

*We embrace the process of transformation in Christ both in ourselves and in others, through the practice of Centering Prayer. Contemplative Outreach is a network of communities and individuals seeking the inspiration and guidance of the Holy Spirit and to contribute to the renewal of the Christian contemplative tradition through the practice of Centering Prayer.* Vision Theological Principal 1

Dear Fellow Mystics,

At the **International Contemplative Outreach Ltd. Conference in Denver** a few weeks ago, I made many new friends that were previously just an email address. Our shared Centering Prayer practice instantly provided a common bond for meaningful friendships in our region and across the globe. Dr. Christine O'Brien-Travers led us in "bottom-up exercises" that focus, calm, and release stress, rewiring our brains. Pamela Begeman led an informative session on technology, revealing CO Ltd's fantastic new website. In his YouTube Ted Talk Fredric Laloux taught us the principles on reorganizing organizations, how Fr. Thomas visioned Contemplative Outreach to become structured. I blogged for the first time ever, but our star Adam Gordon from Minnesota best chronicled our activities. Here is his summary of Christine's grateful exercise:

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/WhctKJVZpTRIPwXtJgRnbpJxcMWsXnXXtDtWzQKwMNtskvCCFbSPDbvcQSgdxGcckXBVJbv> On our last evening our spirited Icelandic group led us in hilarious songs and role play. Our gathering confirmed that we are continuing the work Fr. Thomas began, more heartily than ever, especially with his blessing.

Last week at St. Philip's Cathedral I sat entranced as Brother John and Brother Èmile told the life-altering story how the **Taizé Community** in France has changed thousands of lives by becoming a "living parable of unity" through their music and hospitality ministry. Ecumenically Christian, the community prays the Gospel through music and hospitality. "Let us become people who listen and accompany those with lack of maturity," remarked Brother John. "We are servants of your joy" in 2 Cor 1:24 summarizes their ministry, echoed Brother Èmile.

Rusty Weitzel and I have planned deeply meaningful experiences for you at our 5-Day **Intensive/Post-Intensive Retreat November 6 to 10<sup>th</sup> at the Monastery of the Holy Spirit**. Absorbing the vibrations while chanting with the monks, breathing in spirit in Centering Prayer, prayerful walking, adding stress-reducing movements to your toolbox, discovering fresh insights from Fr. Keating, connecting through soul friend conversations, and encountering the beauty in the stillness on the Monastery's lovely grounds will refresh and restore you. Come pray with us! Sign up with Patti by calling (770) 760-0959 or emailing her at [retreat@trappist.net](mailto:retreat@trappist.net). Contact me with any questions.

We are excited that four new **Introduction to Centering Workshops** are scheduled this fall: October 12<sup>th</sup> at Transfiguration Church in Marietta, October 19<sup>th</sup> at St. Julian's Church in Douglasville, November 16<sup>th</sup> at St Anthony of Padua Church in downtown Atlanta, and December 7<sup>th</sup> at Christ Church in Norcross. If you have not yet experienced the gift this workshop does for your Centering Prayer practice, do yourself a favor and sign up for one on our website. Seasoned practitioners have even found taking the workshop again will deepen their prayer experience.

We received a **new writing** few had seen before at the Denver conference from Fr. Thomas: "You don't have to create the beauty—you've got the beauty. You don't have to create freedom—you've got it. You don't have to create the image of God in you—you have it. You don't have to win over God's love—you have more than you know what to do with. You don't have to become more beautiful—because nothing could be more beautiful than your own, particular uniqueness."

Blessings of peace, love, and prayer,

*Maggie*

**Calendar of Events - Register under "Upcoming Events" at  
<http://www.contemplativeoutreachatlanta.com>**

**Day of Reflection**

**Dia de los Muertos Day of Reflection**, Saturday, Nov 2, 2019 at Hazelbrand Farm, Covington, GA 9 am to 4 pm, directed by Rev. Cynthia Hizer and Barbara Hotz.

**Retreats**

- ❖ **Nov 6 to 10, 2019 - Centering Prayer Intensive/ Post-Intensive 5-Day Retreat at Holy Spirit Monastery**, 2125 Hwy 212, Conyers, GA 30094. Directed by Maggie Winfrey and Rusty Weitzel. To register, call Patti at (770) 760-0959 or email her at [retreat@trappist.net](mailto:retreat@trappist.net). More information is on our website. Call 404-717-6815 with questions.
- ❖ **July 17 to 19, 2020 - Ignatius House** – to register, go to **Calendar** at <https://ignatiushouse.org>
- ❖ **October 28 to Nov 1, 2020 - Monastery of the Holy Spirit** - call Patti at (770) 760-0959

**Introduction to Centering Prayer Workshops –**

- ❖ **Saturday October 12, 2019** –9 am to 3 pm at Transfiguration Catholic Church in Marietta
- ❖ **Saturday October 19, 2019** –9 am to 3 pm at St. Julian's Episcopal Church in Douglasville
- ❖ **Saturday November 16, 2019** – 9 am to 3 pm at St Anthony of Padua Church in Atlanta
- ❖ **Saturday December 7, 2019** – 9 am to 3 pm at Christ Church Episcopal in Norcross
- ❖ **Saturday January 4, 2020** – 9 am to 3 pm at Grant Park Meditation Center in Atlanta
- ❖ **Sunday Mar 1, 2020** -9-4 Ignatius House Intro to CP workshop – to register, go to **Calendar** at <https://ignatiushouse.org>
- ❖ **Saturday May 30, 2020** – 9 am to 3 pm at Cherry Log Christian Church in Cherry Log, GA

Be still and know that I am God. Ps 46:10

*Silence Solitude Solidarity Service*

*"We're all like localized vibrations of the infinite goodness of God's presence. So love is our very nature. Love is our first, middle, and last name. Love is all; not [love as] sentimentality, but love that is self-forgetful and free of self interest." Thomas Keating*

**The second annual Omega Center conference**, in collaboration with the Institute for Religion and Science at Chestnut Hill College, is offering a conference **with Sr Ilia Delio, Ursula King, John F. Haught, Sr. Kathleen Duffy, and Cynthia Bourgeault** as we seek to harness the energies of love and together renew our world. at Commonwealth Chateau at SugarLoaf, Chestnut Hill College, Philadelphia, PA, December 6th – 8th, 2019 Check-in begins Friday, December 6th, at 5:00pm, Ends Sunday, December 8th, at 12:45pm

*Contemplative Outreach Atlanta* is a chapter of  
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Find a Centering Prayer group, read our newsletters, and see what is coming soon.