
Contemplative Outreach News

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A TRADITIONAL BLEND

by Thomas Keating, ocsa

Some people use herb tea or a blend of herb teas. It seems to me that the Christian contemplative tradition can be compared to a blend of the finest herb teas. Thus *The Cloud of Unknowing* is one. Others are the Jesus Prayer, Lectio Divina, aspirations (the repetition of phrases from scripture), being in God's presence in pure faith, turning to God in love as recommended by Saint John of the Cross. Centering Prayer is a blend of elements drawn from these traditions. Our primary source is *The Cloud of Unknowing*, but we have incorporated other "teas" to establish a special blend.

While developing a special blend of herb teas from the Christian tradition, Centering Prayer has also tried to place this teaching in dialogue with the psychological discoveries of our time and other contemporary sciences. It has learned from Eastern methods the importance of bodily posture without incorporating their respective belief systems or copying their precise practices, somewhat like adding a touch of sugar or milk to a cup of tea. The tea is still considered tea even with a dash of milk or sugar is it not?

Centering Prayer, while based on *The Cloud of Unknowing* which in turn restates apophatic tradition of the Desert Fathers, Pseudo-Dionysius, and the Hesychasts of the Eastern Orthodox tradition, blends significant elements of St. John of the Cross, especially his teaching on the dark nights and his lengthy advice for the passage from discursive meditation to contemplation (*Living Flame*, Stanza 3:26-56). In addition, Centering Prayer incorporates St. Francis De Sales' spirit of gentleness; Jean-Pierre DeCausade's attitude of total abandonment to God; the discernment of the Venerable Francis Paul Liebermann; the theology of humility and divine love of St. Bernard of Clairvaux, William of St. Thierry, and other Cistercians; the mysticism of Saint Gregory of Nyssa, St. Gregory the Great, and the Rhineland Mystics; the boundless confidence of St. Therese of Lisieux; the charm, humanness, humor and wisdom of St. Teresa of Avila; the freedom of spirit of St. Philip Neri; and the salty wisdom of the Desert Tradition.

In short, Centering Prayer is a blending of the finest elements of the Christian contemplative tradition with an eye to reducing contemporary obstacles to contemplation, especially the tendency to over-activism and to over-intellectualism which is a too great dependency on concepts to go to God.

Some traditional methods of prayer are meant for beginners and are for temporary use. An important aspect of the spiritual journey is that our choices expand beyond good and evil and become choices among good, better and best. Someone might ask, "How can I be asked to give up something that is as precious to me as my special devotions?" The answer may be, God wants to give you something better. Later you may be asked to give up even the practice of Centering Prayer in order to receive what is better still. The desire for God invites us to ever more mature ways of relating to God as our love increases. Not that there is anything wrong with our old ways of prayer; they are just inadequate for the ever-deepening relationship with God that is expanding in a way that corresponds to our growth in humility, self-knowledge and divine love.

Following is a list of practices and their sources in the tradition that have influenced Centering Prayer:

Practice: choice of a place of outer solitude.

Source: Jesus' exhortation to enter our inner room, close the door, and pray in secret (Matt.6:6). I will quote the commentary on that text by Abba Isaac in Chapter Nine of John Cassian's *Conferences*, a Fourth Century treatise about the spiritual practices of the Desert Fathers and Mothers of Egypt.

"We need to be especially careful to follow the Gospel precept which instructs us to go into our inner room and shut the door so that we may pray to our Father. And this is how we can do it."

"We pray in our room whenever we withdraw our hearts completely from the tumult and noise of our thoughts and our worries and when secretly and intimately, we offer our prayers to the Lord."

"We pray with the door shut when, without opening our mouths, and in perfect silence, we offer our petitions to the one who pays not attention to words but looks hard at our hearts."

"We pray in secret when in our hearts alone and in our recollected spirits, we address God and reveal our wishes only to him in such a way that the hostile powers themselves

continued next page

A TRADITIONAL BLEND

Continued from Page One

have no inkling of their nature. Hence, we must pray in utter silence to insure that the thrust of our pleading be hidden from our enemies who are especially lying in wait to attack us during our prayer. In this way, we shall fulfill the command of the prophet Micah, 'Keep your mouth shut from the one who sleeps on your breast.'"

2. Practice: gentleness toward unwanted thoughts, feelings and impressions during prayer.

Source: St. Francis DeSales, *Introduction to the Devout Life*, Part 3, "Act with great patience and gentleness with ourselves... We must not be annoyed by distractions or our failures but start over without any further ado."

3. Practice: returning to the sacred symbol of our consent to God's presence and action within.

Source: St. John of the Cross, *Living Flame*, stanza 3:26-56.

4. Practice: confidence in God's action both in prayer and daily life.

Source: St. Therese of Lisieux, her *Autobiography and Letters*.

5. Practice: self-surrender and abandonment to God's will.

Source: DeCaussade, *Abandonment to Divine Providence*.

6. Practice: purification of the unconscious

Source: The dark nights of St. John of the Cross, especially his teaching on the secret ladder of contemplation. Centering Prayer owes much to the *Living Flame*, stanza 1, in which St. John of the Cross writes that as long as we have not reached our inmost center, there is always progress to be made.

7. Practice: laying aside of thoughts.

Source: Evagrius and the Hesychasts of the Eastern Orthodox tradition.

8. Practice: disregarding thoughts during the Prayer of Quiet as "the ravings of a madman."

Source: St. Teresa of Avila, *The Way of Perfection* where she writes of the Prayer of Quiet.

9. Practice: accepting the divine action of ascending levels of union with God in prayer.

Source: St. Teresa of Avila, *The Interior Castle*

10. Practice: humanness and humor

Source: The Desert Tradition and St. Teresa of Avila

11. Practice: continuous growth in divine union and unity.

Source: St. Gregory of Nyssa, *Life of Moses* and the Rhineland Mystics, e.g., Ruysbroek and the Beguines.

12. Practice: faith in the Divine Trinity as the source of Centering Prayer.

Source: William of St. Thierry, Matthius Scheeben

13. Practice: the movement of faith and love toward God as the inmost center of our being.

Source: St. John of the Cross, *Living Flame*, stanza 8-14.

14. Practice: its Christological focus

Source: St. Bernard of Clairvaux and virtually all the Christian mystics.

15. Practice: the ecclesial dimension, bonding with everyone in the Mystical Body of Christ.

Source: St. Augustine and Pauline theology

This is only a sampling of major sources but it may give you a sense that Centering Prayer is not just one thing. It is rather an effort to provide a blend of the best of the Christian contemplative tradition and at the same time to respond to the needs of our contemporary culture scene with its particular obstacles and hang-ups to contemplation.

Our psyche is like a reservoir that we need to keep filling with spiritual water. If we miss a few days, it begins to run dry. We may then fall into emotional turmoil that we cannot handle because we have no spiritual resources left in the reservoir. Continuing to fill our minds and hearts with the peace of Christ throughout the day is important if we are to maintain the effects of Centering Prayer in daily life: interior peace, good relationships, less upsetting emotions.

A certain number of Christian practices have been on the shelf for centuries. By studying the spiritual disciplines of the other world religions, we may be reminded of some that are present in our tradition but which we have not been using. St. Justin Martyr is quoted as saying, "Whatever is true belongs to me as a Christian." This is what the Fathers of the Church and Christian theologians and mystics have believed and practiced down through the ages. They have taken the wisdom available in their time and tried to integrate it into the Christian experience. The problem is that they have not done it enough. They have done it with the Greco-Roman culture and its offshoots in the Western world, but have yet to accomplish the same monumental task with Taoist, Hindu, Buddhist, Jewish, Muslim, Native American and other major religious cultures.

Letter from the Executive Director

Dear Friends,

The Annual United in Prayer Day on Saturday, March 18th, 2000 that featured the video: The Fruits of the Holy Spirit was a wonderful success.

We are delighted to report that we have developed new resources to support you on your spiritual journey. The Contemplative Dimensions of the Twelve Steps videotape series made up of four tapes, Tape 1. Centering Prayer as an 11th Step Practice, Tape 2. The Human Condition and the First Two Steps, Tape 3. A Daily Practice of Transformation, Tape 4. Questions and Answers with Fr. Keating.

There is a *new* book by Fr. Thomas Keating entitled: The Better Part, which will be available in June. Please be sure to check out the above-mentioned resources and order form on page 5.

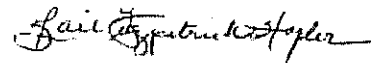
We are planning our Annual Meeting Enrichment Weekend scheduled September 29th to October 1st at the O'Hare

International Airport Holiday Inn in Chicago. We are happy to extend an invitation to all the local people to attend The Enrichment Day, September 30th. Fathers Thomas Keating and Basil Pennington and I will be featured presenters. Mark your calendar and plan to participate in this day, "Contemplative Prayer for the 21st Century." See the article below.

Again, let me remind you of our Study Program available to anyone with an established daily practice of Centering Prayer. Contact Bonnie Shimizu at 970-927-3858 or bjs@rof.net for more information on how to register.

We are grateful to you for the \$4,800 we received of the \$15,000 that it takes to publish and mail 40,000 newsletters. We ask for your continued support.

With a grateful spirit,



Gail Fitzpatrick-Hopler
Executive Director

ANNUAL MEETING OF CONTEMPLATIVE OUTREACH, LTD.

The Voting Members of Contemplative Outreach, Ltd. – Board of Trustees, Faculty and Coordinators – will gather in Chicago at the O'Hare Holiday Inn for the Annual Meeting on Friday afternoon at 3:30 PM, September 29, 2000.

Prior to the Annual Meeting, the Coordinators, along with Facilitators, will meet from Wednesday evening, September 27 until Friday noon, September 29, with Facilitator Training the focus of their meeting. Facilitators are encouraged to attend. The Faculty will meet on Friday from 1:00-3:00 PM.

Again this year, we will offer a Day of Enrichment on Saturday, September 30. This is an open invitation and we have space to hold 800 for the day. The theme for the day is: *Contemplative Prayer in the 21st Century*. Speakers are: Father Thomas Keating, Father Basil Pennington and Gail Fitzpatrick-Hopler, Executive Director.

Saturday evening will include a Banquet, followed by a concert of contemplative music. We will conclude our meeting 10:30 Sunday morning with Centering Prayer, Lectio Divina and a special homily and blessing by Fr. Thomas Keating.

The Annual Meeting Committee consists of Marie Howard, Chair, Hal Edwards, Susan Komis, Ruth Dundon, John Congdon and Gail Fitzpatrick-Hopler.

As in previous years, there will be time for Centering Prayer, networking, renewing relationships and forming new ones, enrichment and support for the work we do "at home." Coming together provides us with the opportunity to be kept informed of all of the resources available, of current and new programs and plans for the future growth of Contemplative Outreach throughout the world. Mark your calendar and plan to attend.

This is the first time we are combining the Coordinator and Faculty Meetings with the Annual Meeting. We hope to see you in Chicago, as we celebrate with the larger community of Contemplative Outreach, *Contemplative Prayer in the 21st Century*.

We hope to see you in Chicago in September,

Marie Howard
Chair

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.

Theological Principles

1. 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.
2. 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.
3. Centering Prayer consists of responding to the call of the Holy Spirit to consent to God's presence and action within. It furthers the development of Contemplative Prayer by preparing our faculties to cooperate with this gift.
4. The source of Centering Prayer, as in all methods leading to Christian Contemplative Prayer, is the indwelling Trinity; Father, Son and Holy Spirit. Its focus is the deepening of our relationship with the living Christ. Its fruits are ecclesial: it builds communities of faith and bonds the members together in charity.
5. A commitment to the regular practice of Centering Prayer is the primary expression of belonging to the spiritual network.

6. We encourage the practice of Lectio Divina, particularly its movement into Contemplative Prayer which a regular and established practice of Centering Prayer facilitates.
7. We recognize as mature fruits of Centering Prayer a deepening commitment to the needs and rights of each member of the human family and an ever-increasing respect for the integrity and interdependence of all creation.
8. We identify with the Christian Contemplative Heritage in which Centering Prayer is rooted and we recognize the lived experience of that heritage as a common ground for Christian unity.
9. 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.
10. We affirm our solidarity with the contemplative dimension of other religious and sacred traditions.
11. Following the teachings of Jesus, we exercise leadership as service, especially by being alert and responsive to the growth and needs of the spiritual network of Contemplative Outreach.
12. We cultivate and foster a spirit of unity and the utmost charity through the spiritual network.
13. We acknowledge that any good accomplished by Contemplative Outreach is the work of the Holy Spirit.

Centering Prayer The Guidelines

1. *Choose a sacred word as the symbol of your intention to consent to God's presence and action within.*
2. *Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.*
3. *When you become aware of thoughts, return ever so gently to the sacred word.*
4. *At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.*

Resources Available from Contemplative Outreach, Ltd

Please send me the following books:

by Fr. Thomas Keating

- The Kingdom of God is Like: \$10.95
- Open Mind, Open Heart: \$12.95
- The Mystery of Christ: \$12.95
- Intimacy with God: \$13.95
- Awakenings: \$12.95
- Reawakenings: \$12.95
- Invitation to Love: \$12.95
- Crisis of Faith, Crisis of Love: \$10.95
- Active Meditations for Contemplative Prayer: \$12.95 (HC)
- Journey to the Center: \$14.95 (HC)
- Heart of the World: \$9.95
- The Human Condition: \$5.95
- The Better Part- Stages of Contemplative Living \$14.95 **NEW***

edited by Gus Reininger

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- Lectio Divina: \$14.95

Spiritual Journey Handbooks:

- Volume I: \$14.95
- Volume II: \$14.95
- Volume III: \$14.95
- Volume IV: \$14.95
- (Replaces Guidebook)

Libros Traducidos al Espanol

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| — <i>Mente Abierta, Corozon Abierto</i> : \$9.95 | — <i>Intimidacion Con Dios</i> : \$13.95 |
| — <i>Invitacion A Amar</i> : \$12.95 | — <i>Ministerio de Cristo</i> : \$12.95 |
| — <i>Reino De Dios Es Como</i> : \$10.95 | |

Audio/CD/Video Order Form

By Fr. Thomas Keating

- Journey to Contemplation: (8 tapes) \$35.00
- Divine Therapy: (4 tapes) \$27.50
- The Gift of Contemplation and the Spiritual Journey: (6 tapes) \$32.50
- The Kingdom of God is Like: (4 tapes): \$23.00
- The Contemplative Journey Vol. I and II: (24 tapes with Study Guide) (Formerly *The Spiritual Journey*): \$168.00

Or

- The Contemplative Journey Vol. I, Tapes 1-12 with Study Guide (formerly *The Spiritual Journey* Parts I & II): \$99.95
- The Contemplative Journey, Vol. II, Tapes 13-24 with Study Guide (formerly *The Spiritual Journey* Parts III & IV) \$99.95

By Fr. Carl Arico

- The Power of Silence: (3 tapes): \$18.00

By Mary Mrozowski

- Beyond Centering Prayer: (6 tapes) \$31.00

CD

- 3 track Meditation Timer/Cello Contemporary Contemplative Music for Centering Prayer: \$12.00
- Cantico de Jerusalén (Spanish) chanting with 20 and 40 minutes of silences: \$10.00

Video

- By Thomas Keating
- Fruits of the Holy Spirit (single tape) (used for United in Prayer Day 3/8/00) \$24.99
- Fruits of the Holy Spirit/Questions and Answers (2 tape set): \$35.00

Postage and Handling:

For the first item include \$3.70. For each additional item include an additional \$0.50. All orders should be accompanied by payment in full or credit card information. **Make checks payable to:** Contemplative Outreach, Ltd.

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VIDEO SERIES without Prologue (Set I of Christian Contemplative Heritage Series), with all four parts (24 tapes): **\$599.76**; Also available per part (6 tapes) **\$149.94**; plus four (4) Handbooks at **\$14.95** each (no charge for shipping)

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Part 2: Models of the Human Condition (6 tapes) **\$149.94**
Part 3: Paradigms of the Spiritual Journey (6 tapes) **\$149.94**
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 Tapes may be purchased individually **\$24.99**

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The Christian Contemplative Heritage- Our Apophatic Tradition

Tape series locating Centering Prayer in the mainstream of the Christian Contemplative Tradition. Available in both video and audio formats.

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Introduction: The Origins and Inspirations of Centering Prayer (Fathers Basil Pennington, Thomas Keating and William Meninger)	\$24.99	\$11.95
Set I: The Method of Centering Prayer and the Psychology of the Spiritual Journey Also used as Prologue - (Fr. Thomas Keating)	\$49.99	\$32.95
Set II: An Overview of the Apophatic Tradition (Fr. James Wiseman)	\$49.99	\$22.95
Set III: The Monastic Heritage (Fr. Basil Pennington)	\$49.99	\$22.95
Set IV: Women Religious and the Contemplative Dimension (Sr. Jeanne Knoerle, Sr. Patricia Benson)	\$49.99	\$22.95
Set V: The Cloud of Unknowing (Fr. William Meninger)	\$59.99	\$32.95
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Fr. Bruno Barnhart

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Mary Margaret Funk, OSB; Gail F. Hopler; Fr. Bruno Barnhart

Tape 6 - Lectio Divina Demonstration and Commentary
Mary Margaret Funk, OSB

Tape 7 - Centering Prayer and Lectio Divina
Thomas Keating, OCSO

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Panel: Fr. Thomas Keating; Fr. Bruno Barnhart; Mary Margaret Funk, OSB

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UPDATES

Albany, NY

Coming July 28-30, Encampment 2000 An Ecumenical Gathering on Inner Peace and Social Justice at St. Bridget's Church in Copake Falls, NY (about one hour south of Albany). The intent is to bring contemplatives and actives together in dialogue to learn from one another and discern personal next steps in living out the Gospel. Speakers will include Gil Bailie (author of Violence Unveiled: Humanity at the Crossroads, 1996 Pax Christi Book award winner), Rev. George McClain (author of Claiming All Things for God), and others not yet finalized as of press time. Also included: concurrent high-school-and-up Youth Encampment, Taize Prayer three times daily, natural-food meals, natural setting. Come camp or stay with a local family. For complete details contact Bruce and Melinda Gardiner, 518-325-5546 or Email: Encampment 2000@yahoo.com.

Long Island/Queens, NY

Contemplative Outreach of Long Island/Queens is pleased to report the success of Living Flame #I & II Programs, which were held in the Fall/Spring of 1999-2000. The Programs have been prayerful, informative and community building. We have had wonderful opportunities through the Living Flame to reconnect with people from all over the metropolitan NYC/NJ areas who have been "Centering Prayers" for many years. Fr. Thomas Keating closed the program in April with his presentation on "The Night of Spirit." He also remained one more day to give a presentation at St. Raphael's Parish in East Meadow, LI. St. Raphael's has a Centering Prayer group as the result of hosting two Parish Missions given by Fr. Carl Arico. Our Annual United In Prayer Day, Centering Prayer Retreat Weekend and Monthly Days of Prayer were held in the Spring. In response to "What about next year?" questions, we are planning a series of Enrichment Days in the fall of 2000, which will include the Welcoming and Forgiveness Prayers, a Lectio Divina Workshop and Fr. Carl Arico's "Spiritual Quilt." We are happy to report that the Spirit has kept Centering Prayer alive and well in LI/Queens, NY. Anne Mazza, 516 794-8233.

Milwaukee, WI

Contemplative Outreach of Southeast Wisconsin will be sponsoring our first local Intensive/Post-Intensive Centering Prayer Retreat at the St. Francis Retreat Center in Burlington, WI. This retreat will run for eight days from June 11 to June 18, 2000 and will be staffed by Ann Mazza and Madeline Soo. For information, call Madeline at 414-961-2610 or email kksoo@execpc.com. Fr. Thomas Keating's visit to Milwaukee last fall sparked much interest in Centering Prayer in our area. Following his visit, we sponsored a Weekend Centering Prayer Retreat at the Siena Center in Racine with Fr. Bill Sheehan presenting the conferences. Several Introductory Workshops were held around the city from December through April. And this coming fall, we have three others scheduled, including one in Spanish. All of us who are commissioned

presenters are happy to be able to serve the people in our local community. Presenting the Centering Prayer method to others deepens our own experience of the prayer.

St. Louis, MO

Contemplative Outreach of St. Louis welcomed the new millennium with 43 friends at a "Visioning Day" on Jan. 15 where we prayed for direction from the Holy Spirit and brainstormed about our future. The group enjoyed presentations from national faculty member Susan Komis on "10 Principles of Spiritual Leadership" and a management consultant spoke on "Situational Leadership" and individual leadership styles. A professional facilitator helped the group brainstorm about our strengths, weaknesses, obstacles and opportunities. As a result of our Visioning Day, this year we will focus on facilitator formation, volunteerism and fundraising. "The Night of the Spirit" by Fr. Thomas Keating is an album of five videotapes made in St. Louis at the Living Flame Retreat in 1998. It can be ordered by sending a \$40 check (includes postage within the U.S. and mailer) to 11939 Manchester Road #402, St. Louis, MO 63131-4502. Postage outside the U.S. will increase the total due. We do not accept credit cards. For further information call 314-918-8288 or send an Email inquiry to bennettrh@earthlink.net.

Walden, NY (Contemplative Outreach of Orange County)

Our Website is up and most importantly – up-to-date – since the middle of January (www.centeringprayer.org). Our new 2000 Calendar went in the mail mid-March and lists many new retreats and events...Centering Prayer and Tai Chi Chih (Sr. Juanita Morales); Uncovering Our Hidden Motivations (Marjorie Rafferty): A Visit to the Interior Castle Oct 6-8 Monica Freeman; a five-day retreat – Growing a Mature Conscience July 12-16 (Sr. Mary Anne Flanagan, Ph.D.). Our New Year's Retreat welcoming in the New Millennium (Fr. Bill Sheehan) was a huge success, and we are doing it again in 2000/2001. David Frenette (formerly with Chrysalis House) is returning to Orange County and facilitating two retreats here at St. Andrew's – a six-day Centering Prayer and Christian Contemplative Practice (June 6-11) and a weekend I'm really excited about – "Living the Welcoming Prayer in Daily Life", Dec. 15-17. The Nine Month Course: The Practice of Contemplative Living will finish its 11th year in May – there are no words to adequately express the transformation that occurs in the lives of all who participate in this Course. Joanne O'Neill and I are also completing the *first year* in Denver, and will return next year. Our Annual Day of Contemplative Enrichment with Fr. Thomas will be held on October 21, 2000 at the Presentation Center, New Windsor, NY. A brochure will be mailed mid-summer. All our other retreats and workshops are listed in the National Calendar of Events. We are slowly but surely moving out into Orange County with One Day Introductory and Follow-up events. Will have more to tell in the next issue. Cathy McCarthy 914-778-2102, or Email cathymc@frontiernet.net.

Of Special Interest.....

Centering Prayer in the North Carolina Mountains by David Frenette

For the last two Springs, I have traveled to the mountains of Western North Carolina, near Asheville, to lead Centering Prayer retreats at an inter-religious retreat center. A small group of retreatants gathered from around the region to explore Christian contemplative practice together. By the end of the weekend, we had bonded together in the silence from which the Word of God emerges in contemplative prayer. Other than birds and the gentle rain, the only sound we heard was the bell summoning us to prayer in the spacious meditation hall.

The Southern Dharma Retreat Center is a beautiful, remote and absolutely silent facility. The warm staff provided us with wonderful vegetarian food to nurture our intensive prayer. Sleep-over, residential retreats in such a supportive environment are wonderful ways to renew and enrich our spiritual lives, especially when the contemplative instruction is geared towards supporting our everyday "at-home" practice, amidst busyness, noise and responsibilities. I found the experience with our community of Centering Prayer practitioners at Southern Dharma to be similar to the retreat experiences I have served at Chrysalis House, Snowmass and other such "havens" of silence and support.

I will be returning on July 20, 2000 to lead a three-day intensive Centering Prayer Retreat 1 at the Center. The theme will be the awareness of God's presence and action in the present moment – all the present moments of retreat and the moments of our ordinary lives. I hope to meet more of the Centering Prayer people from the region. If you are interested, call the staff at the Retreat Center at 828-622-7112.

Retreat: The Contemplative Dimensions of the 12 Steps

Purpose:

- to introduce or expand the *experience* of Centering Prayer as a part of a daily 12 Step practice;
- to stimulate a desire and resolve in participants to practice prayer and meditation on a daily basis;
- to stimulate interest in participants to encourage others to a regular 11th Step practice.

About the Retreat: A week-end retreat, generally consisting of the following components:

- Centering Prayer periods each day
- Presentations of original material designed for the retreat by Brian Cook & Donald Masters
- Videotape series by Fr. Thomas Keating which was specifically designed for this Workshop
- Group process and discussion
- 12 Step Meetings
- Prayer and meditation practice; and silence

Other Needed Information:

- Ideal facility is a retreat center like St. Andrew's Retreat House
- Appropriate size of group – 15-25 people
- Must be in a 12 Step Program
- Must have some prayer and meditation experience

If you would be interested in participating in such a retreat, please call Donald Masters at 303-320-1213, or Email donaldm@ix.netcom.com. Brian & Donald will conduct this retreat if the Facility and Group are available.

See Calendar of Events, Centering Prayer weekend section, for the next scheduled Contemplative Dimensions of the 12 Steps Retreat.

Nine Month Course: The Practice of Contemplative Living

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

New York - Cathy McCarthy, 914-778-2102;
South Florida – Barbara Rietberg, 305-386-7507
St. Leo, Florida – Basha Perez, 407-869-0781
Denver, Colorado – Rose Meyler, 303-863-0932

Contemplative Outreach Ltd. Study Program In The Christian Contemplative Tradition

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

Casting Down Your Crown

By Renee Bennett

And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives for ever and ever, the twenty-four elders fall down before him who is seated on the throne and worship him who lives for ever and ever; they cast their crowns before the throne, singing "worthy art thou, our Lord and God, to receive glory and honor and power, for thou didst create all things, and by thy will they existed and were created." Revelation 4:9-11

Such a dramatic image: twenty-four enthroned elders, robed in white and wearing crowns of gold, sit in a circle around the great throne of God. Giving glory and honor and thanks to the One who sits on the throne, they worship him and cast down their crowns before him.

This scriptural image can be seen as a wonderful metaphor for the whole concept of servant-leaders: ones who, although wearing the crowns of elders, cast them down in service, love, honor, and praise of the One who is their reason for being, their center, their heart, their home.

Perhaps you've seen the chart which sketches out the "Ten Principles of Spiritual Leadership" (Susan Kornis spoke of it at the Coordinators' Conference in San Francisco this year, and much of the material in this article derives from charts which Susan distributes on this topic). The essence of the servant-leader is to be found in: discipline, vision, wisdom, courage, decision, humility, integrity, humor, inspirational power and listening.

The essence of this understanding of servant-leadership is not comprised of the qualities of leadership usually esteemed in our culture; or put into more familiar terminology, the qualities of leadership exhibited by the "false self": self-confidence, knowledge of men, making one's own decisions, ambition, creating methods, enjoying command, seeking personal reward, independence. Instead, the essence of servant-leadership is comprised of the qualities of the "true self": confidence in God, knowledge of God, seeking God's

will, humility, following God's example, delighting in obedience to God, loving God and others, and depending on God. Another chart on servant leadership says: "We allow our own false self (and others!) to gently disengage with dignity.... We do not conquer the false self through our own efforts, but depend 99% on the mercy of God to come to our assistance.

The qualities of servant-leadership manifest in a cause and effect relationship: our faithfulness to Centering Prayer gives us the ability to transmit the vision and the purpose of the prayer. We are enabled to set forth guiding ideas and provide unconditional love and support. Our ability to utilize our accumulated knowledge, experience, intuitive faculties and judgment enables us to create innovative solutions to complex problems. We become architects and builders of small communities in which all grow together. Our ability to bounce back quickly from disturbance, to free ourselves from past pain, to tap into the spirit of giving to others enables us to become healers, to inspire in others hope for transformation. Our ability to establish caring relationships with others based on our understanding of their uniqueness, their strengths and weaknesses enables us to collaborate with others, to listen to them to accept their diversity. Our ability to perform the tasks to which we have committed ourselves and to contribute to the greater organization enables us to take risks, to learn from our mistakes, to be secure enough to live with questions and not always demand answers. Finally, our ability to perceive our own part in the whole of things, to appreciate our own value and worth, to take responsibility for our own part in our personal transformation enables us to have the objectivity to distinguish how the vision is being enacted or neglected. We learn how to defend and sustain our mission.

As Fr. Thomas has said of "leaders serving leaders": service is identifying with utmost charity, patience, forbearance... the charity that manifests in the face of the Father.

When we deeply appreciate our ministry, we abandon the "just me and God" mentality. Instead, we commit ourselves. We recognize: "I have been served by this ministry; therefore, I am willing to serve." **We cast down our crowns.**

The Spanish Corner

By Ilse Reissner

We need your help! The Spanish book "Open Mind, Open Heart" (Mente Abierta, Corazon Abierto) is running out of print and the new translation is not ready to go to the printer at this time. We are in great need of these books as it is too expensive to print small quantities, and we are offering to buy your book for \$5, or give you a 50% discount on the new book when it is published (in approximately one year). If you own or have a copy of this book that you are willing to let go of, you can help the new Spanish-speaking people joining Contemplative Outreach. Please mail it to Ilse Reissner at 284 Curlew Cir., Altamonte Springs, FL 32701. Indicate if you wish to receive a refund of \$5 or a new book for \$5.

- The Spanish-speaking community in the Dominican Republic is planning a trip to the Holy Land in 2002 with a translator for Fr. Carl Arico, who will be joining the group.

- Our Spanish Ministry is spreading. Last year we visited El Sal-

vador and Puerto Rico. A good number of participants to the Introductory workshops have continued to meet regularly to pray, led by local facilitators, Leila Membreno and Luisa Ason. During the year 2000 we have been invited to offer a weekend Introductory at the Retreat Center in Dickinson, Texas in March, another one in March in Puerto Rico, one in El Salvador in August, and one in Milwaukee, in October. Other tentative visits are scheduled for Peru, Panama, and Mexico. You can contact the coordinators or contact persons in your chapter for details. If you are interested in offering one in your area, please contact Ilse Reissner.

- This is the third newsletter that will be published in Spanish. Fr. Keating's article and Gail Fitzpatrick-Hopler's "Letter from the Executive Director" are translated, and any other article that may be of interest to the Spanish-speaking community. (Then we add our own page with news of interest to the Spanish-speaking.) If you would like to have someone's name added to our mailing list, please let Ilse Reissner know (407-767-7567).

- Last, but not least, we are already planning our next Hispanic International Conference in Florida, since our last one in 1999 was such a success. Fr. Keating will be present.

National Calendar of Events

June 2000-March 2001

<p>Introduction to Centering Prayer Retreats/Workshops A contemporary presentation of the discipline of Centering Prayer as silent communion with God beyond concepts, words and images.</p>			<p>Walden, NY St. Andrew's Retreat House</p>	<p>Oct 27-29 Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>
<p>New Baltimore, PA St. John the Baptist Retreat House</p>	<p>June 9-10</p>	<p>Contemplative Outreach Staff Contact: Fr. Mark Begley (814) 733-2210</p>	<p>The "Welcoming" Prayer Workshop A spiritual practice of "Letting Go" of feelings, emotions, thoughts and body sensations into the present moment during the ordinary routines of daily life. Prior Centering Prayer experience necessary.</p>	
<p>Appingedam, Netherlands Debora Gemeenteit</p>	<p>July 13-15</p>	<p>Contemplative Outreach Staff Contact: Sr. Anje 0596-623631</p>	<p>Walden, NY St. Andrew's Retreat House</p>	<p>Aug 25-27 Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>
<p>Walden, NY Mt. St. Joseph Presentation Center</p>	<p>July 28-30</p>	<p>Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>	<p>Walden, NY St. Andrew's Retreat House</p>	<p>Nov 17-19 Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>
<p>El Salvador, C.A.</p>	<p>Aug 18-20</p>	<p>Contemplative Outreach Staff Contact: Ilse Reissner (407) 767-7567</p>	<p>Walden, NY St. Andrew's Retreat House</p>	<p>Dec 15-17 Living Welcoming Prayer in daily life David Frenette Contact: Cathy McCarthy (914) 778-2102</p>
<p>San Salvador El Salvador</p>	<p>Aug 18-20</p>	<p>Contemplative Outreach Staff Contact: Leila de Membreno 011-5-3-263-3402</p>	<p>Centering Prayer Weekend Retreats Includes conferences renewing the Method of Centering Prayer and a Moderate amount of Centering Prayer in common.</p>	
<p>Cullman, AL</p>	<p>Sept 1-3</p>	<p>Contemplative Outreach Staff Contact: Sr. Eleanor Harrison (256) 734-8302</p>	<p>Walden, NY St. Andrew's Retreat House</p>	<p>June 2-4 Sr. Juanita Morales Contact: Cathy McCarthy (914) 778-2102</p>
<p>Walden, NY St. Andrew's Retreat House</p>	<p>Nov 3-5 12 Step</p>	<p>Donald Masters Contact: Cathy McCarthy (914) 778-2102</p>	<p>Davenport, IA</p>	<p>June 23-25 Contemplative Outreach Staff Contact: Marie Howard (319) 289-4712</p>
<p>Appingedam, Netherlands Debora Gemeenteit</p>	<p>Nov 15-17</p>	<p>Contemplative Outreach Staff Contact: Sr. Anje 0596-623631</p>	<p>Manhasset, NY St. Ignatius Retreat House</p>	<p>June 30-Jul 2 Contemplative Outreach Staff Contact: George Gerardi (516) 431-6602</p>
<p>Albany, NY Dominican Spiritual Life Center</p>	<p>Dec 1-3</p>	<p>Contemplative Outreach Staff Contact: Bruce Gardiner (518) 325-5546</p>	<p>Hot Springs, NC Southern Dharma Retreat Center</p>	<p>July 20-23 4 Day David Frenette Contact: Robert Waitz (828) 622-7112</p>
<p>Walden, NY St. Andrew's Retreat House</p>	<p>Dec 1-3 12 Step</p>	<p>Donald Masters Contact: Cathy McCarthy (914) 778-2102</p>	<p>Belton, TX Cedarbrake</p>	<p>Aug 4-6 Contemplative Outreach Staff Contact: Barbara Cook (512) 347-9673</p>
<p>Beech Grove, IN Benedict Inn</p>	<p>Dec 8-10</p>	<p>Contemplative Outreach Staff Contact: Sr. Antoinette Purrell (317) 788-7581</p>	<p>Schuyler, NE St. Benedict's</p>	<p>Aug 25-27 Contemplative Outreach Staff Contact: Sharon Anderson (402) 346-8429</p>
<p>Honolulu, HI St. Anthony's</p>	<p>Jan 5-7</p>	<p>Contemplative Outreach Staff Contact: Katherine Theiler (808) 988-6540</p>	<p>Albuquerque, NM Spiritual Renewal Center</p>	<p>Sept 1-3 Contemplative Outreach Staff Contact: Sr. Amata Dawson (505) 877-4211</p>
<p>Appingedam, Netherlands Debora Gemeenteit</p>	<p>Jan 19-21</p>	<p>Contemplative Outreach Staff Contact: Sr. Anje 0596-623631</p>	<p>Walden, NY St. Andrew's Retreat House</p>	<p>Sept 1-3 Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>
<p>Walden, NY St. Andrew's Retreat House</p>	<p>Jan 19-21</p>	<p>Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>	<p>Sewanee, TN St. Mary's</p>	<p>Sept 12-14 Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613</p>
<p>Cullman, AL</p>	<p>Jan 26-28</p>	<p>Contemplative Outreach Staff Contact: Sr. Eleanor Harrison (256) 734-8302</p>	<p>Miami, FL Casa Manresa</p>	<p>Sept 15-17 Contemplative Outreach Staff Contact: Carmen Sanchez (305) 661-6966</p>
<p>Walden, NY St. Andrew's Retreat House</p>	<p>Mar 23-25</p>	<p>Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102</p>	<p>St. Joseph, MN Spirituality Center</p>	<p>Oct 6-8 Contemplative Outreach Staff Contact: Clara Antony (320) 363-7115</p>
<p>Introduction to Lectio Divina Retreats/Workshops Conferences and practice introducing us to the most traditional way of cultivating a friendship with Christ.</p>			<p>Cullman, AL</p>	<p>Oct 6-8 Contemplative Outreach Staff Contact: Sr. Eleanor Harrison (256) 734-8302</p>

Temecula, CA Vina de Lestonnac Retreat Center	Oct. 6-9 4 Day	Contemplative Outreach Staff Contact: Martha Rodriguez (619) 226-6000	Rapid City, SD St. Martin Monastery	April 5-7	Contemplative Outreach Staff Contact: Sr. Marmion Howe, OSB (605) 343-2688
Honolulu, HI St. Anthony's	Oct. 13-15	Contemplative Outreach Staff Contact: Katherine Theller (808) 988-6540	Winnipeg, Manitoba St. Benedict's Retreat Center	April 7-9	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
New Baltimore, PA St. John the Baptist Retreat Center	Oct. 13-15	Contemplative Outreach Staff Contact: Fr. Mark Begly (814) 733-2210	Intensive Centering Prayer Retreats		
Lantana, FL Cenacle Retreat House	Nov 3-5	Fr. Bill Sheehan Contact: Sr. Elizabeth (407) 582-2534	Provides an opportunity to immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach. The 10 Day Intensive features Parts I, II, III of the "Spiritual Journey" Videotape Series by Fr. Thomas Keating. May be modified from 5 to 10 days.		
Encino, CA Holy Spirit Retreat Center	Nov 3-5	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515	5 Day Intensive Retreats		
Waldoboro, ME China Lake Spiritual Center	Nov 3-5	Contemplative Outreach Staff Contact: Adele Millette (207) 832-6263	West Park, NY Holy Cross Monastery	June 20-25	Contemplative Outreach Staff Contact: COMW Office (202) 255-2367
Dickerson, TX Oblate Retreat House	Nov 10-12	Fr. Bill Sheehan Contact: Gene Canasomi (281) 337-1312	St. Paul, MN Benedictine Center	June 23-28	Contemplative Outreach Staff Contact: Sr. Ruth (651) 224-6261
Sewanee, TN St. Mary's	Nov 12-14	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613	Virginia Dale, CO Abby of St. Walburg	June 26-30	Contemplative Outreach Staff Contact: Barbara Hayden (303) 494-2845
Brooklyn, MI De Sales Center	Nov 17-19	Contemplative Outreach Staff Contact: Margaret Murray (517) 592-8218	New Baltimore, PA St. John the Baptist Retreat Center	July 14-19	Contemplative Outreach Staff Contact: Mark Begly (814) 733-2210
Santo Domingo, DR Manresa Loyola Retreat House	Nov 23-26	Contemplative Outreach Staff Contact: Elena Contreras (809) 567-3705	Andover, MA Franciscan Center	Aug 7-12	Contemplative Outreach Staff Contact: Sr. Lorraine Pianka (978) 858-0856
St. Joseph, MN Spirituality Center	Dec 1-3	Contemplative Outreach Staff Contact: Clara Antony (320) 363-7115	Waldoboro, ME Wellspring House of Prayer	Aug 14-18	Contemplative Outreach Staff Contact: Adele Millette (207) 832-6263
Tampa, FL Franciscan Retreat House	Dec 8-10	Fr. Bill Sheehan Contact: (813) 229-2695	Honolulu, HI St. Anthony's	Dec 7-11	Contemplative Outreach Staff Contact: Katherine Theller (808) 988-6540
Walden, NY St. Andrew's Retreat House	Dec 29-Jan 2 (New Year's Intensive)	Fr. Bill Sheehan Contact: Cathy McCarthy (914) 778-2102	Rapid City, SD St. Martin Monastery	Feb 7-11	Contemplative Outreach Staff Contact: Sr. Marmion Howe, OSB (605) 343-2688
Appingedam, Netherlands Debora Gemeenteit	Feb 7-9	Contemplative Outreach Staff Contact: Sr. Anje 0596-623631	6-7-8-9 Day Intensive Retreats		
Encino, CA Holy Spirit Retreat Center	Feb 16-18	Contemplative Outreach Staff Contact: Sr. Linda Snow (818) 784-4515	Boynton Beach, FL St. Vincent de Paul Seminary	June 3-10 8 Day	Contemplative Outreach Staff Contact: Barbara Rietberg (305) 386-7507
Walden, NY St. Andrew's Retreat House	March 2-4	Sr. Juanita Morales Contact: Cathy McCarthy (914) 778-2102	Frenchville, PA Bethany Retreat Center	June 4-11 8 Day	Contemplative Outreach Staff Contact: Sr. Therese Dush (814) 253-4855
St. Joseph, MN Spirituality Center	March 2-4	Contemplative Outreach Staff Contact: Clara Antony (320) 363-7115	Toronto, Ont. Canada TBA	June 4-11 8 Day	Contemplative Outreach Staff Contact: Carolyn Gratton (416) 922-6451
Cullman, AL	March 16-18	Contemplative Outreach Staff Contact: Sr. Eleanor Harrison (256) 734-8302	Walden, NY St. Andrew's Retreat House	June 6-11 6 day	David Frenette Contact: Cathy McCarthy (914) 778-2102
Immaculata, PA Spirituality Center	March 24	Contemplative Outreach Staff Contact: Sr. Margaret Gradl (610) 647-6630	Ferdinand, IN Kordes Enrichment Center	June 10-18 9 Day	Fr. Carl Arico Contact: Staff (800) 880-2777
			Burlington, WI St. Francis Retreat Center	June 11-18 8 Day	Contemplative Outreach Staff Contact: Madeline Soo (414) 961-2610
			Richmond, VA Richmond Hills	Jun 26-Jul 2 7 Day	Fr. Bill Sheehan Contact: April Swofford (804) 783-7903

continued next page

National Calendar of Events

Continued from page 11

Alta, WY Alta Retreat Center	July 9-15 7 Day	Rev. John Smith Contact: Rev. Sandy Casey-Martus (307) 353-8100	Temecula, CA Vina de Lestonnac Retreat Center	March 2-7 6 Day	Contemplative Outreach Staff Contact: Martha Rodriguez (619) 226-6000
Belleville, IL King's House	July 9-16 8 day	Fr. Bill Sheehan Contact: Br. Bill Johnson (618) 397-0584	Beech Grove, IN Benedict Inn	March 23-30 8 Day	Contemplative Outreach Staff Contact: Sr. Antoinette Purcell (317) 788-7581
Frenchville, PA Bethany Retreat Center	July 9-16 8 Day	Contemplative Outreach Staff Contact: Sr. Therese Dush (814) 263-4855		10 Day Intensive Retreats	
Melbourne, KY Moye Spiritual Life Center	July 16-23 8 Day	Contemplative Outreach Staff Contact: Sr. Micki Martin (606) 441-0679	Snowmass, CO (full)	June 13-22	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964
St. Louis, MO Il Ritiro	July 23-30 8 Day	Fr. Bill Fickel Contact: Diane Guerra (314) 918-8288	Walden, NY St. Andrew's Retreat House	June 16-25	Fr. Bill Sheehan Contact: Cathy McCarthy (914) 778-2102
Hudson, NH Oblate Retreat House	Aug 6-12 7 Day	Fr. Bill Sheehan Contact: Tom Horan (603) 882-8141	St. Paul, MN Benedictine Center St. Paul's Monastery	June 23-July 2	Contemplative Outreach Staff Contact: Sr. Ruth (651) 777-7251
Bloomfield Hills, MI Manresa Jesuit Retreat House	Aug 6-11 6 Day	Sr. Mary Ann Flanagan Contact: Rev. Bernie Owens, S.J. (313) 564-6455	Cullman, AL	June 26-Jul 5	Fr. Carl Arico Contact: Sr. Mary McGehee (256) 736-5820
Hudson, NH Oblate Retreat House	Aug 6-12 7 Day	Fr. Bill Sheehan Contact: Fr. Tom Horan (603) 882-8141	Miami, FL	July 21-30	Fr. Bill Sheehan Contact: Barbara Rietberg (305) 386-7507
Frenchville, PA Bethany Retreat Center	Aug 6-13 8 Day	Contemplative Outreach Staff Contact: Sr. Therese Dush (814) 263-4855	St. Joseph, MN St. Joseph Spirituality Center	Aug 6-15	Contemplative Outreach Staff Contact: Clara Antony (320) 363-7115
Alta, WY Alta Retreat Center	Aug 13-20 7 Day	Rev. Dan Krettik Contact: Rev. Sandy Casey-Martus (307) 353-8100	Snowmass, CO (full)	Oct 10-19	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964
Waldoboro, ME Wellspring House of Prayer	Sept 1-7 7 Day	Contemplative Outreach Staff Contact: Adele Millette (207) 832-6263	Jarabacoa, DR Casa Cardenal Sancha	Oct 26-Nov 3	Contemplative Outreach Staff Contact: Isabel Marion Landais (809) 482-1710
Alta, WY Alta Retreat Center	Sept 17-23 7 Day	Contemplative Outreach Staff Contact: Rev. Sandy Casey-Martus (307) 353-8100	Snowmass, CO (full)	Jan 9-18	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964
Alta, WY Alta Retreat Center	Oct 15-21 7 Day	Contemplative Outreach Staff Contact: Rev. Sandy Casey-Martus (307) 353-8100		Advanced Centering Prayer Retreats	
Hartbeespoort/ Gauteng, South Africa Good Shepherd Retreat Center	Oct 28-Nov 4 8 Day	Contemplative Outreach Staff Contact: Maria McLoughlin 11 27 11 803 1831		Provides an opportunity to deepen the practice of Centering Prayer in an Atmosphere of silence and community support. The Advanced Intensive usually features Part IV of the "Spiritual Journey" Videotape series by Fr. Thomas Keating. Prior Centering Prayer Retreat experience required. May be 5, 8, 9 or 10 day.	
Cape Town/W.Cape South Africa Holy Cross Novitiate	Nov 10-17 8 Day	Contemplative Outreach Staff Contact: Maria McLoughlin 11 27 11 803 1831	Winnipeg, Manitoba St. Benedict's Retreat Center	July 14-21 8 Day	Contemplative Outreach Staff Contact: Sr. Catherine Labinowich (204) 338-4601
Sewanee, TN St. Mary's	Jan 7-14 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613	Snowmass, CO (full)	Nov 3-10 8 Day	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964
Mt. Angel, OR Shalom Prayer Center	Jan 19-26 8 Day	Contemplative Outreach Staff Contact: Antoinette Traeger (503) 845-2786	Leicester, England Mt. St. Bernard Abbey	Nov 6-10 5 Day	Contemplative Outreach Staff Contact: E. M. Smith 04-44-1772-629520
Walden, NY St. Andrew's Retreat House	Feb 20-25 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102		Post Intensive Centering Prayer Retreats	
				Provides an opportunity for intensive Centering Prayer, Lectio Divina, solitude and silence in community. Prior Centering Prayer Retreat experience necessary. May be 5, 7, 8, 9 or 10 day.	

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

Boynton Beach, FL St. Vincent de Paul Seminary	June 3-10 8 Day	Contemplative Outreach Staff Contact: Barbara Rietberg (305) 386-7507
Alta, WY Alta Retreat Center	June 4-10 7 Day	Contemplative Outreach Staff Contact: Rev. Sandy Casey-Martus (307) 353-8100
Sewanee, TN St. Mary's Retreat Center	Jun 4-11 8 Day	Contemplative Outreach Staff Contact: Carol Wray (615) 373-0613
Honolulu, HI St. Anthony's	June 6-13 8 Day	Contemplative Outreach Staff Contact: Katherine Theiler (808) 988-6540
Ferdinand, IN Kordes Enrichment Center	June 10-18 9 Day	Fr. Carl Arico Contact: Staff (800) 880-2777
Burlington, WI St. Francis Retreat Center	June 11-18 8 Day	Contemplative Outreach Staff Contact: Madeline Soo (414) 961-2610
Alta, WY Alta Retreat Center	July 23-29 7 Day	Rev. Mary Cay Armer Contact: Rev. Sandy Casey-Martus (307) 353-8100
St. Louis, MO Il Ritiro	July 23-30 8 Day	Fr. Bill Fickel Contact: Diane Guerra (314) 918-8288
Hudson, NH Oblate Retreat House	Aug 6-12 7 Day	Fr. Bill Sheehan Contact: Fr. Tom Horan (603) 882-8141
Hartbeespoort/ Gautena, South Africa Good Shepherd Retreat Centre	Oct 28-Nov 4 8 Day	Contemplative Outreach Staff Contact: Maria McLoughlin 11 27 11 803 1831
Cape Town/W.Cape South Africa Holy Cross Novitiate	Nov 10-17 8 Day	Contemplative Outreach Staff Contact: Maria McLoughlin 11 27 11 803 1831
Alta, WY Alta Retreat Center	Nov 12-18 7 Day	Contemplative Outreach Staff Contact: Rev. Sandy Casey-Martus (307) 353-8100
Walden, NY St. Andrew's Retreat House	Feb 20-25 6 Day	Contemplative Outreach Staff Contact: Cathy McCarthy (914) 778-2102

10 Day Post Intensives

Walden, NY St. Andrew's Retreat House	June 16-25	Fr. Bill Sheehan Contact: Cathy McCarthy (914) 778-2102
Cullman, AL	June 26-Jul 5	Fr. Carl Arico Contact: Sr. Mary McGehee (256) 736-5820
Miami, FL	July 21-30	Fr. Bill Sheehan Contact: Barbara Rietberg (305) 386-7507
Snowmass, CO (full)	Aug 8-17	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964
Walden, NY St. Andrew's Retreat House	Aug 11-20	Fr. Carl Arico Contact: Cathy McCarthy (914) 778-2102
Snowmass, CO (full)	Aug 19-28	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964

Snowmass, CO (full)	Sept 12-21 (Lectio)	Fr. Carl Arico Contact: Pat Johnson (970) 963-3964
Snowmass, CO (full)	Dec 5-14	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964
Snowmass, CO (full)	March 12-21	Contemplative Outreach Staff Contact: Pat Johnson (970) 963-3964

Formation for Contemplative Outreach Service

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

Johannesburg, S.Africa	Jun 4-10	Contemplative Outreach Faculty Contact: Pat Pearce 011 27 11 884 4136
Belton, TX Cedarbrake	June 12-18	Contemplative Outreach Faculty Contact: Barbara Cook (512) 347-9673
Winnipeg, Manitoba St. Benedict's Retreat Center	June 21-27	Contemplative Outreach Faculty Contact: Sr. Catherine Labinowich (204) 338-4601
Alta, WY Alta Retreat Center	Jun 25-Jul 1	Sr. Katherine Bazar Contact: Rev. Sandy Casey-Martus (307) 353-8100
Encino, CA Holy Spirit Retreat Center	Jun 30-Jul 4	Contemplative Outreach Faculty Contact: Sr. Linda Snow (818) 784-4515
Walden, NY Mt. St. Joseph Presentation Center	June 30-July 7	Contemplative Outreach Faculty Contact: Cathy McCarthy (914) 778-2102
Winter Park, FL San Pedro Retreat Center	Jul 30-Aug 5 <i>in Spanish</i>	Contemplative Outreach Faculty Contact: Ilse Reissner (407) 767-7567
Winter Park, FL San Pedro Retreat Center	Jul 30-Aug 5	Contemplative Outreach Faculty Contact: Basha Perez (407) 869-0781
Temecula, CA Vina de Lestonnac Retreat Center	Sept 17-22	Contemplative Outreach Faculty Contact: Fr. Justin Langille (619) 226-6000
Snowmass, CO (full)	Nov 14-21	Contemplative Outreach Faculty Contact: Pat Johnson (970) 963-3964

Parish Missions/Retreats - Fr. Carl Arico

Contact: International Office Butler, NJ (973) 838-3384		
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Oct 21-24	Resurrection Church	Parish Mission - Canton, MI
Dec 2-5	St. Agatha	Parish Mission - Milton, MA
Dec 9-12	St. Paul's	Parish Mission - Hingham, MA

The Living Flame

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

C.O. Area/ Regional Contacts

United States

AK	Anchorage	Kess Frey	907-338-2894	IL	Chicago (Southside)	George Cairns	773-752-5757 x235
AL	Birmingham	Aloysius Golden	205-592-3930	IL	Chicago	Rev. William Sheehan	773-493-3590
AL	Birmingham	Caroline Humphreys	205-979-1159	IL	Elmwood Park	Joan Monego	708-453-4007
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AZ	Tucson	Frank Tuoti	520-749-3443	IL	Oak Park	Joseph Ruiz	708-848-4417
CA	Aliso Viego	Mary Ann O'Brien	949-831-3270	IL	Peoria	Sr. Catherine Cleary	309-693-7063
CA	Encino	Sr. Linda Snow	818-784-4515	IL	Skokie	Patrick Uhm	847-676-3981
CA	Encino	Carol Rome	818-386-9171	IL	Springfield	Sr. Helen Horne	217-787-0481
CA	Eureka	Ken Meece	707-269-4245	IN	Beech Grove	Sr. Carol Falkner	317-788-7581
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CA	Hermosa Beach	Rev. Paul Lawson	310-376-8989	IN	Greenwood	Laurel Simon	317-887-0462
CA	LaVerne	Fr. Martin O'Loughlin	909-593-8494	IN	Northwest IN	George Cairns	219-878-9781
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FL	Venice	Mimi & Terry Reilly	941-484-9543	NE	Omaha	Eleanore McNulty	402-333-3819
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NY	Port Chester	Joseph Zepf	914-937-2168	TX	Dallas Area	Sandra Guancial	972-771-0173
NY	Walden	Cathy McCarthy	914-778-2102	TX	Dickinson (Hispanic)	Jose Castro	281-337-1312
NY	Warwick	Susan Supak	914-986-4975	TX	Fort Worth	Rev. Timothy Thompson	817-246-3622
NY	Whitestone	Fr. Robert Cheesman	718-321-1096	TX	Houston	Fred Eckart Jr.	888-526-9186
OH	Cincinnati	Susan Tew	513-871-8270	TX	League City	Drue Pollan	281-332-7533
OH	Cleveland	Kay Powers	216-932-8911	TX	San Antonio	Bain Homer	210-616-0885
OH	Cleveland	Fr. William Fickel	440-442-3411	UT	Salt Lake City	Theresa Brown Bell	801-596-8902
OR	Ashland	Rev Jack & Bev Gorsuch	541-552-1974	VA	Charlottesville	Jody Blatz	804-973-9590
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PA	Erie	Mary Dwyer	814-838-6469	WA	Spokane	Gary & Lynnette Meisen-Vehrs	509-325-1909
PA	Erie	Sr. Rita Panciera	814-456-1802	WI	Milwaukee	Madeline Soo	414-961-2610
PA	Frenchville	Sr. Therese Dush	814-263-4855	WI	Milwaukee	Barbara Wuest	414-332-8807
PA	Lancaster	Elise Kandel	717-290-7889	WI	Sister Bay	Anne Egan	414-854-5755
PA	New Baltimore	Rev. Mark Begley	814-733-2210	WY	Cheyenne	Cynthia Johnson	307-632-2751

CO Contacts Outside the United States

AUSTRALIA

Claremont	Fr. Douglas Conlan	0119147381449
Connolly	Rev. Gerry Doyle	0116193003035
Hilton	Stephen & Mandy Skipper	0116193355541
Rivervale	Philip Carrier	0116192773068
Trigg	David & Christina Rushton	0116194472342

BAHAMAS

Nassau	Sr. Annie Thompson	242-323-5517
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CANADA

Toronto, Ontario	Carolyn Gratton	416-922-6451
Winnipeg	Sr Catherine Labinowich	204-338-4601

DOMINICAN REPUBLIC

Santo Domingo	Isabel de Marion Landais	809-482-1710
Santo Domingo	Vicky Brache de Acra	809-562-2214

EL SALVADOR

San Salvador	Leila de Membreno	011-50-326-33402
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ENGLAND

Nr Preston	Pat & Joe Finn	011-44-1772-813421
Preston	Mrs. Elizabeth Smith	011-44-1772-625920
Sheffield	Sylvia Jones	011-44-114-288-6885
Sussex Brighton	Dennis Ford	011-44-1273-303682
W. Yorkshire	Aileen Moran	011-44-1535-272245
W. Yorkshire	Ann O'Donnell	011-44-1132-261396

IRELAND

Derry	Fr. Declan Boland	011-06-482-8375
Wexford	Fr. Thomas Brennan	011-35-353-22177
Wexford	Fr. Tom Dalton	011-35-353-22055
Wexford	Sr. M. Dolores	011-35-354-66634
Wexford	Sr. Ita Miller	011-35-353-33580

MALAYSIA

Kuala Lumpur	Lawrence Wong	6-03-2562549
Kuala Lumpur	George Chang	6-03-77854675

MEXICO

Metepec (Hispanic)	Judith Bernal	011-52-7-271-1703
--------------------	---------------	-------------------

NETHERLANDS

Almere	Jan Happee	011-31-36-521-3457
Appingedam	Sr. Ange van der Pers	011-31-59-662-3631
Diemen	Anneke Smit	011-31-20-416-0233
Dwingeloo	Ernst van Gulik	011-31-521-522103
Harmelen	Wim & Lejnie Markus	011-31-348-441350
Heemstede	Joan Heldring	011-31-23-528-8217
Lelystad	Kees Sybrandi	011-31-320-252416
Stadskanaal	Jorg Buller	011-31-599-621779
Tytsjerk	Joke Van Doorn	011-31-511-432787
Veendam	Dick van Vliet	011-31-598-622731

PHILIPPINES

Makati	Grace Padilla	011-632-468109573
Makati	Lita Salinas	011-632-468108825

PUERTO RICO

San Juan	Maria Luisa Ason	787-725-4350
----------	------------------	--------------

SINGAPORE

Perindu	Cecilia Ee	011-65-241-2663
---------	------------	-----------------

SOUTH AFRICA

Bellville	Sylvia Collier	011-27-21-913-4576
Bronk Horstspuit	Peggy Pilliner	011-27-12-122-1056
Grahamstown	Rev Rod Burton	011-27-46-622-7263
Johannesburg	Ethne de Vasconcellos	011-27-11-803-1831
Pinetown	Denise Allan	011-27-31-702-9590
Rivonia	Maria McLoughlin	011-27-11-803-1831

SWITZERLAND

Geneva	Charles Christophi	011-41-22-707-0830
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