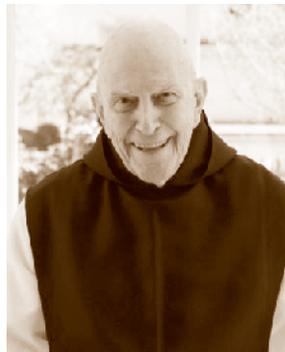




Consenting to the DIVINE PRESENCE



Thomas Keating

WE BEGAN TEACHING Centering Prayer using the sacred word as the symbol of consent to God's presence and action because most retreatants were used to hearing the word of God in scripture and in the liturgy. We thought they would find the use of a sacred word congenial to their cultural background and religious training. Later we continued to present the prayer in essentially the same way but referred to the other symbols of breath and glance as options that some might be more attracted to. Some people prefer the sacred breath as their symbol or have tended to move toward the breath as symbol as their practice matures. The breath is what the term "spirit" means in the biblical languages; a symbol of life that is always present. Just noticing the breath is a very gentle, subtle and hardly noticeable practice as we use it. It is not, as in the Eastern traditions, a practice of following the breath physically or counting the breaths, which are concentrative procedures. In the long run we will tend to lose whatever symbol we choose as we grow into the primary experience of Centering Prayer which is complete self-surrender. Consenting to the presence and action of God is the essence of the practice of Centering Prayer.

Jesus exhorts us in Matthew 6:6 to “go to your inner room, close the door and pray to your Father in secret, and your Father who sees in secret, will reward you.” It seems to be a call to hide from our ordinary self-awareness. In any case, you are not thinking of yourself in a prayer that does not have any conceptual content.

I believe that contemplation is an innate capacity of human nature, available to everyone just by being born. We already have it; we just don't think so. We can't,

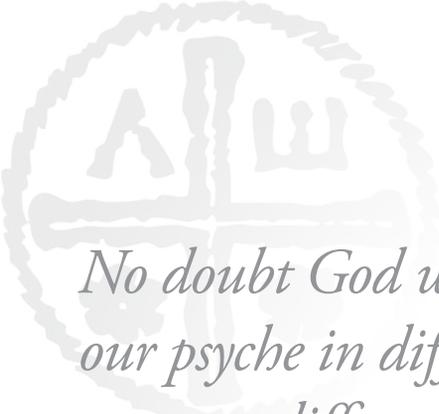
of course, acquire pure contemplation by *trying* to get it. That kind of effort is just another ego trip. Some people may say, “just relax, do nothing, and it will arise of itself.” But it is not that simple. No doubt God works on our psyche in different ways, at different times and on different occasions. The Spirit is softening us up in every way, of which inner purification is one of the most obvious.

To have a state of no thought at all is not the goal. The presence of God is so clear to faith that it doesn't matter how we are inclined to interpret it at any particular moment. In Centering Prayer we do not think about anything deliberately, not even about our felt experience of God or our felt absence of God. It doesn't matter. We need to be just as relaxed and at peace with thoughts going by as without thoughts going by. God is just as much in thoughts as in complete silence.

External silence leads to interior silence and interior silence into the letting go of interior dialogue. Then follows a sense of stillness, even though there is always present some attentiveness to God's presence.

As soon as we understand something, we have to be detached from our understanding in order to keep abreast of the exquisite delicacies of the divine action. When we think about our understanding or notice our feelings rather than just being with whatever state we are in, we muddy the waters so that the divine light cannot penetrate to the bottom of our being.

The language of the mystics speaks of waking up and of staying awake. Prayer in secret is not a state of suspended animation. It is rather the habit of disregarding particular perceptions and surrendering to the divine presence just as it presents itself. In this perspective, the absence of God is also God. ☩



No doubt God works on our psyche in different ways, at different times and on different occasions. The Spirit is softening us up in every way, of which inner purification is one of the most obvious.



Gail Fitzpatrick-Hopler

Seeing a New Reality for Contemplatives

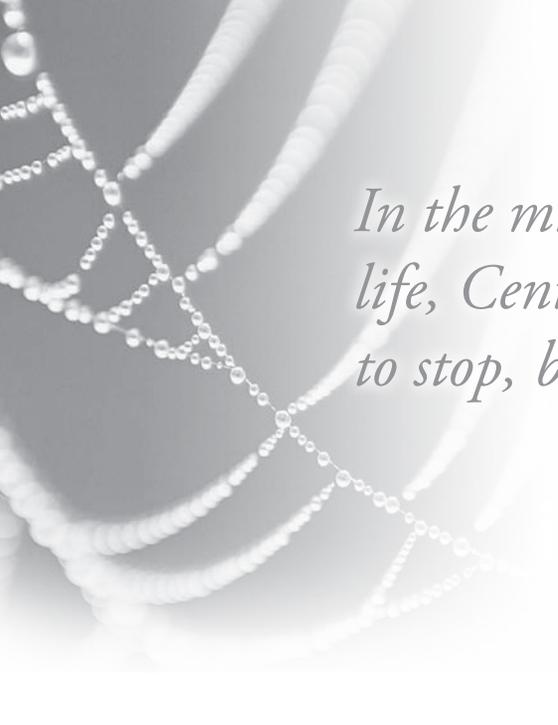
Contemplative Outreach is an evolving community with an expanding vision and deepening practice, serving the changing needs of Christian contemplatives.

Contemplative Outreach Administrative Principle #1

THE COMMUNITY OF Contemplative Outreach has been growing and changing for 27 years. The interest in contemplation, silence and practice, little known and never discussed back then, has revived, attracting the interest of many. We hear and see references to contemplation in television, radio, internet, magazines, newspapers and social networks. Recently, I joined Facebook and found an online community of over 500 people, formed to share their experience of Centering Prayer. What a pleasant surprise! I understand there is a Centering Prayer presence on Twitter as well, with over 1000 followers. Oprah has an interest in silence and contemplation, as evidenced by her recently published list of the 'top five books everyone should read,' of which *The Wisdom of the Desert Fathers* by Thomas Merton is among them. Felicity Huffman, an Oscar nominee and one of the stars of the U.S. television show, "Desperate Housewives," lists *Open Mind, Open Heart* among her top five books.

Contemplation as a practice is finding some resonance in the West in business – for example in Peter Senge's book, *The Fifth Discipline: The Art and Practice of the Learning Organization* – and in fields as diverse as architecture, physics, education, psychology, law and the liberal arts. Organizations supporting the contemplative path are growing, including The Center for Action and Contemplation, The World Community for Christian Meditation, The Garrison Institute, The Center for Contemplative Mind in Society, The Trust for the Meditation Process and The Merton Institute, just to name a few.

It seems information about contemplation is entering into daily life from many streams, out of which comes some attraction to our humble organization, Contemplative Outreach. We are a community of individuals and Centering Prayer groups committed to living the contemplative



In the midst of a busy, modern, fragmented life, Centering Prayer teaches us how to wait – to stop, become aware and listen.

dimension of the Gospel in everyday life. A commitment to the daily practice of Centering Prayer is the primary expression of belonging (Theological Principles #1 and #2).

Our work has expanded over the years beyond teaching the practices of Centering Prayer and *Lectio Divina*. As the body of Thomas Keating's work has developed, grown and reached worldwide groups, we've realized that Contemplative Outreach is actually participating in the renewal of the Christian contemplative heritage for our times.

After offering workshops and retreats on the practice of Centering Prayer for several years, many practitioners developed an interest in the Christian contemplative tradition. Thus our Vision expanded to include adapting the wisdom and practices of the monastic life for ordinary householders, as well as finding ways to support and sustain a contemplative life in modern society. Over time and through consent and commitment to regular practice, we also found that practitioners need to understand the conceptual background of Centering Prayer – or the psychology of the spiritual journey documented so well through the Christian mystics and brought to the forefront by Thomas Merton, Basil Pennington, William Meninger and Thomas Keating's teachings.

Centering Prayer now spans over 43 countries, challenging our customary ways of offering resources, so we're discovering new ways of sharing the teachings and programs worldwide. For example, we now offer an expanded website, online courses and DVD packages to help people access and learn the practices wherever and whenever they can.

Twenty-seven years of traveling, teaching and praying in community has shown me the practical fruits of the prayer manifested in others. In the midst of a busy, modern, fragmented life, Centering Prayer teaches us how to wait – to stop, become aware and listen. In doing so, we deepen our understanding of people and circumstances. We develop patience and freedom, trusting God in all things. Centering Prayer teaches us how to let go of the reactions of the false self and live in a new way. We then can take a long, loving look at the REAL, the presence of God vibrating through all of creation, and perceive God's love looking back at us. In the wisdom way of knowing, we recognize that each of us is woven into the fabric of daily life and held together by the invisible thread of Silence. As contemplatives actively and passionately engaged in life, we are propelled by the Spirit and motivated by love. In the deepening awareness of God's ever-present Reality, we are never alone, abandoned or forgotten. Rather, we are embraced and cherished.

Scripture invites us to lay our burdens down and receive rest – this is the promise. "Come to me all who labor and are burdened and I will give you rest" (Mt 11:28). What a relief to be able to lay our burdens down and trust God in all things! What a relief to live the reality of a God-centered life! ☸



SILENCE
SOLITUDE
SERVICE

CONTEMPLATIVE OUTREACH

Dear Friends:

The newsletter is the single largest and most expensive publication that Contemplative Outreach regularly produces – free to its readers. It is also one of the most popular – sent to over 20,000 people in the United States and read by thousands of others online around the world. While our December 2010 issue was 32 pages, one of the largest issues yet, we’ve had to limit the content in this current issue to 16 pages because of budgetary constraints. The production cost still totals over \$30,000/year for two 16-page issues, which means we need your financial support.

Every donation counts, no matter the size.

Please donate online or mail your contribution in the envelope included with this issue.

In gratitude,
Pamela Begeman, editor
clp@coutreach.org



Fr. Carl J. Arico

Coming Home

Reflections on the Practice of Annual Retreats

NOW IN ITS 23rd year, the March Post-Intensive Retreat at the Bishop DeFalco Retreat Center in Amarillo, Texas is part of the emerging tradition of Contemplative Outreach. After a 12-year absence, I decided to carve out the time from my busy Lenten schedule to return this year.

As soon as I entered the retreat house I felt like I was coming home. It is one of my favorite facilities for post-intensive retreats. The setting is what I call 'Texas desert,' a subtle atmosphere that encourages silence. They have single, spacious rooms, ideal not only for silence but also solitude. Every detail of the retreat center invites and encourages simplicity - the prayer room, the chapel, the inner courtyard garden and the Prayer Path with the Stations of the Cross and labyrinth.

As I reflect back on my experience, I realize that each intensive retreat has elements that contribute to the desire to truly enter into the discipline and deepening of relationship, which are the trademarks of Centering Prayer and the contemplative journey. Ponder these elements with me:

Formation: There is something very powerful that takes place when you enter into the embrace of a prayerful community. You get into a rhythm that moves you out of your external distractions into an inner space of awareness. When you do not have to worry about being in charge and all your needs are being taken care of, you find yourself surrendering to an inner grace that makes you aware of the subtle movements of the body and the spirit. It is like a gentle spiritual massage, or like naturally relaxing into a dance when the music carries you along. This is all aided by the rhythm of the schedule, the Scripture readings, Centering Prayer, soul friending, and the silent meals. You are ever-so-gently being formed by the silence.

Information: On an intensive retreat, the *Spiritual Journey* DVD series is traditionally viewed, usually twice a day with perhaps brief discussion. This kind of retreat opens one to the Christian contemplative tradition through the powerful insights of Fr. Thomas Keating on topics such as Centering Prayer, the formation of the false self and the tools to access the healing power of the Spirit. Even if you have seen them before, it is a different experience to watch them from the deep openness that comes from intensive Centering Prayer sessions and the support of a prayerful community. It is like seeing them for the first time.



*All these experiences are
a manifestation of the
two-armed embrace of
God, who is affirming
on the one hand and
purifying on the other.*

On a post-intensive retreat, the focus is on greater silence and the intensification of the Centering Prayer practice. A major part of the experience is the soul friending available on these retreats – the time to journey with an experienced practitioner who can help us understand our own journey through their mature and yet practical reflections.

Each type of retreat has a different emphasis or gift to offer. Heartfulness retreats explore some of Fr. Thomas' recent insights on various topics such as Happiness, Suffering, and Redemption, to name a few. All these retreats in-form us on all levels – mind, heart, intuition, will - so that one's intention to consent may be better informed and may deepen further.

The Paschal Mystery: Retreats are a powerful and safe container for the unloading of the unconscious, which is manifested in the many moods, feelings, commentaries and purifications that may be taking place within us. Because of the deep, communal intention and silence, retreats can often stimulate a whole Paschal Mystery experience within the period of a week or 10 days. I like to use the metaphor of Holy Week to explain this. You are walking in the footsteps of Jesus, experiencing what he experienced: On Palm Sunday, we experience feelings of thanksgiving and appreciation. On Holy Thursday, we re-dedicate ourselves

and sense that changes are taking place. Good Friday comes and the Spirit is beginning to squeeze something out of us or confronts us with something that needs to be addressed within. Holy Saturday is a period in the retreat when everything is dry or we begin doubting why we came, or wonder if we are worthy for this journey. And then the Easter experience, when things are coming together and there is a sense of affirmation or a more purposeful direction is taking over in our life. All these experiences are a manifestation of the two-armed embrace of God, who is affirming on the one hand and purifying on the other. It's good to remember two things here: God will never try us beyond our strength (1 Corinthians 10:13) and the Paschal Mystery includes both death *and* resurrection. A retreat helps us to consent to the whole experience with community support.

Sacred and Safe Space: The retreat house, the staff, the schedule, the community – the intentional living of all on the retreat – all these and more create an environment of security that opens one to the healing presence of the Spirit. They give one the courage and security to take the next quantum leap on the spiritual journey – or to be willingly pushed into the next step! There is a certain reassurance knowing that all are going through the same process as you are, while at the same time being well cared for on all levels of being, a true spiritual-spa experience. If there is going to be a breakthrough – you could not choose a better place.

Anyone with an established practice of Centering Prayer is welcome on intensive or post-intensive retreats. I offer you an invitation to experience a 'coming home' – even if this will be your first intensive retreat. Make it an annual practice in support of your deepening relationship with God. ☸

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.” (Mt. 22:37-39)



Oneness

In this piece of the pieceless
 Time and finitude simply point
 The real is in the Oneness
 And in the fullness of a Now, eternity
 But I am in this time
 And at this place
 Feeling but a piece
 When will all be nothingness
 And nothingness be my name
 That I rest with the Godhead
 As one, and not other

Bob Hope
 Rockport, MA



Photo courtesy of Carol Leach

Celebrating Sr. Bernadette Teasdale's Service



In 1986, when Fr. Thomas Keating was ready to share Centering Prayer with Colorado, Archbishop Stafford recommended Sr. Bernadette Teasdale as someone already steeped in the prayer who could help Fr. Thomas deliver his message. Twenty-

four years later, we celebrate the result of Sr. Bernadette's dedication and direction. From a desk, a telephone and a closet in a local parish, Contemplative Outreach of Colorado has grown to serve over 4000 people and 30 prayer groups. From our Center for Contemplative Living, supported by 80 staff volunteers, we host classes, days of prayer, retreats and our Annual Conference.

Sr. Bernadette retired May 31, 2011. She has empowered her staff of volunteers to take Contemplative Outreach and Centering Prayer to the next generation. Her work has provided the opportunity for so many lives to be transformed and brought closer to God.

Following the creation of a new Transition Council who worked with outside consultants for two years, the Spirit has moved two of our staff to provide the new leadership for Colorado. Based on a model of mutual leadership, Joanne Warner is now the Administrator of our Center for Contemplative Living and Julie Saad is the Coordinator. We thank them for answering the call to serve and support the contemplative life in Denver and surrounding areas.

As Sr. Bernadette moves into the next chapter of her spiritual journey, we wish her God's every blessing. We are so grateful for her work and the foundation she built, from which Contemplative Outreach of Colorado will continue to flourish. We acknowledge that all good comes from the working of the Holy Spirit (*cf* Contemplative Outreach Theological Principle #16).

Terri Murphy
 Denver, CO

Please send your comments, suggestions and content submissions to Pamela Begeman at clp@coutreach.org.



A lectio moment...I never would have known...

During the past months I have been reflecting on the disposition of awe, a disposition of the heart that is expressed in our openness to the mystery of God. Fr. Thomas Keating recently spoke of this Ultimate Mystery as infinitely transcending any idea the human mind can form of it. He went on to say that it is faith that gifts us with openness, acceptance, and the ability to respond to this mystery. Such a faith is accompanied by a deep sense of awe of this Ultimate Mystery.

Pondering both Fr. Thomas' reflections on Ultimate Mystery and our heart's basic disposition of awe, I found myself recalling a *lectio* experience of one of our senior sisters. It is an experience she described as one of the greatest gifts she had ever received. Now deceased, Sister Ildephonse had come from Germany as a young woman hoping to teach the immigrant children in the United States. Soon after she arrived she realized that, because she did not know English well, her dream would never become a reality. Yet she gave herself generously in domestic service and reached out to everyone she met. She was a loving woman who touched everyone she encountered. All of creation was a gift to Sister Ildephonse and she treated all with reverence and dignity. Her African violets were an example of how one could flourish under her care. She was a wisdom figure in our midst. When asked later in life why she wasn't bitter about not having been given the opportunity to teach, she replied in broken English:

Yeah, Swester (Sister), but when we are bitter there is only one who suffers.

When Sister Ildephonse was nearing her 90th birthday she asked me to companion her during a time of reflection. It was just a one-day retreat so we met in the morning and again at the end of the day. I suggested she use Psalm 139 for her *lectio*. When she returned to share her reflections, she was obviously deeply moved and found it difficult to put into words the experience of the day. Initially she could only say:

*I never would have known, I never would have known how much God loves me if I hadn't made this retreat.
I never would have known ...*

As Sister Ildephonse described the encounter, I was reminded of the passage in John's Gospel that describes Nathanael's meeting with Jesus. Jesus notices that there is no duplicity in Nathanael. He was open to receive Jesus as he asked *How do you know me?* Jesus responded:

...you will see heaven opened and the angels of God ascending and descending on the Son of Man. (Jn 1:51)

Nathanael's openness, his honesty, his disposition of awe in the presence of Jesus gifted him with more than he had ever imagined. As Sister Ildephonse said so well ... *I never would have known...*

*Sister Maria Tasto, OSB
Ferdinand, IN*



Photo courtesy of Diane Walker

The Mass on the World

A Cinquain

In honor of Fr. Teilhard de Chardin

Bosom
Of Christ the Word,
The Host on paten: Fire
Called down upon the Offering
My Self.

*The Rev. Francis C. Spataro
Queens Village, NY*

Resources in the Bookstore



Live:

CENTERING PRAYER ONLINE COURSE June 30-August 25, 2011

Contemplative Outreach and Sounds True are pleased to offer another live online course to learn the method of Centering Prayer. This new online course is useful for those who cannot attend an Introduction to Centering Prayer in person, or for those who would like to refresh their prayer practice. The course includes guidance and teachings on video and audio from Fr. Thomas Keating, Gail Fitzpatrick-Hopler and Fr. Carl Arico. Live teleconferences with Gail and Fr. Carl are also featured.

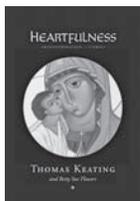
\$79 USD.

This course is also available in an at-home package. *\$105 USD.*
See the online bookstore.

HEARTFULNESS: *Transformation in Christ*

A Conversation with Thomas Keating and Betty Sue Flowers

-in DVD, audio CD, and new companion book



New companion book and edited transcript of the *Heartfulness: Transformation in Christ* series, with beautiful images and additional resources for further study, pondering and spiritual practice. 212 pages with over 90 four-color images, soft cover. *\$30 USD.*



Available in a 3-DVD set with guidebook (146 pages) and 10 reflection cards. DVDs are subtitled in Spanish and in English for the hearing impaired. *\$150 USD.*



Or, in a 3-audio-CD set with reflection booklet. *\$50 USD.*

2011 Heartfulness Retreats

10-DAY HEARTFULNESS RETREAT

JUNE 14 - 23, 2011

Belton, TX

with *Mary Anne Best.*

Email Lisa Genung:

officemgr@consciousharmony.org

or call 512.347.9673.

8-DAY HEARTFULNESS RETREAT

JUNE 17 - 24, 2011

Latham, NY

with *Gail Fitzpatrick-Hopler, Sr. Peggy Murphy and Cathy McCarthy.*

Email Cathy McCarthy:

cmccarthy001@hvc.rr.com

or call 845.534.5180.

WEEKEND & IMMERSION

AUGUST 19 - 25, 2011

North Palm Beach, FL

with *Basha Perez, Maru Ladron de Guevara and Isabel Castellanos.*

Offered in English & Spanish.

Call Basha Perez 407.869.0781.

WEEKEND & IMMERSION

HEARTFULNESS RETREAT

OCTOBER 21 - 27, 2011

Garrison, NY

with *Gail Fitzpatrick-Hopler, Fr. Carl Arico and Mary Anne Best.*

Email Mary Anne Best:

maryanne@coutreach.org

or call Contemplative Outreach: 973.838.3384.

www.coutreach.org/garrison-heartfulness

7-DAY HEARTFULNESS RETREAT

NOVEMBER 4 - 11, 2011

Racine, WI

with *Gail Fitzpatrick-Hopler and Mary Anne Best.*

Email Mary Anne Best:

maryanne@coutreach.org

or call Contemplative Outreach: 973.838.3384.

www.coutreach.org/siena-heartfulness

Calendar of Events

JUNE - DECEMBER 2011

For the most current and complete list of events, retreats and workshops, please check the **online Calendar of Events** at www.contemplativeoutreach.org.

JUNE 5-12, 2011
8-DAY CENTERING PRAYER INTENSIVE/
POST-INTENSIVE RETREAT
Marianist Retreat and
Conference Center
Eureka, MO
Annette Stamm
AStamm@mail.stcharles.k12.mo.us
314-434-0994
Presenter: Fr. Carl Arico

JUNE 6-13, 2011
8-DAY CENTERING PRAYER INTENSIVE/
POST-INTENSIVE RETREAT
Abbey of Gethsemani
Trappist, KY
Doreen Josephs
djosephs@insightbb.com
502-239-3966

JUNE 7-16, 2011
10-DAY CENTERING PRAYER
INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376
***Full; Waiting List Available**

JUNE 10-15, 2011
6-DAY FORMATION FOR
CONTEMPLATIVE OUTREACH SERVICE
Bethany Retreat Center
Frenchville, PA
Nicole Fedder
bethanyretreatcenter@gmail.com
814-263-4855
www.bethanyretreatcenter.org

JUNE 18-25, 2011
8-DAY CENTERING PRAYER INTENSIVE/
POST-INTENSIVE RETREAT
Portiuncula Center for Prayer
Frankfort, IL
Mary Maraist
mkmaraist2@aol.com
847-945-0416
Presenters: Sr. Kathryn Ann Kobelinski,
SSND; and Margie Tomlinson

JUNE 21-26, 2011
6-DAY FORMATION FOR
CONTEMPLATIVE OUTREACH SERVICE
Holy Cross Monastery
West Park, NY
Bruce Gardiner
brucegardiner@yahoo.com
518-929-6461

JUNE 23-30, 2011
8-DAY CENTERING PRAYER INTENSIVE
RETREAT
Bethany Retreat Center
Frenchville, PA
Nicole Fedder
bethanyretreatcenter@gmail.com
814-263-4855

JUNE 26-JULY 3, 2011
10-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
Holy Spirit Retreat Center
Encino, CA
Sr. Linda Snow, CSJ
srlinda.snow@gmail.com
818-784-4515 ext. 317
Presenters: Sr. Linda Snow, CSJ;
Bob Blair; and Ellen McDonough

JULY 3-10, 2011
8-DAY CENTERING PRAYER ADVANCED
& INTENSIVE/POST-INTENSIVE RETREAT
St. Benedict's Retreat and Conference
Centre
West St. Paul, MB, Canada
St. Benedict's Retreat Ctr.
stbenscentre@mts.net
204-339-1705

JULY 8-12, 2011
5-DAY FORMATION FOR CONTEMPLATIVE
OUTREACH SERVICE
Benedict Inn
Beech Grove, IN
Laurel Simon
laurelsimon@comcast.net
317-371-7442

JULY 9-16, 2011
8-DAY CENTERING PRAYER INTENSIVE/
POST-INTENSIVE RETREAT
Moye Spiritual Life Center
Melbourne, KY
Sr. Micki Martin, CDP
violamickimartin@hotmail.com
859-441-0700 ext. 349

JULY 12-21, 2011
10-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376

***Full; Waiting List Available**

JULY 17-24, 2011
8-DAY CENTERING PRAYER
INTENSIVE/POST-INTENSIVE RETREAT
Mount St. Joseph Retreat Center
Maple Mount, KY
Kathy McCarty
kathy.mccarty@maplemount.org
270-229-0200

JULY 18-25, 2011
8-DAY CENTERING PRAYER INTENSIVE/
POST-INTENSIVE RETREAT
St. Anthony's Retreat Center
Honolulu, HI
Carol Alevizos
cohi@lava.net
808-536-6090

JULY 24-31, 2011
8-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
Bethany Retreat Center
Frenchville, PA
Nicole Fedder
bethanyretreatcenter@gmail.com
814-263-4855

JULY 29-AUGUST 4, 2011
7-DAY CENTERING PRAYER ADVANCED RETREAT
Mercy Prayer Center
Rochester, NY
585-473-6893
www.mercyprayercenter.org
Presenter: Mary Dwyer

AUGUST 2-11, 2011
10-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376

***Full; Waiting List Available**



AUGUST 7-11, 2011
5-DAY FORMATION FOR
CONTEMPLATIVE OUTREACH SERVICE
St. Scholastica Monastery
Duluth, MN
Meridith Schifsky
maschifsky@lakenet.com

AUGUST 12-21, 2011
10-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
Jesus House
Wilmington, DE
Therese Saulnier
lectio844@hotmail.com
201-436-8256
Presenter: Fr. Bill Sheehan

SEPTEMBER 6-15, 2011
10-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376

SEPTEMBER 23, 2011- MAY 25, 2012
9-MONTH COURSE NINE MONTH
COURSE SKALHOLTSSKOLI
Skalholti, Selfoss Iceland
Sigurbjorg Thorgrimsdottir
coiceland@gmail.com
+354 861 0361

OCTOBER 4-13, 2011
10-DAY CENTERING PRAYER
INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376

OCTOBER 16-18, 2011
3-DAY CENTERING PRAYER
AS THE 11TH STEP RETREAT
St. Mary's Sewanee
Sewanee, TN
Roberta Oster
robertaoster@bellsouth.net
404-299-2670
Presenters: Roberta Oster;
Becky Hannah

OCTOBER 21-28, 2011
8-DAY CENTERING PRAYER INTENSIVE/
POST-INTENSIVE RETREAT
Trappist Abbey
Lafayette, OR
Norman Carlson
ndcasrlson@msn.com
541-754-9945

NOVEMBER 8-15, 2011
8-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376

NOVEMBER 27-DECEMBER 4, 2011
8-DAY CENTERING PRAYER
ADVANCED RETREAT
Valle Crucis Conference Center
Valle Crucis, NC
Becky Hannah
becky.hannah@gmail.com
828-667-2799
Presenter: Becky Hannah;
Joan Ricci;
The Rev. Robert Cook

NOVEMBER 29-DECEMBER 8, 2011
10-DAY CENTERING PRAYER
POST-INTENSIVE RETREAT
St. Benedict's Monastery
Snowmass, CO
Carol DiMarcello
coc@sopris.net
970-927-9376



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

“RE-AWAKENING TO THE
CONTEMPLATIVE DIMENSION OF LIFE”

Marriott San Francisco Airport Hotel • San Francisco, CA
September 29 - October 2, 2011

Registration now open.

For more information, visit www.contemplativeoutreach.org/2011conference
or call the Contemplative Outreach Resource Center: 973.838.3384.

Register Now

2011 ANNUAL CONFERENCE
SAN FRANCISCO, CA





Directory

For a complete listing of the Contemplative Outreach contacts, please visit the **Community** section at www.contemplativeoutreach.org.

Pacific Coast/West Region: AZ, CA, HI, NV

Marie Howard
Ph# 310-994-1137
Email: mrhfamlife@aol.com

Eastern Region: CT, DC, DE, KY, MA, MD, ME, NH, NJ, NY, OH, PA, RI, VA, VT, WV

Southern Region: AL, AR, FL, GA, LA, MS, NC, SC, TN
John Kelsey
Ph# 919-467-0045
Email: srcoutreach@bellsouth.net

Midwest Region: IA, IL, IN, KS, MI, MO, NE, OK, WI

Southwest Region: CO, NM, TX, UT, WY
Upper Northern Region: AK, ID, MN, MT, ND, OR, SD, WA
Susan Komis
Ph# 636-327-0637
Email: susankomis@charter.net

U.S.A.

ALABAMA

BIRMINGHAM

Diana Tschache
205-991-6964
tschached@bellsouth.net

ALASKA

ANCHORAGE

Kess Frey
907-338-2894
kessfrey@gci.net

ARIZONA

PARADISE VALLEY

Kathy Kramer-Howe
602-955-6057
kramerhowe@gmail.com

PRESCOTT

Robert Johnson
928-717-2441
robt_johnson@msn.com

SEDONA

Margaret Swavely
928-300-2949
mbswavely@gmail.com

TEMPE

Mary & Phil Leonard
480-966-7558
marywleonard@hotmail.com

ARKANSAS

FAYETTEVILLE

Rev Emily Bost
479-527-6547
emily@stpaulsfay.org

CALIFORNIA

CARPINTERIA

Annette & William Colbert
805-684-6344
w.colbert4@verizon.net

Sr Suzanne Dunn SFCC
srd41is@yahoo.com

EL CAJON

Kathy Di Fede
619-749-4141
kathyjoannemarie@gmail.com

ENCINO

Sr Linda Snow CSJ
818-784-4515 x 317
srlinda.snow@gmail.com

FRESNO

Everardo Pedraza
559-230-9736
evpedraza@yahoo.com

**LONG BEACH/
ORANGE COUNTY**

Pat Metzger
562-243-8460
patriciametzger@gmail.com

OAKLAND

John Neville
510-655-2796
johnnev@sbcglobal.net

Betty Wharton
510-531-6124
bettywharton27@gmail.com

ORANGE

David & Sharon Hoover
714-420-6771
dhoover@csjorange.org

PASADENA

Brian O'Neil
626-793-5056
ddscls@dy-dee.com

SACRAMENTO

Janice Boyd
916-368-1568
cossa@conout-norcal.org

SAN DIEGO (NORTH)

Chris & Sue Hagen
760-745-8860
sue.hagen@sbcglobal.net;
chris.hagen@sbcglobal.net

SAN FRANCISCO

Mary English
415-282-8076
thecentering@comcast.net

STOCKTON

Susan Turpin
209-639-8840
cossa@conout-norcal.org

WOODLAND HILLS

Sr Michele Harnett SSL
909-720-6159
michelessl@netzero.net

COLORADO

BOULDER

Patricia Laudisio
303-939-8851
patlaudisio@me.com

ENGLEWOOD

Julie Saad
303-781-1453
juliesaad@comcast.net

FORT COLLINS

Dr Christine O'Brien Travers
970-412-4433
daniel.travers@comcast.net

LONGMONT

Rev Michelle Danson
303-652-3659
madanson@cs.com

SNOWMASS

Beth Berkeley
970-927-3315
bethberkeley@gmail.com

CONNECTICUT

HAMDEN

Sr Carolyn Severino ASCJ
203-372-2304
carsev2000@yahoo.com

WEST HAVEN

Dr Kenneth Martinelli
203-934-3803
kenmartinelli@att.net

DELAWARE

HOCKESSIN

Beverly Roberts
302-239-2145
bk92649@aol.com

DISTRICT OF COLUMBIA

WASHINGTON

Suzanne Kindervatter
202-686-6816
skindervatter@interaction.org

FLORIDA

ALTAMONTE SPRINGS

Ilse Reissner
407-767-7567
reissner@juno.com

APOPKA

Elmer Seifert
407-884-6349
eseifert3@cfl.rr.com

DAYTONA BEACH

Katherine Kotas
386-383-5874
kathyopen@cfl.rr.com

JUPITER

Mickey DiSiena
651-748-4291
mdisiena@comcast.net

MIAMI

Mary Dwyer
814-873-7310
sycamore50@gmail.com

Ricardo Lopez
305-445-3505
ricardol@camilo.com

OLDSMAR

Tom Smith
727-789-2581
tas10000@aol.com

PENSACOLA

Carol Lewis
850-572-0967
cl2lewis@cox.net

RIVIERA BEACH

Dr Ellen McCormack
561-840-7700
ellencopb@gmail.com

ST PETERSBURG

Mary Sweeney
727-546-0500
gsweene1@tampabay.rr.com

GEORGIA

DECATUR

Roberta Oster
404-299-2670
robertaoster@bellsouth.net

MARIETTA

Cathy Hightower
779-973-6243
chighatl@aol.com

HAWAII

HONOLULU

Carol Alevizos
808-358-0742
cohi@lava.net



ILLINOIS

BLOOMINGTON

Florrie Dammers
309-664-5921
fadammers@gmail.com

Chris Kraft
309-838-2414
nonnakraft@gmail.com

BOLINGBROOK

Robert Gordon
630-679-1797
chaplain-bob@comcast.net

INDIANA

INDIANAPOLIS

Marilyn Webb
317-852-7987
marilynwebb@sbcglobal.net

IOWA

CORALVILLE

Cathy Chenard
319-354-2414
frognow@mchsi.com

DES MOINES

Christoffer Frantsvog
515-306-1221
iowatreefarmer@hotmail.com

Rev Paul Witmer
515-255-3253
paulwitmer@msn.com

LONG GROVE

Lolita Dierickx
563-285-7242
ltdierickx@gmail.com

WATERLOO

Juli Rowell
319-232-6855
julirowell@mchsi.com

KANSAS

WICHITA

Charissa Jochems
316-308-3581
charissajochems@gmail.com

KENTUCKY

LOUISVILLE

Dot Poppe
502-426-9399
dotpoppe@bellsouth.net

MELBOURNE

Sr Viola Micki Martin CDP
859-441-0700 x 349
violamickimartin@hotmail.com

LOUISIANA

NEW ORLEANS

Vivien & Ed Michals
504-944-4000
vived2@cox.net

MAINE

OLD ORCHD BCH

Adele Millette
207-937-2313
amillette@maine.rr.com

MARYLAND

POTOMAC

Guy Semmes
301-983-1857
gsemmes@hopkinsandporter.com

MASSACHUSETTS

WESTFORD

Kathleen Long
978-263-1319
klong@saintfrancis.net

MICHIGAN

DETROIT AREA

Lisa Lyon
248-375-5732
lblyon@umich.edu

GRAND RAPIDS

Molly Keating
616-855-4124
2mkeating@comcast.net

MINNESOTA

BURNSVILLE

Diane Boruff
952-890-9633
dsboruff@comcast.net

DULUTH

Meridith Schifsky
218-525-9363
maschifsky@lakenet.com

SAINT JOSEPH

Sr Katherine Howard OSB
320-363-7187
khoward@csbsju.edu

ST PAUL

Carol Quest
651-699-5854
carolquest@q.com

STAPLES

Carol Weber
218-894-3631
rcwebers@gmail.com

MISSISSIPPI

JACKSON

Sr Therese Jacobs
601-366-2335
jacobsbvm@aol.com

TUPELO

Nancy Bridges
662-844-7226
nbridges@bridgesdental.com

MISSOURI

FLORISSANT

Kathy Dunn
314-837-8786
hkduun5@yahoo.com

O'FALLON

Rita Sturgeon
636-272-5241
dsturgeon000@centurytel.net

NEBRASKA

OMAHA

Marilyn Buresh
402-330-1123
marilynbaresh@cox.net

Diane Kaiser
402-330-9968
centering@
nebraskacontemplativeoutreach.org

NEVADA

BOULDER CITY

Gard Jameson
702-271-3409
gardj@attglobal.net

WASHOE VALLEY

Deacon Dennis & Patty Schreiner
775-849-0910
brks366@charter.net

NEW JERSEY

BAYONNE

Therese Saulnier
973-326-3773
lectio844@hotmail.com

NEW MEXICO

SANTA FE

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

NEW YORK

CORNWALL

Cathy McCarthy
845-534-5180
cmccarthy001@hvc.rr.com

FRANKLIN SQUARE

Barbara Sullivan
516-481-0472
sullivn2@adelphi.edu

HILLSDALE

Bruce Gardiner
518-325-5546
brucegardiner@yahoo.com

MIDDLETOWN

Sr Peggy Murphy OP
845-343-6357
mmurphy001@hvc.rr.com

NEW YORK

Phil Fox Rose
917-817-7159
phil@philfoxrose.com

Richard Kigel
718-698-7514
interiorsilence@gmail.com

PINE CITY

Chaplain George Welch
607-731-6170
gwelch@tqcp.com

QUEENSBURY

Edward Horgan Jr
518-671-2974
horgane@aol.com

YONKERS

Diane Harkin
914-423-4888
diharkin@aol.com

NORTH CAROLINA

CANDLER

Becky Hannah
828-667-2799
becky.hannah@gmail.com

CARY

Judi Gaitens
919-469-3895
judi_gaitens@nc.rr.com

Claudia Mormino
919-467-0760
cmormino@earthlink.net

CHARLOTTE

Rev Katie Crowe
704-651-8680
kcrowe@firstpres-charlotte.org

MOORESVILLE

Burt Melton
704-799-0340
cpcharlotte@me.com

OHIO

CLEVELAND

Andrea Kneier
440-591-5103
conortheastohio@yahoo.com

MANSFIELD

Bill Waldron
419-589-6038
wwaldron@neo.rr.com

OKLAHOMA

TULSA

Barbara Schneeberg
918-645-4541
mourningglory@cox.net

OREGON

BEND

Rita Weick
541-382-0086
2weicks@bendbroadband.com

CORVALLIS

Norman Carlson
541-754-9945
ndcarlson@msn.com

PORTLAND

Patricia Hutchinson
503-307-8491
hutchinson.patricia@gmail.com



Tom Kinzie
503-234-1541 x 173
tdkinzie@hotmail.com

SALEM
Kathy Seubert
503-910-3085
kathyseub@earthlink.net

PENNSYLVANIA

GREENSBURG
Sr Margaret Ann Calcutta ASCJ
724-834-8073 x 305
macalcutta@aol.com

Judith Molter
724-834-4374
jdmolter@gmail.com

PENNSYLVANIA FURNACE
Tim Reddington
814-234-1333
tred3@comcast.net

PITTSBURGH
Ruth Hofmann
412-741-2403
rchofmann47@msn.com

Lois Snowden
412-922-9466
loisv123@verizon.net

STATE COLLEGE
Nancy Cord-Baran
814-237-1002
ncb612@gmail.com

SOUTH CAROLINA

GREENVILLE
Judy Lineback
864-246-3973
judylineback@charter.net

SOUTH DAKOTA

YANKTON
Ellen McVay
605-665-3344
emcvay@iw.net

TENNESSEE

MEMPHIS
Pat Pavetto
901-755-8255
pattiop@bellsouth.net

NASHVILLE
Carol Wray
615-373-0613
carolwray@aol.com

TEXAS

AUSTIN
David Mikeska
512-402-1002
davidmikeska@att.net

CORPUS CHRISTI
Stephanie Creech
361-815-9045
slcreech@gtek.biz

DALLAS
Sandy & Ed Guancial
972-722-6029
cpdallas@cellofpeace.com

SAN ANTONIO
Cleo Tamez COSA
210-286-4320
cleotamez@att.net

UTAH

OGDEN
Sr Danile Knight OSB
801-479-6030
danileknight@hotmail.com

SALT LAKE CITY
Christina Gringeri
801-581-0363
christina.gringeri@socwk.utah.edu

VIRGINIA

ARLINGTON
Lynn Heaton
703-533-0545
sassyfive@comcast.net

CHARLOTTESVILLE
Susan Clark
434-973-8475
susyclark@embarqmail.com

RESTON
Isabelle Robinson
703-606-6611
imjrobinson@yahoo.com

RICHMOND
Henry Burke
804-288-9494
henryburke@verizon.net

WASHINGTON

OLYMPIA
Miguel Perez-Gibson
360-259-7790
miguelpg@earthlink.net

SAMMAMISH
Ruth & Mark Dundon
425-427-9290
rdundon@attglobal.net;
mdundon@attglobal.net

SEATTLE
Thomas Bostelmann
206-789-9041
tbostelmann@gmail.com

WISCONSIN

BIG BEND
Judee Weber
262-662-4445
jweber137@wi.rr.com



INTERNATIONAL

For contact information in the following countries
contact David Muyskens Ph# 616-452-2234
Email: jdavidmuyskens@sbcglobal.net.

AUSTRALIA	MALAYSIA
BAHAMAS	NETHERLANDS
BELGIUM	NEW ZEALAND
CANADA	NORWAY
CHINA	PAKISTAN
CROATIA	PHILIPPINES
DENMARK	REPUBLIC OF SINGAPORE
FINLAND	ROMANIA
FRANCE	SOUTH AFRICA
GERMANY	SOUTH KOREA
GHANA	SWEDEN
GREECE	SWITZERLAND
HUNGARY	TAIWAN
ICELAND	TANZANIA
INDIA	THAILAND
IRELAND	UNITED KINGDOM
ISRAEL	US VIRGIN ISLANDS
ITALY	WEST INDIES
JAPAN	

OTHER INTERNATIONAL CONTACTS

ARGENTINA
BRAZIL
COLOMBIA
COSTA RICA
CUBA
DOMINICAN REPUBLIC
EL SALVADOR
GUAM
HONDURAS
MEXICO
NICARAGUA
PERU
PUERTO RICO
VENEZUELA

For a complete listing of the all Contemplative Outreach international contacts please visit the Community/International Chapters section at www.contemplativeoutreach.org.



Contemplative Outreach, Ltd.
10 Park Place
2nd Floor, Suite B
Butler, NJ 07405
www.contemplativeoutreach.org

NON PROFIT
U.S. POSTAGE
PAID
PERMIT #155
MILFORD, CT

Please help to support the publication and distribution of this newsletter. A small contribution from everyone goes a long way in offsetting newsletter costs. Please see the enclosed donation envelope. We thank you!



The source of Centering Prayer is the Indwelling Trinity. Its practice consists of responding to the call of the Holy Spirit to consent to the Divine presence and action within.

Contemplative Outreach Theological Principle #4

