

Contemplative Outreach Newsletter

VOLUME 2, NUMBER 1
Spring, 1988

Archdiocese Of Denver Supports Contemplative Outreach, Ltd.



Sr. Bernadette Teasdale Diocesan Coordinator, Archbishop Francis Stafford, Fr. Carl J. Arico.

When I landed in Denver in October, I was unprepared for the full impact of the whirlwind tour that was planned for me during my 12-day visit.

I was invited by Father Thomas Keating and Sister Bernadette Teasdale to give introductory workshops on Centering Prayer in anticipation of the beginning of the next phase of the Denver Project. In the course of these presentations, I was in Denver, Arvada, Ft. Collins, Leadville, Evergreen, Littleton, and Aurora, just to name a few places. The presentations were offered to staffs, senior citizen groups, eight parishes and two all-day sessions.

A true highlight of the visit was a one-hour meeting with Denver Archbishop Francis Stafford. The Archbishop expressed to Sister Bernadette and myself his full support and enthusiastic conviction of the importance of this movement.

This new phase has three parts:

- The presentation of introductory workshops.

- The offering of two options to those who would like to have a deeper experience of Centering Prayer.

Option one was an invitation to begin a facilitator's training program. This program would include not only the viewing of 17 tapes entitled, "The Spiritual Journey," by Father Thomas Keating, but periodic meetings and interviews with Father Keating for discussion and dialogue.

Option two was for those who were interested solely in experiencing a prayerful course of the viewing of the tapes themselves. The format of these gatherings would be the practice of Centering Prayer, then the viewing of tapes and then a discussion within the group concerning the materials under the leadership of a trained facilitator.

When the dust settled, I had the opportunity of giving 11 two-hour workshops on Centering Prayer and two seven-hour all-day workshops, not only on Centering Prayer, but on a deeper exploration of how Centering Prayer introduces one to the contemplative dimension of the Gospel.

Over 500 participated in these programs; over 230 of them participated in the all-day workshops. The end result was that 55 people signed up for the facilitators training program and over 300 signed up for the viewing and discussion of "The Spiritual Journey" tapes. These 300 have been formed into 26 small groups which meet at 18 different parishes.

The Denver Project, once again, has shown me the the importance of working within the structure of the Church. With that approval within the Church structure, so many more people can be touched.

I look forward to many return visits to Denver during the course of my work with Contemplative Outreach.

Fr. Carl Arico

Taste of Silence

By FR. THOMAS KEATING

In every ministry whether it is preaching, teaching, prophesy, healing the sick or working miracles, one is giving something to someone else; in shared silence, one is giving oneself. The gift of self is more sublime than all other gifts put together. Sharing interior silence is the giving of one's inmost being to another. When one does this in a group, everyone shares everybody else's level or degree of interior silence. Thus, everyone in the group tends to move to a deeper place than when alone and relying on one's own limited experience.

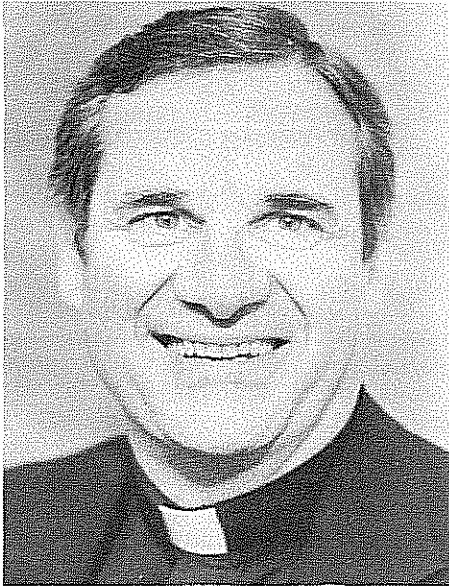
Sharing silent prayer together is a true liturgy. This is especially the case when silence is penetrated by the gift of wisdom which imparts the taste for interior silence. Then silence is not the mere external cessation of speech and movement, but an encounter with the divine presence within. Interior silence is beyond the the exuberant enjoyment of the senses. One rests in the conviction of faith and in peace that transcends joy and sorrow. It brings one in face-to-face contact with God, so to speak, a being-to-being exchange.

Questions and answers

Q. What is the relationship between the time of Centering Prayer and the rest of one's life?

A. The inward silence one experiences in the prayer of centering will not be reserved to that time. Moments of silence will overtake you in the course of your daily life. When the process of purification does its work, the awareness of the presence of God will become more continuous, because there will be fewer obstacles in your conscious life to interfere with it.

CONTEMPLATIVE OUTREACH



Fr. Carl J. Arico

Father Carl J. Arico has joined the Contemplative Outreach movement on a fulltime basis until 1990. Archbishop Theodore McCarrick of the Archdiocese of Newark has granted permission for him to be with us.

His role will be as a presenter-organizational facilitator for the movement. Father Carl will be available to conduct introductory workshops, weekend retreats and intensive retreats. He can be called upon to assist in the organization of the follow-up of the video tape programs and the establishment of prayer support groups.

Father Carl has been a diocesan priest for 28 years and has served as an associate pastor and a high school teacher. He also has been active in marriage and family ministry in New Jersey and nationally and has given workshops and retreats in over 70 dioceses. He served as director of priest personnel in the Archdiocese of Newark from 1980 to 1986.

Father Carl has practiced Centering Prayer since 1975 when he was introduced to it at St. Joseph's Trappist Monastery, Spencer, Mass., and has been a member of the National Service Board since its inception in 1984.

Colorado

Denver — The Archdiocese of Denver began a three-year pilot project in Centering Prayer sponsored by Archbishop Stafford as a follow-up to Renew in March 1987. The project coordinator is Sr. Bernadette Teasdale. The beginning phase focused on a facilitator training program. This consists of 20 weekly sessions which include a period of centering prayer, the

viewing of a segment of Fr. Thomas' video-taped course and a monthly meeting with Fr. Thomas to process the material. Fr. Keating conducted two introductory workshops with over 500 people attending and 70 participants signed up for the training program.

Contact Person: Sr. Bernadette Teasdale: 303-422-9174.

New Jersey

Mt. St. Mary's House of Prayer, Rt. 22, Watchung, offers weekly contemplative prayer/support groups and bi-annual retreats for deepening the centering practice. All are welcome. Contact persons: Sisters Mary Jo and Eileen at 201-753-2091.

Reunion planned for Union County. Well over 200 people have participated in introductory Centering Prayer workshops with Bishop Dominic Marconi, Fr. Arico or the Mt. St. Mary's House of Prayer team. It is time to gather again and reevaluate. Future support is needed.

Contact person: Fr. Carl Arico at 201-436-1826.

Ohio

Fr. Thomas Keating was in Cleveland, Ohio, Oct. 31 to Nov. 1 for a two-day workshop on Contemplative Prayer. About 80 people attended the workshop and there was much enthusiasm for beginning support groups. Bill Singilis, coordinator, will begin teaching facilitators.

Contact person: Bill Singilis, 216-731-6651.

Florida

Father Bill Sheehan, O.M.I., has conducted several Centering Prayer retreats at the Cenacle Retreat House, Lantana, Fla.

There have been Centering Prayer Workshops in some of the local parishes resulting in new weekly Centering Prayer groups being formed. The newest ones are at Little Flower and St. Augustine parishes, Coral Gables, Fla.

Another group has begun meeting at the Dominican Retreat House, Kendall,

In September, Mary Mrozowski and David Frenette conducted an Intensive Centering Prayer Weekend for our leaders and facilitators. It was well received by all who shared in the experience. Mary, (and hopefully David) will be back at the end of May for a

Releasing Workshop geared toward our leaders and facilitators.

Fr. Thomas Keating conducted a Day of Prayer at the Spiritual Life Center for 50 people Jan. 2. Fr. Thomas also conducted a retreat at the Cenacle, Lantana, Fla. Jan. 3-9 attended by people from all over the country, as well as Florida.

Fr. Thomas returned to South Florida Feb. 18 for an evening open to the public at St. John Neumann parish, Miami. He spoke to our Religious Feb. 24 and addressed the priests the following day on the theological background and practice of Centering Prayer as a way of growing in the Contemplative dimension of the Gospel. That evening, he met with leaders and facilitators to discuss planning for Contemplative Outreach in and around Miami.

Contact Person: Fr. Bill Sheehan 305-652-8806.

Connecticut

St. James, Stratford. Ongoing parish programs with facilitator training programs.

Contact Fr. Thomas Lynch at 203-375-5887.

Washington

Contemplative Outreach Northwest, Contemplative Outreach Northwest is a community of women and men committed to the Christian contemplative life in an active world. We live as laypersons and religious, coming together to explore and to embody the contemplative dimension of the Gospel in a contemporary, inclusive and ecumenical fashion. The following are the fundamental purposes and activities of our contemplative community.

To practice contemplative prayer — cultivating interior silence and cooperating with the process of transformation initiated and sustained by the presence and action of Christ dwelling within us.

To transmit the Christian Contemplative Tradition — by making available the teachings of the tradition both in its historical and evolving contexts, as well as in the light of and in dialogue with contemporary disciples of theology and Biblical exegesis, evolutionary anthropology, psychology, psychics and other sacred traditions.

To present the teaching of the "Centering Prayer" method of con-

AROUND THE NATION

templative prayer — as developed by Thomas Merton rooted in and supported by the tradition and practice of Lectio Divina.

To study and integrate the conceptual framework of the "Spiritual Journey" as taught by Fr. Keating.

To encourage and empower people to cultivate their creativity for themselves, their community and parish.

To model a new way of being-in-the-world using small support groups connected to the larger contemplative community.

To grow in love and reconciliation with all persons, creation and God.

Contact person: Paul Peterhans, Seattle, 206-329-6182.

New York

Long Island

The Long Island facilitators have progressed into their second year and continue to conduct programs "on the Island" and in the boroughs of Brooklyn and Queens.

An important step in the facilitator's development as a community service group was a meeting held in December with Bishop John McGann, Vicar of Rockville Centre. Fr. Thomas Keating,

Fr. Carl Arico, and two facilitators were present at the meeting. An overview of the National Office work as well as the Long Island office work was given to Bishop McGann. The Bishop immediately appointed a priest as temporary liaison with the Diocese to continue to develop a relationship between the Long Island Facilitators and the Diocese of Rockville Centre.

Monthly days of prayer have continued on Sunday at the Holy Family House of Prayer, Rockville Centre, Long Island.

Two-day introductory workshops have been conducted at the same Long Island site. An overnight Friday to Sunday introductory workshop was held in February. An overnight intensive retreat is planned for April. The Long Island Facilitators under the guidance and direction of the National Service Office Board and staff prepare and present the introductory educational talks and transmit their own commitment to the Centering Prayer practice during these programs.

The facilitators group has expanded to 20 people.

A weekly viewing of Fr. Thomas' video program began in January and will continue until May. This viewing is

arranged for both the facilitators and the prayer group members. After this video program experience, the Long Island Facilitators will plan community and parish presentations using the video program.

Two retreats for the facilitators were held with the Live-In Community in Warwick in the fall. These retreats and other programs for facilitator's growth are of prime importance. Fr. Thomas, Fr. Carl, Gail Fitzpatrick-Hopler and Mary Mrozowski were guests at the annual commitment ceremony and Christmas celebration in December. The commitment, made by each facilitator is to their individual prayer practice, membership in prayer group and individual service to the Centering Prayer community.

Contact person Joan Kovacs 718-631-3729.

New York City

Facilitator Training Program will begin Wednesday, May 4, at St. Francis of Assisi, 129, West 31st St., NYC. The course will run for 20 weeks ending Sept. 21. 6:30 p.m. to 8:30 p.m. each session. There will be three "live" presentations by Fr. Carl Arico throughout the course. Video tapes, centering prayer, group sharing will be the general format. The program will end with an intensive day retreat. Fee: \$55. or \$3 per session. Contact: Gail Fitzpatrick-Hopler (201) 838-3384.

Reunion-Revival: Fr. Thomas presented a lecture, "Deepening Your Centering Practice," March 22 at St. Francis of Assisi. Well over 200 attended. Father Thomas will return to St. Francis in the fall for another presentation.

Warwick

Live-In Community

The Contemplative Outreach Live-In Community is continuing its growth in the Spirit as it evolves its own spiritual charism. We have named our house in Warwick, N.Y. "Chrysalis House," as an expression of the transformation in Christ that a deepened contemplative practice and lifestyle opens us to. You are welcome to join us — either on an unstructured retreat following the community schedule of prayer, silence and solitude (work for guests is optional), or on a Centering Prayer Weekend Retreat from our Spring-Summer Calendar which follows.

■ Centering Prayer Introductory

(Please turn to Page 4)



Left to Rt. Fr. Carl Arico, Mary Mrozowski, Sr. Bernadette Teasdale, Dan Trautman, Pat Johnson, Gail Fitzpatrick-Hopler, Fr. Thomas Keating.

Mailing List for Contemplative Outreach Newsletter. If you have friends or members of a Centering Prayer support group who'd like to be on Contemplative Outreach's mailing list, or if you have a change of address, please use this form.

Contributions to allay the cost of this newsletter are greatly appreciated.

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

PLEASE CUT OUT AND MAIL TO: Contemplative Outreach, National Service Council, c/o The Shalom Center, Hudson Terrace, P.O. Box 1053, Englewood Cliffs, N.J. 07632

All contributors to Contemplative Outreach, Ltd. are tax deductible.

UPCOMING EVENTS

Intensive Retreats

Intensive retreats will be offered at St. Benedict's Monastery, Snowmass, Colorado, by Fr. Thomas Keating and Contemplative Outreach with a focus on contemplative prayer within a community setting. There will be five hours of Centering Prayer and walking meditation per day, two one-hour conferences by Fr. Keating on video tapes, evening dialogue with Fr. Keating each day and time for solitude.

Silence will be encouraged during the hours from vespers in the evening until the next day's evening meal at 6 p.m.

The guest houses at the monastery will be utilized to sleep guests. Up to 16 retreatants can be housed in the four housing units on a first-come, first-served basis. Consideration goes first to those wishing to become teachers of the Centering Prayer method. Two of the housing units have a total of six private rooms. The fee for private rooms is \$350 per retreat. The other two units have two 3-bed rooms, one 2-bed room and another 1-bed room, with an open doorway between. The fee for shared bedrooms is \$250 per retreat.

Prior experience with the Centering Prayer method of meditation is presupposed. Cooking is vegetarian, three meals-a-day. A \$75 deposit is required 30 days in advance of retreat. Balance is due on arrival.

Retreat dates:

June 7-17; Sept. 8-18; Oct. 13-23; Nov. 10-20 and Dec. 8-18.

Contact person: Pat Johnson, Registrar, Box, 1512, Baslt, Co, 181621-1512. Phone, 303-927-4160.

NATIONAL OFFICE

Contemplative Outreach National Office is located in Englewood Cliffs, NJ. Our purpose is to serve the ever-expanding Contemplative Outreach Community. We are a Resource Center. We can provide networking, contact people in different areas of the country, set up programs, Introductory Workshops, Follow-up, Facilitator Training Programs, Retreats, Parish Programs, and seven-week courses. We can provide materials and video tapes as well as books.

Contact: Gail Fitzpatrick-Hopler, Executive Director, Contemplative Outreach National Office, P.O. Box. 1053, Englewood Cliffs, NJ 07632. 201-568-1032 or 201-838-3384.

Amarillo, Tx. Post Intensive Retreats

Our first Post Intensive Retreat was held on March 8-18 at the Bishop DeFalco Retreat Center, Amarillo, TX. It received overwhelming reviews. Therefore two Post Intensive Retreats will be offered next year, 1989. This is an excellent way to deepen your spiritual growth. PRE-REQUISITE is attendance at a previous intensive. Dates For 1989: March 11-20 and July 1-10 (first preference given to teachers and clergy) Fee: \$275. Held at the Bishop DeFalco Retreat Center, Amarillo, TX. Contact: Pat Johnson, Registrar, Box 152, Basalt, CO, 81621-1512. 303-927-4160.

Centering Prayer Course

A seven-week course in Centering Prayer is being offered in the late Fall at St. Francis of Assisi parish, New York. A training manual will be developed based on the conferences given during the course. The new manual will focus on subjects such as: The Method; The Four Kinds of Thoughts; the Fruits of Centering Prayer; Lectio Divina; and Prayer Support Groups.

Contact person: Gail Fitzpatrick-Hopler 201-838-3384.

CONTEMPLATING OUTREACH

(Continued from Page 3)

Workshop: June 3-5; Aug. 12-14.

■ Centering Prayer Intensive Retreat: May 6-8; May 20-22; June 17-19; July 8-10; July 22-24; Aug. 19-21; Sept. 2-5; Sept. 16-18.

Information: Chrysalis House, 21 Ball Rd., Warwick, N.Y. 10990; 914-986-8050.

Contemplative Outreach
National Service Council
c/o The Shalom Center
Hudson Terrace
P.O. Box 1053
Englewood Cliffs, N.J. 07632

Postmaster: Address Correction Requested

Snowmass, Colorado, WINDSTAR FOUNDATION presents Fr. Thomas Keating "A Christian Method of Contemplative Prayer: Background and Method" July 10-15. Fee is \$290 which includes delicious vegetarian meals and lodging at a quaint mountain cottage, a beautiful view. Space is limited to 40. \$100 deposit due by June 1, balance by June 10. Contact Windstar for information at 303-927-4777.

Also at WINDSTAR FOUNDATION Jean Houston accompanied by Dr. Robert Gass and Theophane the Monk present "The Life of St. Frances as a Journey of Transformation," Hotel Jerome, Fee \$165. own accommodations.

AVAILABLE RESOURCES

The Spiritual Journey Video Tapes For Sale- Contact: Contemporary Communication, Walter Lawson, 7 Mesa Lane, Colorado Springs, CO., 80909, 303-632-7320.

Contemplative Outreach Media

Rental information: Contemplative Outreach Media has Fr. Thomas's 17-tape series available: Fees are \$8.50 per tape session (video) \$1.50 per audio session.

For sale: Books and audio tapes — \$6. Books: "Open Mind Open Heart" and "Mystery of Christ" are \$8.95 plus \$1.50 postage and handling per book. "Crisis of Faith" is \$4. plus \$1.50 postage and handling.

Contact: Contemplative Outreach Media, William and Barbara Howell, P.O. Box 29, Snowmass, CO, 81654; 303-927-3656.

NONPROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 13
Pine Island, N.Y.