



Overview of Contemplative Outreach Programs

The programs of Contemplative Outreach are supported through the CPS (Chapter Programs & Services). For detailed information and criteria for participating in Contemplative Outreach, Ltd. programs and formation opportunities, refer to the [Resource Handbook – RHB](#) or contact a Chapter Consultant. Refer to the [CO Resource Directory](#) on the website for a complete up-to-date list of all teams and specific contact information.

CENTERING PRAYER INTRODUCTORY PROGRAM

The Centering Prayer Introductory Program is offered over seven sessions presented by commissioned Presenters of Contemplative Outreach. The first session is an introduction to the basic essentials of the method and conceptual background of the prayer. The six subsequent sessions following the first session deepen the conceptual understanding of contemplation and Centering Prayer in more detail through viewing and group discussion of DVD tapes featuring Fr. Thomas Keating. This program serves to support an emerging daily practice of Centering Prayer.

LECTIO DIVINA INTRODUCTORY PROGRAM

The Lectio Divina Introductory Program teaches a contemplative way of listening to and reading Scripture, is offered over seven sessions by commissioned Presenters. The first session is an introduction to the four moments of the method of Lectio Divina. The six continuing sessions allow one to deepen one's understanding and practice of the prayer in a group setting.

Lectio Divina and the Four Senses of Scripture - This presentation provides a deeper understanding of Lectio Divina as a way of praying the scriptures for those who are already experienced in this practice. The four moments of the prayer are explored as expressions of the four senses of scripture, namely: literal, allegorical, behavioral/moral and unitive senses.

WELCOMING PRAYER INTRODUCTORY PROGRAM

The Welcoming Prayer Introductory Program is an appropriate practice to add after one has been practicing Centering Prayer for a minimum of one year and as a complementary practice to Centering Prayer. It is designed to help dismantle the emotional programs of the false self value system in every day life and heal wounds of a lifetime by addressing them where they are stored – in the body! This practice is presented in a one-day, weekend, or five-day immersion experience.

LIVING FLAME PROGRAM – I & II

This program includes seven full-day offerings of in-depth spiritual study on a variety of topics presented over a seven-month period by qualified presenters. The program is designed to teach the vital conceptual background needed to support a faithful practice of Centering Prayer. It supports a community setting, heightens awareness of the purification process, discerns when psychological skills are helpful tools on the journey, and offers the opportunity to give and receive support on the contemplative journey.

NINE MONTH COURSE

The Nine-Month Course is offered to participants interested in attending one weekend each month for nine consecutive months to explore a variety of subjects related to extending a contemplative prayer practice into ordinary life. A different topic is offered each month for nine months, combined with periods of Centering Prayer, small group process, and large group discussion.

CONTEMPLATIVE OUTREACH RETREATS

Provides Centering Prayer practitioners an opportunity to deepen their practice and relationship with God by joining with others in community for the experience of immersion in contemplative prayer apart from ordinary life. These retreats include several periods of Centering Prayer daily, balanced with silence and solitude. Some retreats offer presentations or viewing of videos. Others include total silence. Retreats are hosted by trained staff and are offered over weekends, five, eight or ten days.

OUTREACHES TO THE CO COMMUNITY

Contemplative Outreach supports several programs intended to provide a basic conceptual understanding and experiential knowledge of Centering Prayer for special interest groups such as:

- Twelve-Step Outreach, which presents Centering Prayer as the 11th Step of the AA program. Visit their website at cp12stepoutreach.org.
- Prison Outreach, which serves the spiritual needs of incarcerated populations.
- Young Adult Outreach which serves the spiritual needs of younger adults over the age of 18.
- Extension Contemplativa Internacional, (ECI), which serves the needs of Hispanic communities both in the United States and in Spanish-speaking countries seeking to learn Centering Prayer and Lectio Divina. Visit their website at extensioncontemplativainternacional.org.
- International Outreach, which serves the emerging needs of the entire community throughout the world, especially translation of Contemplative Outreach books and materials.

CENTERING PRAYER GROUPS

Participants who attend the introductions to Centering Prayer or Lectio Divina are invited to join a group of persons who meet on a regular basis (*weekly or bi-weekly*) to share their experience of Centering Prayer or Lectio Divina and a growing relationship with God. The group may elect to view DVDs or review books by Fr. Thomas Keating to deepen their conceptual understanding of both practices. The group format includes discussion, Centering Prayer or Lectio Divina, led by an experienced Facilitator. The Centering Prayer group is community-building and conducive to sharing the contemplative spiritual journey with others.

Formations Offered to Servant-Leaders and Chapters

PRESENTER FORMATION FOR CENTERING PRAYER

The primary purpose of this formation is to provide adequate preparation for those who want to become commissioned Presenters of Centering Prayer. It also provides help to participants who want to move toward greater clarity in their understanding of the essence of Centering Prayer. It is designed to provide practice in interiorizing and communicating the essential elements of Centering Prayer and thus be able to articulate the basic conceptual background of the Centering Prayer method appropriately to others in a small group setting. This formation also serves as the foundation for anyone wanting to go on to become a commissioned presenter for Lectio Divina, Welcoming Prayer, Living Flame or Twelve-Step Outreach.

COORDINATOR SERVANT-LEADER FORMATION

This formation workshop hosted by CPS staff persons is intended for the orientation and formation of Contemplative Outreach Coordinators and Contact Persons, but is open to anyone involved at any level of service in a Chapter. This is an interactive, experiential workshop that primarily focuses on issues and concerns of Contemplative Outreach Chapters. Components include servant-leadership, “organic” growth of Chapters, team building, collaborative leadership, volunteerism, Chapter finance, and ongoing leadership enrichment.

ADVANCED SERVANT-LEADER FORMATION (DEEPENING THE CONTEMPLATIVE DIMENSION OF SERVANT-LEADERSHIP)

The five-day program is designed to build on other Servant-Leader formations in a retreat setting to further deepen our awareness and scriptural understanding of the nature and essence of service in the contemplative dimension. Presentations explore dispositions and archetypes of servant-leadership in the contemplative dimension.

FACILITATOR WORKSHOPS

Basic Skills I Workshop welcomes both new and experienced Facilitators. As an interactive workshop, it seeks to provide essential skills to facilitate a Centering Prayer group. Includes deepening the Facilitators’ understanding of the conceptual background of Centering Prayer, the role of the group Facilitator, practical aspects such as group formats, providing resource materials, small group dynamics, and best uses for the Spiritual Journey video series and companion transcripts.

Facilitator Formation II Workshop builds on the skills presented in Basic Skills I as Facilitators become more experienced and want to go deeper in their understanding of facilitating small groups.

ENRICHMENT PRESENTATIONS FOR CHAPTERS

Several presentations that build on other formations are helpful for those who have been facilitating a Centering Prayer group for more than one year or for others on Chapter leadership teams. They include presentations on spiritual leadership, how groups grow to maturity, consensus for group decision-making and explores the call to contemplative prayer and faith development. Also includes the four levels of listening and the dynamic of soul-friending in Centering Prayer groups. These presentations are available to be customized and presented to your local Chapter or leadership team.

Published, Online and Other Resources

Most of the resources listed here are supported by the CORC. They can be obtained through the CO website or by contacting the CORC.

SPIRITUAL JOURNEY VIDEO SERIES

A series of 28 videos presented by Fr. Thomas Keating. This series is a synthesis of the teachings of Fr. Thomas on the Christian contemplative spiritual journey. There are five segments included in the series and are usually viewed in a group setting. Viewing of the “Spiritual Journey” series is recommended following attendance at the Centering Prayer Introductory Program or after study of *Open Mind, Open Heart, Invitation to Love*, and *Intimacy With God* by Fr. Thomas Keating. Complete transcripts of these videos are also available.

CONTEMPLATIVE LIFE PROGRAM (CLP)

The Contemplative Life Program (CLP) explores how to be a practicing contemplative, abiding in the presence of God in the midst of ordinary life. An in-home program, the CLP provides the tools, the contemplative Christian teachings, and the support necessary to live and embody the contemplative dimension of the Gospel. The program is available by subscription or by individual booklets. Booklets have been used in Centering Prayer groups as a focus for discussion and group sharing.

ONLINE, ON-DEMAND COURSES FOR INDIVIDUALS OR GROUPS

Two online, on-demand courses on Lectio Divina and the Prayer of Forgiveness are now available as an outgrowth of the CLP program. These courses are offered in partnership with Spirituality & Practice and are available anytime, anywhere there is email and internet access.

- **Lectio Divina:** This online course focuses on learning the method of Lectio Divina and incorporating this contemplative way of praying the Scriptures into daily practice.
- **Forgiveness: A Growth in Love:** This online course focuses on learning and practicing the Prayer of Forgiveness in various relationships and life events.

PROGRAMS FOR INDIVIDUALS OR GROUPS

- **“The Heartfulness Series”** featuring Fr. Thomas Keating and Betty Sue Flowers. Includes DVDs and guidebook.
- **“Centering Prayer: A Training Course for Opening to the Presence of God”** featuring Fr. Thomas Keating, Gail Fitzpatrick-Hopler and Fr. Carl Arico. Includes DVDs, audio CDs, workbook and prayer cards.

Both of these programs are now available in the online store.

*Scholarships or partial scholarships may be available
for Contemplative Outreach Programs, Retreats or Formations upon request.*

*For more information, refer to [Guidelines for Scholarships](#).
or contact the CORC at office@coutreach.org.*