a small army. This detail suggests the limitless kind of gift that the Spirit represents and is about to bestow on the human family. That

incomparable gift is Christ's redeeming activity and its transformational effects.

Thus the seemingly insignificant concern of Mary, precisely because it was inspired by the Holy Spirit, becomes the point of departure for a world-changing cosmic event. Mary's entire being, saturated as it was with prayer, was vibrating to the intensity and subtlety of that love and hence could transmit it even in her smallest actions. To live ordinary life with extraordinary love is to allow the Spirit to transform the details of everyday, including one's concerns and even one's jokes, into manifestations of the infinite compassion of God.

It is as if the Father inspired her to reveal her concern to Jesus because he couldn't wait any longer or hold back his eagerness to effect the redemption of the world and to pour out his infinite love upon humanity. Little things when inspired by God can result in enormous consequences. The simple expression of Mary's concern set off the redemption of the world. Our salvation actually began at the wedding feast of Cana when the seed of faith was sown in the minds and hearts of the apostles through the changing of the water into wine. For they were to carry Jesus' message of salvation to the ends of the earth.

This same love continues in the Christian community. It might be called the contemplative dimension of the Gospel.

"Little things  
when inspired by God can result in  
enormous consequences."

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

We are nearing the end of our 5-year campaign for \$2,500,000. We have reached \$2,067,135 thus far and we expect to surpass our projected goal. We are grateful for the support and commitment of so many of you. It is certainly a miracle of God's grace that so many women and men are being drawn to Centering Prayer. It is the power of this prayer that continues to spread our message around the world.

### The Team

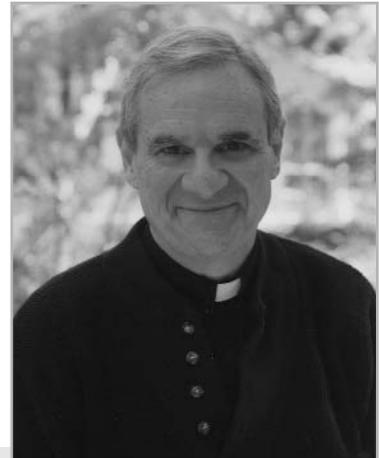
As part of our 20th anniversary celebration Fr. Thomas Keating and members of the staff; Gail Fitzpatrick-Hopler, Fr. Carl Arico and Marie Howard, our special events coordinator, are spending weekends with Chapters that have accepted our invitation to host an event.

### The Weekend

On Saturday we have a morning and afternoon session with the Chapter leadership; that evening, a special dinner with major donors; on Sunday, a fundraising event, inviting all the members of Contemplative Outreach and their guests to listen to an inspiring talk by Fr. Thomas, preceded by a presentation of our needs with an appeal for financial support; and then an open reception where we can meet and greet one another, along with a book signing by Fr. Thomas.

Thus far, we have visited 22 chapters and plan on visiting seven more before the end of the year.

We would like to help you plan an event in your Chapter in 2006. I invite coordinators, leadership teams, and contact persons to call Marie (310-823-5863) to discuss the possibility.



Carl Arico, Fundraising Co-Chair

#### UPCOMING 20TH ANNIVERSARY TOUR EVENTS

<b>2005</b>	9/16-18	<b>St. Louis</b>
	10/14-16	<b>Atlanta</b>
	10/21-23	<b>New Jersey</b>
	11/4-6	<b>Northern KY- OH - ID</b>
		<b>Tri State Chapter</b>
	11/19	<b>Los Angeles</b>
	11/20	<b>San Diego</b>
	12/2-4	<b>Phoenix</b>

### Supporting the Message

In closing I'd like to share the following: Blessed Mother Teresa of Calcutta once said. *"It is not important how much you give, but how much love you put into what you give."* I know there is a correlation between how well we love and how much of our resources we are willing to give in creating and sharing what we love. It is my prayer that we feel the honor that comes from supporting the contemplative message that comes to those desiring a deeper relationship with God. Thank you for your continued support and may God bless you always.

Some of the comments from people who attended the weekend events.

*"Centering Prayer is the healthiest program I have participated in."*

*"A greater appreciation of what the Contemplative Outreach spiritual network was all about."*

*"I realized we are not part of a fly-by night group."*

*"There is a practical financial aspect to our spiritual experience."*

*"It was not easy to hear but I appreciated the upfront request for money and the need for on-going financial support."*

*"I came away with a sense of urgency — our experience is valuable — we need to share it effectively."*

Options for Giving: Bequests/Wills; Individual Charitable Trusts; Long-term Appreciated Securities; all offer tax benefits.

Please contact us if you would like information about these options. Contemplative Outreach is designated as a public charity under 501c3 of the Internal Revenue Code. Therefore, all contributions are tax deductible.

# Readers' Reflections

## A Conspiracy of Grace

by Andrea Horner, Santa Fe, NM

“... Go down Capital Creek Road for about 3 miles, staying to the left of any “Y” intersections... turn left at the sign onto Monastery Road,” the directions read. And there I was.

It had been a long journey to this place, not so much the drive from Santa Fe as the spiritual distance I had traveled to get here. After all, how *does* a good Baptist girl from Texas get to a retreat at a Catholic monastery in Colorado by way of 15 years of agnosticism in California? My mother wants to know.

I had wanted to do an Intensive Centering Prayer Retreat at St. Benedict's for over a year, but the timing had never worked out. Then, just a few days before the 10-Day retreat was to begin in January, I got an email saying that there was an opening. Did I want to come? Three days later, I was headed for Snowmass.

I drove onto the monastery grounds and was stunned by the physical beauty. The valley, birthed from Mt. Sopris to the south, was spectacular, a bowl of pristine, sparkling snow rimmed by rocky ridges and a cloudless sky. I immediately slowed my car to a crawl. This was sacred ground. I could feel it.

I reached the Retreat Center and walked inside to register. The sitting area and dining room were bathed in sunshine with magnificent views. I felt I should whisper. I was welcomed, given a brief orientation, and directed to my hermitage, St. Joseph's, on the hill behind the Retreat Center. I thought they'd made a mistake. I had signed up at the very last minute and was told I'd be staying in the old barn rooms down by the gate.

After all, how *does* a Baptist girl from Texas get to a retreat at a Catholic monastery in Colorado . . . My mother wants to know.”

“There's been a change,” the retreat master said, “But I think you'll be pleased. St. Joseph's is high up on the hill. There's nothing between you and God.”

And he was right. I had an unencumbered view of the entire valley. It was as if it had all been placed there just

for me — the beauty and the peace and the grandeur. I was deeply moved and profoundly grateful. I didn't know what the next ten days would hold, but I knew that there was a conspiracy of grace afoot.

The first evening, during and after supper, I met my fellow retreatants. We were from fourteen different states and six different denominations, a mix of men and women, lay and clergy, from a variety of backgrounds and experiences, all here hoping to deepen our practice of Centering Prayer.

I returned to my hermitage determined to get some sleep before our early start the next morning. Being a night person, I didn't know how I'd adjust to waking up by 4:30 am each day. I had images of falling over dead asleep during the first morning sit and humiliating myself. But as I lay fretting in the dark, I was given an incredible gift — the night sky. With the shades up, my large window was filled with pure blackness that was crowded, jam-packed, overflowing with stars of all sizes and brightness. They were moving and falling, dancing around the moon, streaking across the sky. It made me laugh and it made me cry. And I could feel myself sinking into the loving embrace of this sacred valley.

The next day the retreat began in earnest. The daily schedule involved extended periods of Centering Prayer and silence, interspersed with meals and video teaching by Fr. Keating, walks and talks with staff, and services at the monastery. I had not anticipated how deeply moving these times at the monastery would be. Sitting amidst the simple beauty of the chapel, with the exquisite sounds of unison chants reverberating all around me, the words of Scripture penetrated my heart in ways they never had before. And with Vigils and Compline coming just before bedtime, I was lovingly sung to sleep every night. One more unexpected gift.

But then my entire ten days were filled with unexpected gifts. Feeling held in the safety of the group as we shared hours of Centering Prayer, feeling cared for by those who prepared and served delicious meals with such love, feeling nourished by the beauty of the sights and sounds and words that surrounded me, feeling transformed by the silence. There were so many gifts of grace I lost count.

## Utterly Apophatic

I am nothing, no thing whatsoever

My bones bared are not me.

My flesh felled neither is me.

Nor any emotion flesh feels

Nor thought mind makes

Nor are my thoughts you, You,

Though spawning honest prayer

But from a self tainting Self

That self still not me.

For I am nothing, nothing at all,

As You are Nothing, nothing at all.

You have no name, nor do I

Except the names I give myself.

I am a nameless nothing

But so, gloriously, are You.

How then live my nothing

In this world that says I'm something

And not one but many somethings.

How penetrate these perceptions?

Down, down to nothing

where nothing is one with Nothing

and finally be who I am:

Nothing birthing somethings

Out of union with my God.

written by Bob Hope  
Contemplative Outreach of New England

# Are You Well Seasoned

## Are You, or is Anyone You Know, Well-Seasoned?

### HAVE YOU HEARD ABOUT THE NEW COURSE

being offered in the network of Contemplative Outreach: The Contemplative Spiritual Companionship Course? In introducing it at the Annual Meeting in Toronto last October, Fr. Thomas Keating described it as being "the tomorrow of Contemplative Outreach". Why tomorrow? Because it is designed to meet the emerging needs of those who are "well-seasoned" with eight or more years experience in Centering Prayer. Fr. Thomas said that what Contemplative Outreach now offers is especially good for someone in the first years of their spiritual journey. But, what happens after that, once your Centering Prayer has seasoned your life with God for eight years or so?

This target population are those who may have gone through the existing formation, resources and supports of Contemplative Outreach and are needing or looking (even inarticulately) for something more. With the inspiration for this course, Fr. Thomas and Gail Fitzpatrick Hopler want to continue providing for the needs of all the members of the network. This course is a chapter-sponsored event. The quiet spiritual health of a chapter is nurtured by the presence of Christ in those who have been committed to contemplative prayer for some years, especially as they let its fruits affect their relationships. Being well-seasoned has subtle effects.

This course provides practical material on the ongoing depths and challenges of the contemplative journey, how to respond to God in the dark nights and identify in your own Centering Prayer the resources Christ has given you to continue on the journey into union and unity with God. There is the opportunity to deepen and explore other contemplative practices, according to the participant's interests and needs. And there is a process of "spiritual companionship" that extends the effects of prayer more directly and intentionally into relationships — the real testing ground of our life with God.

There is a retreat in the cluster about every 6 months for a group of 18 or more, journaling, exercises, practices, spiritual reading, along with a monthly small group community meeting of the participants that provides support from others who are at a similar place on the journey. If you are interested, talk to your coordinator and other people in your area. If your cluster would like to sponsor this two-year course, please contact David Frenette for more information: 303-774-8123 or 720-232-9777.

### Dear Unknown Friends:

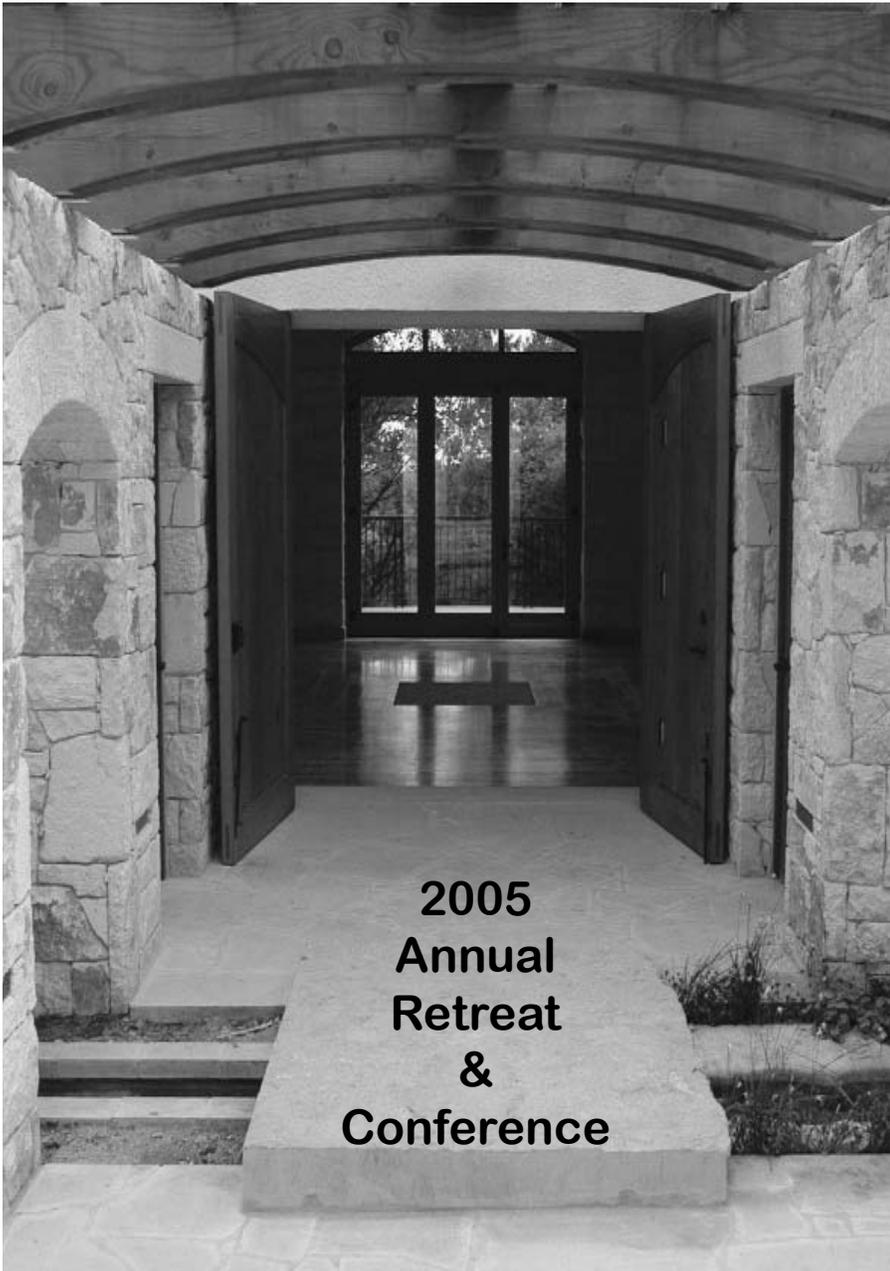
This past Advent while sharing a meal and some of my concerns with Fr. Carl Arico, I was invited by him to address those of us who are members-at-large of Contemplative Outreach, but without benefit of belonging to a prayer group or a contemplative community, for any number of reasons.

Fr. Carl thought that the newsletter might be a place to connect with those among us undergoing the Divine process alone. In many ways we resemble hermits who live hidden lives amidst busy family lives and struggle interiorly to listen to Christ without ceasing ... that through Him and by the power of the Holy Spirit, every obstacle to His life in us be removed and our ever-deepening commitment to Our Lord be sustained as we journey home.

All of us know from experience how very difficult it is to maintain a level of dedication for any extended length of time, regardless of what stage our spiritual development is in... even with the benefit of support groups. This is a place to share the adventure of following Christ and join in the songs we can sing at this watering hole ... where Christ, I pray, is recognized in all. I hope others among you will want to connect this way too, through the Newsletter, in support of our common journey.

Yours in never giving up and persevering in prayer....  
**anonymous**

Responses can be emailed to the editor, [office@coutreach.org](mailto:office@coutreach.org)



**2005  
Annual  
Retreat  
&  
Conference**

The Crossings near Austin, Texas  
in the Texas Hill Country

*"This year, the schedule will be more 'contemplative' in pace and in content. You will have time to explore the grounds and partake in the offerings of this beautiful Retreat/Wellness Center."*

**A**nnual Conference 2005- Plans Underway  
The Annual Conference this year will be held at *The Crossings* near Austin, Texas beginning Wednesday afternoon, September 28th and concluding Sunday, October 2nd, after lunch. Mark your calendars as you won't want to miss this exciting conference, which will be held in a very beautiful, prayerful and healthy surrounding.

The Theme, **"Celebrating the Year of Practice"** based on the materials from the Contemplative Life Program (CLP), will include a special retreat from Wednesday evening until noon Friday. Friday afternoon through Saturday evening will be a time to share with one another our experiences of participation in the CLP, having been connected through prayer and study of the designated practices during the year.

On Sunday morning the Annual Business Meeting of the voting membership and a closing Liturgy, *with Centering Prayer, Lectio Divina and Homily by Fr. Thomas*, will conclude the Conference.

This year, the schedule will be more "contemplative" in pace and in content. You will have time to explore the grounds and partake in the offerings of this beautiful retreat/wellness center.

Complete information regarding schedule, cost, registration information and directions to The Crossings is available on our website [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org). If you do not have Internet access please contact the International Office by emailing [office@coutreach.org](mailto:office@coutreach.org) and ask for the Annual Conference information.

Timothy Koock is the Board Chair for this conference. Feel free to contact Tim or me if you have any questions. We are very excited about the new "design" for this year's Conference and we know you will enjoy time for Centering Prayer, renewing friendships, meeting new friends on the Journey, and integrating the CLP. You will have an opportunity to provide input for the continuation of this wonderful program.

We are looking forward to seeing you in Texas in the fall.

*Marie Howard, Special Events Coordinator.*

MRHfamlife@aol.com Marie Howard  
woolsacks@beecreek.net Timothy Koock

## Invitation to give Contemplative Service

The International Office in Butler, NJ invites you to join their volunteer group. This is a great way to experience how the office connects and interacts with the entire network of Contemplative Outreach. We are looking for help with general office projects such as mailings, photocopying, filing and computer data entry (training is provided). If you or someone you know is interested, please contact Judy O'Toole by email, at [Judy@coutreach.org](mailto:Judy@coutreach.org) or by phone 973.838.3384 We have local and out of state volunteers .... if you are going to be in the NJ area you may be interested in spending some time volunteering with us. We welcome your service and look forward to hearing from you!

## 12 Step Outreach

**Dedicated teams  
from a variety of fellowships  
are willing to bring this  
precious contemplative practice  
to those you love.**

In January a Formation Retreat and Workshop was held at St. Benedict's Retreat Center, in Snowmass, to refine the Introductory Workshop for "*Centering Prayer as an 11th Step Practice*". Fifteen women and men from all over the US and UK came and shared their commitment to using Centering Prayer as a tool in their recovery and how it could be offered to the 12 Step communities. All were Commissioned Presenters with an established prayer practice in addition to long-term adherence to their respective 12 Step Programs.

If you are a member of a 12 Step Group or are part of a faith community that would like to host an Introductory Workshop or a Weekend Retreat for 12 Step groups, there is a dedicated team from a variety of fellowships that are willing to bring this precious contemplative practice to those you love. For information, or to set up a workshop or retreat, please contact :

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

View from The Crossings, Austin, Texas, site of the 2005 Retreat & Conference

"Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

### Step 11 of the 12 Step Programs

#### Upcoming "Centering Prayer as an 11th Step Practice" Workshops

##### One-day Workshops

Long Beach ,CA	June 4	contact: Barbara B.	St. Bartholomew's Catholic Church	(562) 433-7901
Boerne, TX	August 6	contact: Myrna T.	Contemplative Outreach Center	(210) 710 5602
Atlanta, GA	August 13	contact: Roberta O.	St. Bartholomew's Episcopal Church	(404) 299-2670
New Westminster, BC	September 10	contact: Kathleen S.	Holy Trinity Cathedral	(604) 254-9969
Encino, CA	October 29	contact: Sally F.	Holy Spirit Retreat Center	(310) 390-9722

##### Weekend Workshop/Retreat

Omaha, NE	September 23-25	contact: Deb Fortina	St. Benedict Center	(402) 280-4774
Eureka, MO	November 4-6	contact: Jim M.	Marionist Retreat Center	(314) 725-7944
Sinsinwa, WI	November 18-20	contact: Jenny A.	Sinsinwa Mound Center	(319) 266 8225

by Ilse Reissner

We recently received several significant donations that have made a tremendous impact on Contemplativa Extensión. Thank you J.R., Maria T., John, and Elizabeth. Thanks also to the members of our board, who have always been our main supporters. Our blessings continue as Mexico and Nicaragua were recently recognized by their local cardinals, a big step forward.

**Mexico:** Many activities and events were held these last months, following Fr. Thomas's visit in August. Our coordinator couple, Judith and Julio, offered Introductory workshops and retreats in many cities. Fr. John Martin and his local group have been busy in the Yucatan Peninsula. The cardinal in Mexico requested workshops and retreats for the Mexican clergy and seminarians. This is a BIG change from this same cardinal's opposition to the teaching of Centering Prayer when Judith first tried to introduce it there five years ago.

**Nicaragua:** Something very similar happened here, the cardinal asked the local coordinator, Aida Maria Herdocia to direct their annual clergy retreat,

to include the cardinal himself. Fr. Gilberto Walker, who is building a contemplative community in Cuba, accepted our invitation and obtained permission from his Provincial to go to Nicaragua in November, accompanied by Adalberto Henriquez. This is a significant event. We ask for your prayers in support of this five-day retreat.

**Puerto Rico and Venezuela:** Our coordinator in Puerto Rico, Marilú Asón, is now overseeing our work in Venezuela. Please see the letter from Venezuela below.

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**Our blessings continue as Mexico and Nicaragua were recently recognized by their local cardinals, a big step forward.**

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**Formation for Presenters Workshops:** In El Salvador, the team will be Leila Membreño and myself, along with two locals who attended our 2002 Formation Workshop in Orlando. Following the Annual Meeting of Contemplative Outreach in

Austin, in October, there will be a presenter's workshop on the "Refined Essentials". We ask all our presenters to try to attend the Annual Meeting and then stay for this. Last, but not least, we have another Formation in Mexico, November 16 to the 23rd. The cost for the workshops in El Salvador and Mexico are very reasonable.

### Extensión Contemplativa de Venezuela by Fr. Beda Hornung OSB

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It is a pleasure for me to present to you the new branch on the tree of Contemplative Outreach: Extensión Contemplativa de Venezuela. This year, from February 4 to 8, the first retreat on Centering Prayer and Lectio Divina was given in Venezuela. It was held at the Benedictine Abbey of San José, Güigüe (pronounce: "Weewe"), just south of the Lake of Valencia. The long weekend of carnival gave us enough time to become familiar with this discipline. The time table and the choir office of the monastery were of great help in our efforts to remain centered.

Since the middle of last year, Mrs. Belkina Gamboa, Caracas, and Fr. Beda Hornung OSB, Güigüe, began to organize this retreat. Including Fr. Beda, monk of the Benedictine community, there were 20 participants. Besides a majority of women, participants came from very different walks of life, and different professional and pastoral activities. Most of them had read the book, *Open mind, Open Heart*; and everyone showed great interest in the presentations and the practical exercises. Because of the limited number of rooms available, quite a few people could not participate and will have to wait for another opportunity, hopefully in the near future. In our country there is much hunger for serious and deep spirituality combined with practical help to put it to work.

Our guides into Centering Prayer and Lectio Divina were Mrs. Marilú Asón and Sister María Milagros Carbonell, both from Puerto Rico. Marilú, with her fine humor, came across very well. And Sister María Milagros touched us with her simplicity and depth. With the help of both, we really got the best out of this retreat. On Monday evening, they told us how to organize the prayer groups. There will probably be two groups: one in Caracas, from where nine of the retreatants came, and another one in Valencia, about 150 km (100 miles) west of Caracas, from where eight other people had come. The other three have no one nearby in their areas. Marilú will be the Coordinator for Venezuela, and Belkina Gamboa will be the local contact person. Everything related to Extensión Contemplativa de Venezuela will be her responsibility.

The group wanted to invite a number of people for another retreat in the future. But, being new in this and with little experience, we decided to wait until the end of the year, practicing faithfully twice a day our Centering Prayer, and allowing the Lord to transform us. By the middle of October, all of us will meet again for a weekend at the Abbey, to share our experiences of Centering Prayer and Lectio, and to deepen some aspects, if necessary. From then on, we will see what happens.

Our thanks go to Extensión Contemplativa who sent us two very qualified persons and who, to a large extent, provided for their travel expenses. Our thanks, with a special greeting, go also to Fr. Thomas Keating who has dedicated several decades of his life to rediscovering the great gift of contemplation and to making it accessible to modern people like us. All of us have the privilege of harvesting the fruits of what he has sown. Thanks, Father, and God bless you!

Visit our website

www.contemplativeoutreach.org  
for a complete listing of resources  
offered by Contemplative Outreach

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*Upcoming . . .*

## *Manifesting God*

*a new book by Fr. Thomas Keating*

available Summer/Fall 2005

look for an announcement on our website this summer

**Sewanee Theological Review** is an Anglican journal



of theological reflection. Published quarterly, STR focuses on questions that are a present and continuing concern for the church. Intended for both lay and academic audiences. The March 2005 issue is titled "*Contemplative Prayer*" and features articles by Thomas Keating, David Frenette, Thomas

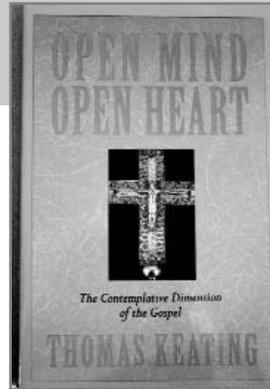
Ward, Paul Lawson, and other contemplative authors. Single-copy orders for this issue are \$8 each. A one-year subscription is \$24. To order, send your payment to:

Sewanee Theological Review,  
SOT Box 46-C,  
Sewanee, TN 37383-0001 USA.

*Sorry, no credit cards accepted. Foreign orders add \$3 for single-copy order and \$8 for a subscription. Payment in U.S. dollars, please.*

# Resources

## *Current Best Sellers*



### **Open Mind, Open Heart** *by Fr. Thomas Keating*

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

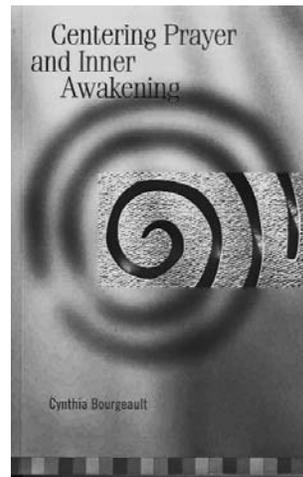
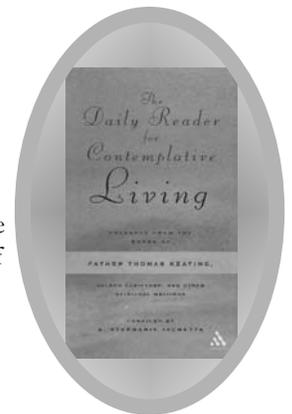
Paperback #B-01  
\$13.95

### **The Daily Reader for Contemplative Living**

*compiled by Stephanie Iachetta*

This work brings together for each day of the year three prayer practices for contemplative living: first, a brief "active prayer"; second, excerpts from eleven of Fr. Thomas Keating's books and an audiotape; and, third, Lectio Divina.

#B-43 \$21.95



### **Centering Prayer and Inner Awakening**

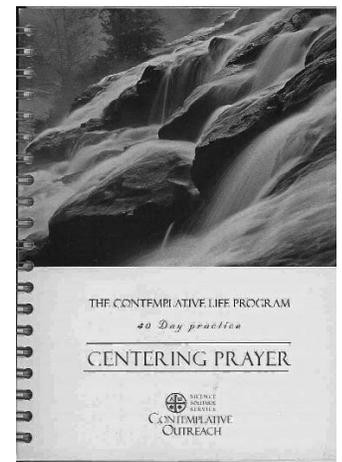
*by Cynthia Bourgeault*

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

#B-50 \$13.95

### **The Contemplative Life Program**

*See page 4 for details.*



**NEW RESOURCES AND ORDER FORM**

**Videos**

**Living Ordinary Life with Extraordinary Love - Part 1**

Session 1 Fr. Thomas Keating offers contemporary answers to contemporary challenges of ordinary life. 47 minutes

Session 2 Gail Fitzpatrick-Hopler explains the Contemplative Outreach "Year of Practice" and the Contemplative Life Program. 20 minutes

**VHS**                      **Audio Cassette**              **Compact Disk**  
 V-108 - \$24.99              A-108 - \$10.00              CD-108 - \$12.00

**Living Ordinary Life with Extraordinary Love - Part II**

Session 1 Sr. Mary Margaret Funk speaks about "the Little Way" of St. Therese of Lisieux as a means of living out ordinary life with extraordinary love. 52 minutes

Session 2 - Dialogue Sr. Mary Margaret Funk, Fr. Thomas Keating, Gail Fitzpatrick-Hopler 40 minutes

**VHS**                      **Audio Cassette**              **Compact Disk**  
 V-109 - \$24.99              A-109 - \$10.00              CD-109 - \$12.00

**CDs** (Never before offered)

**Spiritual Journey Part V**

VHS - KV-07 \$124.95              5-Audio Set KA-207 \$50.00  
 DVD - KDVD-07 \$150.00              3-CD Set KCD-207 \$60.00

See DVD announcement on this page

**Six Continuing Sessions of the Introduction to the Centering Prayer Practice**

formerly the "Six Session Follow-up to the Introductory Workshop Series"

VHS - KV-08 \$64.99              3-Audio Set KA-208 \$30.00  
 DVD - KDVD-08 \$90.00              3-CD Set KCD-208 \$36.00

<p><b>Method of C.P. Brochures &amp; The Lectio Divina Brochures</b></p> <p>BRO-1a The Method of Centering Prayer (50) \$5.00</p> <p>BRO-3 Lectio Divina (50) \$5.00</p>	<p>in packets of 50 shrink wrapped</p>
--	--

**NEW NEW NEW**  
**Now Available in DVD**

**The Spiritual Journey Part V: The Heart of the Christian**

Spiritual Journey Fr. Thomas Keating

**5 DVD set**

Item # KDVD-07  
 \$150.00

- The Most Excellent Path
- The Divine Banquet and Dance
- Prayer in Secret: Matthew 6:6
- What is Divine Therapy?

- *Contemplative Outreach*: A Response to the Divine Invitation

**The Six Continuing Sessions of the Introduction to the Centering Prayer Practice** Fr. Thomas Keating

**Session 1**

- Prayer in Secret
- Discipline of Centering Prayer
- What is Divine Therapy?

**Session 2**

- What Centering Prayer is Not and What It is
- The Basic Principles of Centering Prayer

**Session 3**

- The Method of Centering Prayer I
- The Method of Centering Prayer II

We are in the process of transferring our videos to DVD and are grateful to those who have supported this effort. As funding becomes available we will continue with this project. Also, please note that the Six Session Follow-Up to the Introductory Workshop Series has a new title.

Same content, Different name

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**The Cuba Retreat**

by Isabel Castellanos

"Welcome and God bless you." Those were the first words I heard from an immigration officer at the airport in Havana. The message was simple yet stunning, especially when one brings to mind Cuba's long standing history of attempting to suppress religious expression. I was returning to my native land after an absence of 44 years, and I was coming back to share my Centering Prayer practice. At that initial moment I sensed that both God and Cuba were extending their welcome.

Together with Adalberto and Margarita Henriquez, I had been invited by Father Gilberto Walker, Contemplative Outreach Coordinator in Cuba, to give a Centering Prayer retreat from January 13 to the 16th. Frank Maruri, of Contemplative Outreach in Miami Beach, traveled with us and participated as a retreatant. The Havana CP group has a membership of approximately 35 people. They have been meeting weekly — despite transportation problems and other hardships — for a year and a half.

The retreat was held in Madruga, a rural town southeast of Havana. The house, run by the Sisters of Charity of St. Vincent de Paul, offers simple accommodations and excellent food. The lack of running water on a few occasions gave rise to creative washing solutions. Cubans, of course, take all this in their stride. The pampered U.S. team members felt blessed by the privilege of sharing, in a very small way, their everyday experience. Frank expressed it best at the end when he said: "I felt better here than in a five-star hotel."

Adal gave a presentation on the human condition and I on the welcoming prayer. We also scheduled three and a half hours of Centering Prayer per day and a daily contemplative mass. A rather heavy program for such a young group. To our delight, many of the participants had already "discovered," through the help of the Spirit, practices akin to the welcoming prayer, as they tried to cope with the difficulties of their daily lives. In the evaluations, most retreatants named silence and the extended periods of Centering Prayer as most helpful. They also requested a monthly contemplative mass.



Father Gilberto is blessed to have such a group and the group is blessed to have Father Gilberto, a true servant-leader if there ever was one.

One of the many challenges that the Cuban church faces is a sense of being isolated from the rest of the world. Participants in the retreat celebrated joyfully being part of a spiritual network such as Contemplative Outreach. They spoke in familiar terms of Father Thomas and of Carmen Sanchez, whom they never met in this life but whose presence they sensed throughout the retreat. Adal said it best when he wrote in an email: "We came to give a retreat and we were the ones receiving it."

Afterwards, Frank, another friend and I spent a total of 17 days visiting various communities throughout the island. In most places we found a simple, basic, committed faith; a faith unencumbered by the trappings of prosperity, bureaucracy, and privilege; a faith that is growing and vital. At one point, Bishop Carlos Baladron, of the Guantanamo-Baracoa diocese, asked us: "Please tell others that despite everything we are alive!" Indeed they are ... and we will all be enriched if we listen to their quiet testimony of faith.

**For information in Spanish**

- |                    |  |
|--------------------|--|
| San Francisco, CA  | Cristóbal Padrón 415-759-0943  |
| San Diego, CA      | Cherie Herrera 858-453-8662 <a href="mailto:cherieherrera@SoftHome.net">cherieherrera@SoftHome.net</a> |
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| Milwaukee, WI      | Fr. D. Shields 414-224-7565 <a href="mailto:dshieldssj@hotmail.com">dshieldssj@hotmail.com</a>         |

**Para Informes en Español  
...Resources Translated in Spanish**

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

## CHAPTER UPDATES

### *British Columbia, Canada*

Contemplative Outreach of Greater Vancouver began in the fall of 2004 after a visioning weekend facilitated by Madeline Soo and Susan Komis. A leadership team of six has begun to serve an already active area with a dozen Centering Prayer groups. We have been presenting Introductory Workshops, and reaching out to facilitators with CO resources, like the Spiritual Journey videotapes. In February, we offered our first event, the Welcoming Prayer Workshop, and in April, our weekend Centering Prayer Retreat, facilitated by Ruth and Mark Dundon. We have been greatly assisted by our cluster members across the line in Oregon and Washington, and by CO International, for which we are grateful. **Anita Boyd, 604-590-8080, avboyd@shaw.ca**

### *California, Burlingame*

Centering Prayer has taken root as one of the core offerings at Mercy Center in Burlingame California. Well known as a place where contemplative practice and the works of Mercy nourish and enhance each other, the Center is committed to providing regular opportunities for centering prayer retreats and introductory workshops. The Formation Training is now being offered as well – the next training will take place February 19-24, 2006. **Catherine Regan, Program Coordinator at 650-373-4528 or cregan@mercyburl.org**

### *California, San Diego*

The new year has brought change and transition to Contemplative Outreach San Diego (COSD). After ten years of totally dedicated untiring service, our coordinator, Fr. Justin Langille, has decided to step “up” to a position on the International Board. After attending the Coordinator Servant Leadership Formation at St. Meinrad Archabbey in July 2004, Chris and Sue Hagen felt called to put their names forward to be co-coordinators. We assumed our new roles January 1, 2005 and have been joyfully and humbly busy ever since! We planned four spiritually enriching events during Lent. Thirty-six contemplatives attended a 3-Day Retreat and a moving Ecumenical Taize Prayer Service was held the following week. Just prior to Easter many of us participated in a meditative Labyrinth Walk, and experienced a deep connectedness with all of you during our 14th Annual United in Prayer Day. In April, Fr. Justin presented an intriguing workshop, “Unmasking the False Self in Compassion”. During the summer we will recommission our presenters and facilitators who have been trained in the new refinements. September will bring Susan Komis to San Diego for a day-and-a-half workshop on St. Teresa’s Interior Castle. Our annual festive fundraiser, the Friend’s Dinner, will be held in October. On November 20th we will have a Gathering for all chapter members and the public, and both Fr. Keating and Fr. Arico will speak. COSD is grateful for the numerous spiritual opportunities we are able to provide and we look forward to many more events in 2006. **Sue and Chris Hagen, Co-coordinators, 706-745-8860, sue.hagen@sbcglobal.net**

### *California, San Fernando Valley*

It is with great joy and expectation that we await the reopening of Holy Spirit Retreat Center October 1, 2005 in Encino. The Center has 24 new bedrooms, four conference rooms, a remodeled ecumenical chapel, kitchen, dining room, new office space, and a hermitage - all of which will be available for our Contemplative Outreach programs in Los Angeles. These past two years our 1-Day programs were held at Sophia House and our Intensive Retreats at Mt. St. Mary’s in Los Angeles. We are grateful for Living Flame I and II, which is a great community builder. We will conclude in June with a retreat weekend with Susan Komis. We highly recommend the Living Flame to you and your chapter. Now we look forward to “coming home” to our beautiful, new Center this fall. We hope you can visit us there. **Linda Snow, Coordinator, 818-986-9080, srlinda@adelphia.net**

### *California, San Gabriel*

The San Gabriel region of Contemplative Outreach is active in providing opportunities for people to practice Centering Prayer. Over the course of this year, Church of Our Saviour Episcopal Church has hosted monthly Quiet Days that include Lectio Divina and two Centering Prayer sittings followed by the eucharist. Also, in the fall, certified presenter Jon Neff spoke at an Introduction to Centering Prayer Day for ten people. Out of that meeting formed a Centering Prayer group that watched the Thomas Keating follow-up videos. Currently, the same group continues to meet on Wednesday nights at Church of Our Saviour. In the spring, Church of Our Saviour will host an additional Introduction to Centering Prayer Day. **Catherine Gregg, 626-282-5147, cgregg@churchofoursaviour.org**

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<http://www.coutreach.org/guestreg.htm>

**Help save a tree!**

Contemplative Outreach of Boulder County closed out the year with a 7-week Introduction to Centering Prayer course and two retreats. Our Fall Retreat, "Come Rest With the Lord," included Centering Prayer and Lectio Divina. For our Advent Retreat, Sr. Scholastica England, O.S.B. focused on the prayer of the contemplative in anticipation of the coming of the Lord. Our spring activities included two Introductory courses, one at St. Mary Magdalene Episcopal Church in Boulder and the other in St. John the Baptist Catholic Church in Longmont. We are fortunate to have two teams of trained presenters in our chapter. Our Lenten Retreat, "Contemplative Prayer as an Immersion Experience" with Fr. Terry Ryan, C.S.P., was a wonderful preparation for Easter. At a mini-retreat Fr. Terry spoke at the St. Thomas Aquinas University parish about contemplative prayer. In June, we once again welcome Fr. Steve Connor, C.S.P. to join us for our annual 8-Day Post Intensive Retreat, which is always a special time for us all.

*Colorado, Boulder*

**Barbara Hayden, Co-Coordinator, 303-494-2845, mg329Hayden@aol.com**

Fall is an exciting time at our Center for Contemplative Living. It is a time of coming together and new beginnings. After a welcomed summer break, our staff and volunteers gather to renew our commitment to our Centering Prayer practices and to serve at the Center. Our Introductory Workshop on September 17 kicks off our "school year." In addition to *The Spiritual Journey Series*, we will offer a series of one-night spirituality seminars. September 2005 marks our first offering of the *Nine Month Course Part II* and the seventh session of *Part One*. Our second annual Fall Gathering happens in October. December 2 to 4 we will gather at the Sacred Heart Jesuit Retreat House in Sedalia, CO for our traditional Advent retreat. Throughout the fall, Centering Prayer Immersion Experiences, Days of Prayer, and a network of support groups provide opportunities for us to pray in community. These programs reflect the many ways our servant leadership teams meet the needs of those who turn to us for direction and support on their spiritual journeys. As Fr. Thomas says, it is in the arena of daily life that spiritual progress takes place. Each day we welcome the guidance of the Holy Spirit in prayer in action, as we discover the treasures of ordinary events and bask in ever-present Grace.

*Colorado, Denver*

**Sr. Bernadette Teasdale, 303-698-7729, srb@contemplativeoutreach-co.org**

The Dominican Republic Contemplative Outreach Chapter was blessed with a 5-Day Welcoming Prayer Immersion Retreat offered by Cathy McCarthy in March. Twenty-three facilitators were able to live this experience. We practiced in our daily lives how to open to "what is" at the moment. Cathy shared with us that we had freedom to consent or not to consent to our thoughts. The facilitators expressed how strongly this Welcoming Prayer has impacted their lives. It is an excellent tool to add to their practices of Centering Prayer and Lectio Divina. We also reviewed the use of the Forgiveness Prayer. We feel so blessed to be able to have enjoyed the wisdom Cathy has to offer. We could sense so profoundly that every word that she taught us came from her rich personal life experiences and her serious commitment to Centering Prayer. She truly transmitted beautifully God's unconditional love for us. Thank you Cathy!! ... from all your Dominican godchildren. **809-548-6480, oracentrante@verizon.net.do**

*Dominican Republic*

My name is Brother Elia Beaver from the Brotherhood of Jesus (Jesus-Bruderschaft) living in our community in Latrun. We've lived here for over 30 years on the property of the Trappist Abbey. Our community is ecumenical — myself an Anglican, and most of the others (brothers, sisters, and families) who come for the Evangelical Church in Germany and Switzerland, ie, Lutheran and Reformed traditions. We have Roman Catholic members, as well as others from the Free Churches. We recently held an Introductory Workshop on February 26th. It was indeed a good beginning for CO in this part of the world. We are quite thankful for the response. My co-presenter and I have been serving together on the retreat team in Latrun for a few years. The follow-up sessions were held in two different locations. We were 12 (including myself) coming from various backgrounds; Swiss, Finnish, Israeli, Norwegian, German, English and American. The action of the Holy Spirit was evident in drawing people to this type of prayer ... in helping us with the presentation ... and in the positive interest in Follow-up groups. We will keep CO informed of the progress and the next Workshop.

*Israel, Latrun*

The International Contemplative Outreach meeting in Toronto in 2004 gave Contemplative Outreach a great boost in Ghana. Two things happened. Sr. Therese Jacobs was given permission to present the *Essentials of the Centering Prayer Method* and a grant was given by one of the members of C.O. to help spread this prayer practice in Ghana. Since October 2004, over 80 people have been introduced to this prayer form. In addition to the many Introductory retreats and workshops, Days of Renewal have also been well received. An Introductory and Day of Renewal have been held for a group of cloistered Carmelite Sisters from the Philippines in Tamale. At the first Day of Renewal, five attendees; from Nigeria, Ghana, Germany and the US were invited to form a leadership group for C.O. in Ghana. One of the members who receives the C.O. newsletter shared information regarding the Contemplative Life Program with us. The first booklet arrived in February. We found it inviting and inspiring. The group has grown in confidence, commitment, friendship and awareness of the power of God to accomplish what at times seems impossible. Many thanks to the international office of Contemplative Outreach for all the support and encouragement and to our generous donor.

*Ghana, West Africa*

**Sr. Theresa Jacob, B.V.M.**

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## CHAPTER UPDATES CONTINUED

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### Georgia, Atlanta

Fr. Keating, along with the fundraising team of Fr. Arico, Gail Fitzpatrick-Hopler, and Marie Howard will visit Atlanta for the general public on Sunday, October 16. Contact Roberta Oster at [robertaoster@bellsouth.net](mailto:robertaoster@bellsouth.net) for more information. Our first 5-Day Intensive/Post Intensive Retreat will be held at the Trappist Monastery of Our Lady of the Holy Spirit, in Conyers from September 23 to 27. Contact Vernon and Mary Joyce Dixon at [vandmj Dixon@alltel.net](mailto:vandmj Dixon@alltel.net). CO-Atlanta provided a series of Saturday Mornings of Prayer for five consecutive months in the beginning of 2005. Luther Lewis is the contact person and various Christian denominations hosted the events i.e. Methodist, Catholic, Christ Covenant MCC, and the Monastery of the Holy Spirit. We find the day gives us an opportunity to meet people who want a short introduction into the method prior to their attending a workshop. Roberta Oster attended the formation training for "Centering Prayer as an 11th Step Practice" in Snowmass. Cynthia Bourgeault presented an Advanced Workshop on Centering Prayer in late January at the Monastery of the Holy Spirit. We highly recommend her as an excellent communicator of the benefits of Centering Prayer in our daily lives. Recently, the *Atlanta Journal & Constitution* newspaper ran an article on Centering Prayer in their Saturday morning section "Faith and Values". This has brought us new invitations to present the prayer practice in various Christian denominations. We're grateful for the reporter's dedication in presenting the information and look forward to meeting the opportunities it has opened to us to spread Centering Prayer.

**Roberta Oster, 404-299-2670, [robertaoster@bellsouth.net](mailto:robertaoster@bellsouth.net)**

### Illinois, Chicago

The Chicago Chapter was pleased to have enrolled 30 persons in the Living Flame I program. We are still deciding if we should do Living Flame again next year so we will have a large group for Living Flame II the following year. With two new presenters of the Lectio Divina Introductory Program, we held one workshop supervised by Sr. Maria Tasto, and a second workshop with the six follow-through sessions in April and May of 2005. We are pleased to have expanded our leadership team by adding a person responsible for the CO Chicago bookstore.

**Margie Tomlinson, 847-391-0997, [matomlinson@comcast.net](mailto:matomlinson@comcast.net)**

### Kansas, Wichita

The Greater Wichita Area is enjoying consistent growth in meeting attendance and new groups have formed. Introductory Workshops have been presented in both Topeka and Wichita. The Chanute area meetings continue strong. The Topeka meetings are notably multi-faith and in the Wichita area we are very pleased that the workshops presented to members of 12-Step recovery programs, in particular Alcoholics Anonymous, have spawned much interest and participants continue to grow in number and hunger for more.

**Patricia Mannion, 316-941-9742, [pamannion@aol.com](mailto:pamannion@aol.com)**

### Louisiana, New Orleans

We are looking forward to our 10-Day Centering Prayer Retreat, July 22-31, at Rosaryville in Ponchatoula, Louisiana. This is only an hour's drive from New Orleans, but it seems a universe removed when we are there. The video tapes of "The Spiritual Journey" are shown to all who are with us for the first time to make their 10-Day Intensive Centering Prayer Retreat. For the retreatants who are returning for a second (or a third or fourth year, in some cases) we offer an Advanced Intensive Retreat, with fewer and different videos and more silence. From experience, I can say both formats present a great gift to anyone seriously on the Spiritual Journey.

**Vivien Michals, 504-944-4000, [vived2@cox.net](mailto:vived2@cox.net)**

### Missouri, St. Louis

Our new year began with the installation of a solid Leadership Team on January 2nd at the Annual Epiphany Celebration featuring our first ever Taizé Prayer Service. While we're still new at this form of sung prayer, the evening was beautiful and well received. Another first came on February 4 with our ongoing Spiritual Formation Series held at the Vedanta Society of St. Louis, where a group of our community members heard Swami Chetanananda speak on "As Many Faiths, So Many Paths". His calm demeanor and wit truly enhanced his wisdom teachings. Although we're busy getting ready for the 20th Anniversary Tour this coming September and Annual Conference in the fall of 2006, we continue to offer many Introductory Workshop programs, retreats, and opportunities for ongoing spiritual formation. Many are looking forward to the summer Intensive/Post Intensive Retreat with Fr. Bill Fickel and our fall weekend retreat on "Discernment" with Sr. Marilyn Wussler, as well as the 12-Step Retreat Weekend in November this year. We're so blessed and thankful for the many wonderful volunteer servant leaders who have stepped forward to make all of the events possible.

**Marsha Hatfield-Baker and Jim McElroy, Co-Coordinator, 314-918-8288.**

Contemplative Outreach of New Mexico is pleased to report that more and more Centering Prayer groups are forming around the state. We will be hosting the second Contemplative Outreach pilot retreat. Praying from the Heart - Praying with the Body Retreat July 21 to the 29th. This retreat will be held at the Sangre de Cristo Center in the mountains outside of Santa Fe. The Praying from the Heart - Praying with the Body Retreat has been very well received by seasoned Centering Prayer practitioners. The annual meeting of CO, Ltd. will be a retreat this year and we hope to share some of the Praying from the Heart - Praying with the Body with those in attendance in Austin. (See more information elsewhere in the newsletter.)

New Mexico

**Susan Rush, 505-466-4527, susrush@aol.com**

Our Centering Prayer group here at St. Andrew's continues, and a new Contemplative Living Community began in September. The 2nd *Five-Day Welcoming-Prayer Immersion Retreat* will be held at St. Andrew's Retreat House August 31 - September 4, 2005, and the 2nd *40-Day Live-In Experience* will be offered October 6 - November 14, 2005. Both of our Nine Month Courses continue to nourish and support those serious about living a contemplative lifestyle; we now offer two 6-Day Intensive/Post Intensive Retreats a year, as well as a 10-Day Post Intensive. We were blessed to have Cynthia Bourgeault provide a 6-Day retreat based on her new book, *Centering Prayer and Inner Awakening*. We continue to be grateful to the Sisters of Our Lady of Charity who provide the hospitality at St. Andrew's and support the ongoing retreats and programs. What would we do without them!!!! Much love and thanks to all who come to St. Andrew's and support us in known and unknown ways.

New York, Walden  
St. Andrew's Retreat House

**Cathy McCarthy, 845-778-2101, cathymc@frontiernet.net, www.centeringprayernys.org**

In addition to Weekend Centering Prayer and Welcoming Prayer Retreats, a Forgiveness Prayer Workshop, Introductory Workshops, and a Facilitator's Workshop; Contemplative Outreach of Westchester provides innovative programs to spark interest and renewal. In 2005, Fr. John Quinn of St. Patrick's Church in Armonk, celebrated a Contemplative Mass after the one described in the Appendix of *The Mystery of Christ*. Saturday Prayer Days have taken on a new face. Traditionally, Saturday Prayer Days (now the third Saturday of the month) provide an opportunity to pray together and to meet members of other prayer groups. The time together usually includes two 30-minute Centering Prayer periods and Lectio Divina with faith sharing. In February, 2005, in addition to the usual Saturday Prayer Day format, Steve Standiford presented "Centering Prayer and the Unloading Process." In May 2005, local yoga teacher, Joan Gibbons, offered the Experience of Prayerful Yoga as entry into Centering Prayer. Chapter members completed Formation for Service. They are Sr. Rose Vermett: Welcoming Prayer Practice; Mary Ann Neiger: Presenter of Essential Formation; and Stephanie Iachetta: Servant Leadership Formation. Senior members mentor those in their prayer group who subscribe to the Contemplative Living Program. We participate in and support the Basket Program, as well. Through faithful prayer and by the grace of God our Leadership Team continues to mature. We remind each other of the Contemplative Outreach logo "patient waiting" and that everything happens according to God's plan, in God's time - not in our time. For information about our upcoming events, check our link on the national website. **Stephanie Iachetta, 914-921-3264, stef60@aol.com (this email address blocks unknown mail so call first for clearance)**

New York, Westchester

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

Oregon, Portland

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

Tennessee, Mid & East

## CHAPTER UPDATES CONTINUED

### Tennessee, West

After being coordinator of our chapter for three years, Norma Moore and her husband have moved to Vancouver, Washington, where they will live in retirement. A celebration of the ministry of Norma among us was held at our quarterly Facilitators meeting on February 12 at Living Waters House in Brownsville. A prayer of thanksgiving with all the participants joining in marked the appreciation of all Norma did in helping a new chapter emerge. Also, Mike Potter, a local attorney from Memphis, took over the reigns as coordinator. He and Norma have been working together for this transition since last summer. Joining Mike, and continuing their involvement in COWT, are Sr. Joann Mascari, OP, and Dr. Bill Clemmons, who, as a team, have been offering workshops and followups since the fall of 2000. Joining them will be; Dr. Elizabeth Vaughn-Neely, on the faculty of Union University in Jackson, serving as contact person for Jackson; and Eileen Olewinski, currently a senior auditor with FedEx, who will become Treasurer for the Chapter; and 12 to 15 facilitators. Currently ongoing meetings are being held in Presbyterian, Catholic, Methodist and Episcopal churches in both Jackson and Memphis. Plans are being made to offer monthly meetings for facilitators in both Jackson and Memphis. Interest in becoming certified presenters of Centering Prayer and Lectio Divina was expressed by several facilitators. On May 6 and 7 the chapter held a Visioning Session, led by Susan Komis, to give guidance for the future. A group of campus ministers from across the southeastern United States gathered at Rhodes College. Mike Potter and Bill Clemmons gave them an orientation to Centering Prayer, including two 20-minute sessions. The chapter has also worked with the Memphis School of Servant Leadership in offering workshops on both Centering Prayer and Lectio Divina. The three on the Memphis team; Mike Potter, Sr. Joann, and Bill Clemmons, were asked by the Episcopal Bishop of West Tennessee to give the Diocesan Clergy Retreat in May. We look forward to the coming year and the beginning of new work in West Tennessee.

**William Clemmon, [wclmmon@midsouth.rr.com](mailto:wclmmon@midsouth.rr.com)**

### Texas, San Antonio

On May 1, COSA concluded our review and practicum of The Newly Refined Essentials to an Introductory Centering Prayer Practice. Over the last several months we have teamed with our neighbors at HOTCO in Austin and have scheduled five half-day workshops for our presenters to advance their training in the essentials. Their enthusiasm has been very high, together with an appreciation for the beauty and flow of the refined essentials. Besides a prison and jail ministry, bilingual retreats and workshops, Silent Second Saturdays, COSA will soon offer Introductory Workshops to Centering Prayer in the 12-Step Program. This will be led by our Myrna Twoohy, who recently completed her training at Snowmass. During Lent, our Leadership Team; Sr. Mary Agnes, Cleo Tamez, and Timothy Kook, presented an Introductory to Center Prayer Workshop on Monday nights at Our Lady of Perpetual help to nearly 200 parishioners, with great encouragement from their pastor. Check out our new website, [www.contemplative-outreachsa.com](http://www.contemplative-outreachsa.com) for further COSA activities.

**Timothy Kook, Contemplative Outreach Liaison, 830-997-9554**

**Contemplative Outreach of Southeast Wisconsin (COSEW) has recently formed a new "outreach service team"** which is planning, coordinating, and facilitating Centering Prayer groups and programs for five communities of "disenfranchised" individuals. The first community served is men and women inmates in a number of correctional facilities in Milwaukee and nearby cities. A number of them have weekly Centering Prayer groups. An Introductory Workshop was conducted on February 19, 2005 at Waupun Correctional Institute, a large prison in Southeast Wisconsin, where a number of inmates are already practicing Centering Prayer. There is also an outreach to homeless people. A Centering Prayer group, held Wednesday mornings, at a day shelter for homeless men and women, has been in existence for a few years. There is discussion of starting another group at a downtown church in Milwaukee that serves the needs of homeless individuals through its meal program. COSEW is also offering Centering Prayer among people recovering from addictions and substance abuse. A regular "Centering Prayer as 11th Step" Group has been in existence for a number of years and plans are under way to expand these groups and offer Introductory Workshops designed specifically for recovering individuals. COSEW held a conference in November, 2004 exploring how contemplative prayer, particularly Centering Prayer, might be practiced by people living with serious and persistent mental illness. A nationally known speaker in the area of spirituality and mental health recovery was brought in to augment the beginnings of this outreach. Meditation groups for people living with mental illness are being held numerous times per week in a large residential facility and at the VA in Milwaukee. A number of individuals who meditate in these groups practice Centering Prayer. A Presbyterian Church has invited COSEW to sponsor a Centering Prayer Group in the near future specifically for individuals with mental illness. Finally, a large hospital/health care organization has started working with COSEW to possibly begin an introductory series on Centering Prayer in its integrative medicine department for its employees and eventually, for its patients and their family members, in the near future. We are in the process of recruiting and training volunteers who feel called to serve these different communities and are developing new materials and approaches for working with some of them. We would invite your prayers for the success of our outreach efforts.

**Ron Mendyke, Leadership Team Member, COSEW**

## Notebook

### Let's stay in touch

*Every year we lose track of many subscribers who move.* Help us stay in touch with you by ensuring we have your email address. Of course, we respect your privacy and won't rent or sell any of your personal information to anybody. To help us stay in touch with you, simply fill out the form on our website.

<http://www.coutreach.org/guestreg.htm>

*So soon?* Requests for information for the next newsletter edition will be sent in June, responses will be due in July. If you don't receive your information input letter please contact the International Office at 973.838.3384

## CALENDAR OF EVENTS

JUNE - DECEMBER 2005

### Introduction to Centering Prayer Weekend Retreats

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

Date	Place	Contact
8/26-8/28	<b>Cullman, AL</b> Benedictine Conf. Center	Gloria Garrison 256-734-8302
9/2-9/4	<b>Guanajuato, Acambaro, Mexico</b>	Judith & Julio Amodio 55-21-67-6728 pelusa_ju@hotmail.com
10/14-10/16	<b>Monterrey, Mexico</b>	
10/17-10/21	<b>Mexico City, Mexico</b>	
10/28-10/30	<b>Touica, Estado, Mexico</b>	
11/4-11/6	<b>Mexico City, Mexico</b>	
11/11-11/13	<b>San Luis Potosi, Mexico</b>	

### Welcoming Prayer Immersion Retreat

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

Date	Place	Contact
8/31-9/4 5 Day	<b>Walden, NY</b> St. Andrew's Retreat House	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net

### Introduction to Lectio Divina

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

Date	Place	Contact
8/19-8/21	<b>Appingedam, Netherlands</b> Deborra Gemeenteit	Sr. Anje & Sr. Debbie 0596-623631 deborracommunititeit@zonnet.nl

### Centering Prayer Weekends

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

Date	Place	Contact
8/16-8/18	<b>Frenchville, PA</b> Bethany Retreat Center	Nicole Fedder 814-263-4855 bethanyadult@pennswoods.net
9/7-9/9	<b>Appingedam, Netherlands</b> Deborra Gemeenteit	Sr. Anje & Sr. Debbie 0596-623631 deborracommunititeit@zonnet.nl
9/30-10/1	<b>St. Joseph, MN</b> Spirituality Center	Rita Budig, OSB 320-363-7115
10/13-10/16	<b>Virginia Dale, CO</b> Abbey of St. Walburga	Barbara Hayden 303-494-2845 mg219hayden@aol.com
10/14-10/16	<b>Encino, CA</b> Holy Spirit Retreat Center	Sr. Linda Snow 818-784-4515 srlinda@adelphia.net
10/21-10/23	<b>Appingedam, Netherlands</b> Deborra Gemeenteit	Sr. Anje & Sr. Debbie 0596-623631 deborracommunititeit@zonnet.nl

### Centering Prayer Weekends *Continued*

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

Date	Place	Contact
10/21-10/23	<b>St. Louis, MO</b> Marianist Retreat Center Sr. Marilyn Wussler, SSND	Annette Stamm 314-918-8288 AnnetteStamm@aol.com
10/28-10/30	<b>Garrison, NY</b> Graymoor Spiritual Life Ctr <b>Fr. Bill Sheehan</b>	Sr. Rose Vermette 914-961-3643 vermettercd@aol.com
11/4-11/6	<b>Lake Charles, LA</b> St. Charles Center	Barbara Tomme 337-855-4239 lobatomme2@aol.com
11/4-11/6	<b>Albuquerque, NM</b> Spiritual Renewal Center	Sr. Amota Dawson 505-877-4211 domreth@juno.com
11/11-11/13 <i>Cloud of Unknowing</i>	<b>Grand Rapids, MI</b> Dominican Center Fr. Carl Arico	David Muyskens 616-452-2234 j davidmuyskens@cs.com
11/11-11/12	<b>Frenchville, PA</b> Bethany Retreat Center	Nicole Fedder 814-263-4855 bethanyadult@pennswoods.net
11/17-20	<b>Santo Domingo, DR</b> Manresa Loyola Retreat House	809-548-6480 oracentrante@verizon.net.do
12/1-12/4	<b>Virginia Dale, CO</b> Abbey of St. Walburga	Barbara Hayden 303-494-2845 mg219@hayden@aol.com
12/2-12/4	<b>St. Joseph, MN</b> Spirituality Center	Rita Budig, OSB 320-363-7115
12/2-12/4	<b>Frenchville, PA</b> Bethany Retreat Center	Nicole Fedder 814-263-4855 bethanyadult@pennswoods.net
12/9-12/11	<b>Boerne, TX</b> Omega Retreat Center	Sr. Mary Agnes Zinni, OSB 830-249-3894 maryz@gvvc.com
12/2-12/4	<b>Walden, NY</b> St. Andrew's Retreat House	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
12/30-1/1/06 <i>New Year's</i>	<b>Walden, NY</b> St. Andrew's Retreat House Fr. Bill Sheehan	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net

### Intensive Centering Prayer Retreats - 5 to 9 days

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

Date	Place	Contact
6/27-7/4 8 Day	<b>Cullman, AL</b> Benedictine Conf. Ctr.	Diana Tschache 205-991-6964 tschached@bellsouth.net
7/1-7/8 7 Day	<b>Winnipeg, MB Canada</b> St. Benedict Retreat Ctr.	Sr. Catherine Labinowich 204-338-4601 catherineosb@hotmail.com
7/11-7/18 8 Day	<b>Honolulu, HI</b> St. Anthony's Retreat Ctr	Cathie Jordan 808-536-6090 cohi@lava.net

**Intensive Centering Prayer Retreats - 5-9 days continued**

<i>Date</i>	<i>Place</i>	<i>Contact</i>
7/17-7/24 7 Day	<b>Owensboro, KY</b> Mt. St. Joseph	Kathy McCarty 270-229-0200x413 kmccarthy@maplemount.org
7/20-7/28 8 Day	<b>Frenchville, PA</b> Bethany Retreat Center	Nicole Fedder 814-263-4855 bethanyadult@pennswoods.net
7/29-8/05 5 Day	<b>Melbourne, KY</b> Moye Spiritual Life Center <b>Fr. Bill Sheehan</b>	Mickey Bement 859-441-0700x325, mickeyacdp@earthlink.net
8/6-8/13 8 Day	<b>Greensburg, PA</b> Clelian Heights	Sr. Margaret Ann Calcutta 724-834-8073 macalcutta@aol.com
8/23-28 6 Day	<b>Walden, NY</b> St. Andrew's Retreat House	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
9/23-9/27 5 Day	<b>Conyers, GA</b> Our Lady of the Holy Spirit Monastery	Vernon & Mary Joyce Dixon 706-896-8275 vandmjdixon@alltel.net
10/7-10/14 7 Day	<b>Dublin</b> Orlagh Retreat Center	Fr. Tom Dalton 872388276 tom.dalton@indigo.ie
10/14-10/19 5 Day	<b>Cape Town, South Africa</b> Goedgedacht Retreat Center	Brian Podesta 011-27-021-531-9114 brianp@isat.co.z
11/13-11/18 5 Day	<b>Sewanee, TN</b> St. Mary's	Carol Wray 615-373-0613 carolwray@aol.com

**Intensive Centering Prayer Retreats - 10 Days**

<i>Date</i>	<i>Place</i>	<i>Contact</i>
7/6-7/15	<b>Frankfort, IL</b> Portiuncula Retreat Center	Sr. Benita Jasurda 630-696-7040 bjasurda2@aol.com
7/22-7/31	<b>Ponchatoula, LA</b> Rosaryville	Vivien Michals 504-944-4000 vived2@cox.net
7/22-7/31	<b>St. Louis, MO</b> Il Ritiro Franciscan Retreat Center	Annette Stamm 314-918-8288 AnnetteStamm@aol.com
9/13-9/22	<b>Snowmass, CO</b> St. Benedict's Monastery <b>Waiting List Only</b>	Carol DiMarcello 970-927-9376 coc@sopris.net
10/6-10/15	<b>Santo Domingo, DR</b> Monte Sacro Retreat House	809-548-6480 ora.centrate@verizon.net.do
10/11-10/20	<b>Snowmass, CO</b> St. Benedict's Monastery	Carol DiMarcello 970-927-9376 coc@sopris.net

*Check the website for Additions or Changes*

www.contemplativeoutreach.org

**Advanced Centering Prayer Retreats**

Provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of silence and community support. The Advanced Intensive usually features Part IV of the "Spiritual Journey" videotape series by Fr. Thomas Keating. Prior Centering Prayer Retreat experience required. May be 5, 7, 8, 9 or 10 day.

<i>Date</i>	<i>Place</i>	<i>Contact</i>
7/22-7/31 10 Day	<b>Ponchatoula, LA</b> Rosaryville	Vivien Michals 504-944-4000 vived2@cox.net

**Post Intensive Centering Prayer Retreats - 5-9 days**

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.

<i>Date</i>	<i>Place</i>	<i>Contact</i>
6/27-7/4 8 Day	<b>Cullman, AL</b> Benedictine Conf. Ctr.	Diana Tschache 205-991-6964 tschached@bellsouth.net
7/10-7/17 8 Day	<b>Los Angeles, LA</b> Mt. St. Mary's	Sr. Linda Snow 818-986-9080 srlinda@adelphia.net
7/11-7/18 8 Day	<b>Honolulu, HI</b> St. Anthony's Retreat Ctr.	Cathie Jordan 808-536-6090 cohi@lava.net
7/15-7/22 7 Day	<b>Winnipeg, MB Canada</b> St. Benedict's Retreat Ctr.	Sr. Catherine Labinowich 204-338-4601 catherineosb@hotmail.com
7/17-7/24 7 Day	<b>Owensboro, KY</b> Mt. St. Joseph	Kathy McCarty kmccarthy@maplemount.org
7/29-8/05 8 Day	<b>Melbourne, KY</b> Moye Spiritual Life Ctr.	Mickey Bement 850-441-0700x325, mickeyacdp@earthlink.net
8/23-8/28 6 Day	<b>Walden, NY</b> St. Andrew's Retreat House	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
9/23-9/27 5 Day	<b>Conyers, GA</b> Our Lady of the Holy Spirit Monastery	Vernon & Mary Joyce Dixon 706-896-8275 vandmjdixon@alltel.net
10/14-10/19 5 Day	<b>Cape Town, South Africa</b> Goedgedacht Retreat Ctr.	Brian Podesta 011-27-024-531-9114, brianp@isat.co.z
11/4-11/11 8 Day	<b>Snowmass, CO</b> St. Benedict's Monastery <b>Waiting List Only</b>	Carol DiMarcello 970-927-9376 coc@sopris.net
11/44-11/21 8 Day	<b>Snowmass, CO</b> St. Benedict's Monastery	Carol DiMarcello 970-927-9376 coc@sopris.net

# CALENDAR OF EVENTS

JUNE - DECEMBER 2005

## Post Intensive Centering Prayer Retreats - 10 Days

Date	Place	Contact
7/6-7/15	<b>Frankfort, IL</b> Portiuncula Retreat Center <b>Fr. Bill Sheehan</b>	Sr. Benita Jasurda 630-696-7040 bjasurda2@aol.com
7/22-7/31	<b>St. Louis, MO</b> Ill Ritiro Franciscan Retreat <b>Fr. Bill Fickel</b>	Annette Stamm 314-918-8288 AnnetteStamm@aol.com
8/5-8/14	<b>Walden, NY</b> St. Andrew's Retreat House <b>Fr. Bill Sheehan</b>	Cathy McCarthy 845-778-2102 cathymc@frontiernet.net
8/9-8/18	<b>Snowmass, CO</b> St. Benedict's Monastery <b>Waiting List Only</b>	Carol DiMarcello 970-927-9376 coc@sopris.net
12/6-12/15	<b>Snowmass, CO</b> St. Benedict's Monastery <b>Waiting List Only</b>	Carol DiMarcello 970-927-9376 coc@sopris.net

## Transformation for Everyday Life: a 40 Day Live-in Experience

You are already committed to Centering Prayer. This Live-in Experience uses the luxury of 40 consecutive days as a unique training period for living the depth, breadth and length of the contemplative journey in everyday life. For information and application, contact Cathy McCarthy, 257 St. Andrew's Road, Walden, NY 12586 or phone/email to the address below.

Date	Place	Contact
10/6-11/14	<b>Walden, NY</b> St. Andrew's Retreat House	Cathy McCarthy 845-778-2102, cathymc@frontiernet.net

## Formation for Contemplative Outreach Service

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

Date	Place	Contact
6/11-6/18	<b>Greensburg, PA</b> Clellan Heights	Sr. Margaret Ann Calcutta 724-834-8073 macalcutta@aol.com
6/26-7/2	<b>Boise, ID</b> Nazareth Catholic Retreat Ctr. <b>Rev. Sandy Casey-Martus &amp; Ken Eklund</b>	Lisa Wagner 307-353-8100
7/21-8/5	<b>Houston, TX</b> <b>Gail F. Hopler, Tim Koock</b>	Ann Gardner 281-646-7061
11/15-11/20	<b>San Luis Potosi, Mexico</b> <b>Ilse Rössner &amp; Judith Amodio</b>	Judith & Julio Amodio 55-21-67-6728 pelusa.ju@hotmail.com

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

**Contemplative Tradition:** A 12 week course divided into 2 parts covering contemporary expressions of the Christian contemplative tradition, reaching back, during the last six weeks, to the beginnings of the systematic practice of contemplative prayer among the desert monks of Syria, Egypt and Palestine. Objectives include facilitating a deeper understanding of the Christian contemplative tradition and the chance to engage beyond the intellectual level to personally interact with the living tradition in everyday life.

For more information, call: Bonnie Shimizu 970-927-0331 or email bjs@rof.net

## Nine Month Course: The Contemplative Living Community

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

### Walden, NY

Cathy McCarthy, 845-778-2102, [cathymc@frontiernet.net](mailto:cathymc@frontiernet.net)

### Denver, CO

Rose Meyler, 303-863-0932

## Nine Month Course, Part II:

### A Deepening of Contemplative Living

### Walden, NY

Cathy McCarthy, 845-778-2102, [cathymc@frontiernet.net](mailto:cathymc@frontiernet.net)

## The Living Flame

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

*The Living Flame Program is flourishing in chapters all across the country! To schedule this program in your area for the 2005/06 season contact:*

**Marge Rafferty**, 727-345-7908, [mraffter@tampabay.rr.com](mailto:mraffter@tampabay.rr.com)

## The Living Flame II

Date	Place	Contact
10/8	<b>St. Petersburg, FL</b> St. Andrew's Hospital	Margee Rafferty 727-345-7908 mraffter@tampabay.rr.com

## Parish Missions/Retreats by Fr. Carl Arico

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

Date	Place	Event
7/17-7/24	<b>Owensboro, KY</b> Mt. St. Joseph	Intensive/Post Intensive Retreat
8/6-8/13	<b>Greensburg, PA</b>	Intensive Retreat
9/16-9/18	<b>St. Louis, MO</b>	20th Anniversary Tour Fundraiser
9/28-10/3	<b>Austin, TX</b>	Annual Conference Retreat
10/8-10/11	<b>Berkely Hgts, NJ</b> Little Flower	Parish Mission #2
10/14-10/16	<b>Atlanta, GA</b>	20th Anniversary Tour Fundraiser
10/18-10/20	<b>Walden, NY</b> St. Andrew's Retreat House	
10/21-10/23	<b>New Jersey</b>	20th Anniversary Tour Fundraiser
11/4-11/6	<b>Northern KY &amp; OH</b>	20th Anniversary Tour Fundraiser
11/8-11/10	<b>Walden, NY</b> St. Andrew's Retreat House	
11/11-11/13	<b>Grand Rapids, MI</b>	Weekend Retreat
11/14	<b>Basking Ridge, NJ</b> St. James	Leadership/Special Events
11/18-11/20	<b>LA &amp; San Diego</b>	20th Anniversary Tour Fundraiser
11/26-11/29	<b>Baton Rouge, LA</b> St. Joseph	Parish Mission
12/2-12/4	<b>Phoenix, AZ</b>	20th Anniversary Tour Fundraiser
12/6-12/11	<b>Scottsdale, AZ</b> Franciscan Center	Retreat
12/17	<b>New Jersey</b>	Day of Prayer

## For Information About Contemplative Outreach in the United States

- AK** Anchorage  
Chugiak  
Juneau
- AL** Birmingham  
Pelham
- AZ** Phoenix  
Tucson
- CA** Camarillo  
Escondido  
Eureka  
Fairfield  
Hermosa Bch  
LaCanada  
LaVerne  
La Quinta  
Long Beach  
Marina Del Rey  
Orange  
Palo Alto  
Pasadena  
Piedmont  
Sacramento  
San Francisco  
San Francisco  
San Gabriel  
San Rafael  
Santa Barbara  
Shasta  
Sherman Oaks
- CO** Boulder  
Breckenridge  
Carbondale  
Colorado Sprgs  
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Denver  
Denver  
Denver  
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Fort Collins  
Longmont  
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Snowmass  
Snowmass
- CT** Avon  
Greenwich  
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- DC** Washington
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Longwood  
Merritt Island  
Miami  
Miami Beach  
Satellite Beach  
St Petersburg  
Vero Beach  
Vero Beach  
W. Palm Beach
- GA** Carrollton  
Decatur
- HI** Honolulu
- IA** Clarksville  
Davenport  
Des Moines  
Fairfield  
Iowa City  
Waterloo
- ID** Boise
- IL** Bloomington  
Bolingbrook  
Chicago  
Chicago (NW)  
Chicago (W)  
Chicago (Korean)  
Evergreen Park  
Moline
- IN** Beverly Shores (No. IN)  
Ferdinand  
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- KS** Chanute  
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- KY** Louisville  
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Sr. Therese Dush 814-263-4855  
Mark Nowak 724-625-6474  
Sr. Margaret Ann Calcutta 724-834-8073  
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### ***Contemplative Outreach Vision Statement***

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

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

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

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

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