

*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,

Beloved fellow contemplatives! Greetings of love and peace from Two Thomases' Hermitage, now day 529. This newsletter will be combining July and August's news into one letter.

As we begin another school year while Delta infection rates are increasing, we have new and different information to guide our future activities. We are learning that we need to be alert to the changes in the spread of infection. Our vigilance will help save lives. Masking, social distancing, and vaccination are now more important than ever. This worldwide pandemic will take years before it abates. Let's not hurry to dispense with safe measures. Following doctors' advice, let's get vaccinated to protect others as well as ourselves.

Thus it is vital now more than ever that we strengthen our contemplative practice where we find love and grace every day flowing to us from Centering Prayer. May we boost our connection with each other, even if only by virtual means. Our Zoom Centering Prayer groups are oases of calm and support. You can [find them here](#).

I was honored to present with Gabrielle Earnshaw a Mystics Retreat for the Adrian, Michigan, Dominican Sisters' Weber Center on August 1-4 by Zoom. Thomas Keating and Mary Mrozowski's transformations through Centering Prayer were my topic. Watch for these talks coming soon at our future events.

Forty people joined our Divine Feminine Big Sit on August 14<sup>th</sup> with Lectio Divina, two Centering Prayer sessions, and reflections from Julian of Norwich. You can access it on our Contemplative Outreach [YouTube channel here](#). You can find participants' comments on page two.

**Your input will enrich our next Contemplative Outreach Atlanta Coordinating Team Meeting this Monday, August 23rd at noon on Zoom.** We will plan our future events of Big Sits, talks, and intensive retreat. Everyone is a team member. [Email me here](#) for a Zoom link.

Hope you can join me and our worldwide Centering Prayer community at International Contemplative Outreach's conference **"The Global Embrace: Our Widening Reach, Our Deepening Connection in-person and on Zoom, at the gateway Marriott, Denver, Colorado September 16-19, 2021.** You can [register and find more information here](#). I'll be there on Zoom.

[Sign up here](#) for our **Praise and Protect our Earth Big Sit on Zoom 10 am – 12 noon ET on Saturday, October 9<sup>th</sup>.** Additionally, register there for **Carl McColman's "At the Edge of Waiting: Centering Prayer and Celtic Spirituality" one-day retreat on Saturday, October 30<sup>th</sup>.** Flyer at the end of the newsletter.

Love draws us closer,



**Comments from our Divine Feminine We Gather Together Big Sit on August 14, 2021:**

- It's obvious that a lot of thought and preparation went into this. I especially was moved by the chosen passages of Julian, the readers did an outstanding job (loved the dual language inclusion) and the open and honest responses by participants. Thank you very much!
- I appreciate the emphasis on motherhood of God.
- Great opportunity to be with people from all over.
- This meditation started @ 8AM in my time zone. I was determined to be ready from the start and stayed with it all the way to the end. It felt good to visually identify the varied participants- their manner- their thoughts etc., but also as another human on their spiritual path Thank You
- I felt connected with others and with God during the Sits which passed quickly- more quickly than when I sit physically alone. I greatly enjoyed the Showings of Julian of Norwich. I would like more gatherings about her / feminine divinity.
- Julian's reflections on love was the high point for me, and worth the entire 2 hours.
- It was a great experience for me. I am understanding better the feminine part of God , it is making so much sense , when I look for Him/ Her for consolation , for comfort. Like a child looking for the mother . Thanks for this wonderful time with all of you.
- I live on St. Simons Island, GA. It was meaningful to share scripture, Lectio Divina, and Centering Prayer with a large group, even if it was mostly a group of strangers. We are bound together by our love of God and Jesus and feel drawn to contemplative practices. A friend of mine from Austin, TX was able to join and it was a way not only to share this experience with her but also to actually see her.
- I appreciate this opportunity and felt the length of time was very manageable for me as someone still working full time. Thank you for your leadership.
- I loved the format and how the event was organized into segments that flowed one from another.



## Calendar of Events

Sign up for COA events on our website [here](#).

- ❖ **Praise and Protect our Earth Big Sit on Zoom 10 am – 12 noon ET on Saturday, October 9<sup>th</sup>.** [Sign up here](#)
- ❖ October 30, Saturday “At the Edge of Waiting: Centering Prayer and Celtic One-Day Retreat” with Carl McColman. [Sign up here](#)
- ❖ With deep joy and gratitude you are invited to join in celebrating the gift of our worldwide Contemplative Outreach community at the conference “**The Global Embrace: Our Widening Reach, Our Deepening Connection in-person and on Zoom, at the gateway Marriott, Denver, Colorado September 16-19, 2021.** You can [register and find more information here](#). Highlights include seven sessions of Centering Prayer; companionship: one on one, and small group sharing; learning how the Centering Prayer community is expanding and our contribution to the raising of consciousness of the planet; collaboration: Spirit-led listening to widen our reach within and beyond the Contemplative Outreach community; and celebration: in profound gratitude for the gift of prayer and community.
- ❖ [Registration here](#) for **Richard Rohr’s Sept 24-26 Conspire Center for Action and Contemplation Zoom Conference.**
- ❖ **Sophronia Scott**, recent author of *The Seeker and the Monk: Everyday Conversations with Thomas Merton*, and recipient of an award from the International Thomas Merton Society, will be giving the **Thomas Merton Annual Black History Month lecture on February 22nd 2022 @ 7 pm - <http://merton.org/Events/#SScott>**

## On-Line Opportunities

### Monastery of the Holy Spirit Zoom Retreats

**Co-Dependency (Spanish Retreat) – Saturday August 21 – Br. Juan Diego**

**Self-Confrontation - Saturday August 28 – Br. Mark**

To register, please call the retreat house office at 770-760-0959 Mon-Fri 8:00 – 1:00. Donation \$45.

Visit us at [www.trappist.net](http://www.trappist.net).



**Center for Action and Contemplation** presents [Wisdom in Times of Crisis](#), a free series of videos featuring all five of our core faculty and **New Season of Learning How to See: Podcast Series-** Brian McLaren, Jacqui Lewis and Richard Rohr- six-episode podcast series [Learning How to See](#). Brian McLaren, Barbara Holmes, Richard Rohr, Cynthia Bourgeault, James Finley speaking [here](#).





## On-Line Opportunities continued

Center for Christogenesis Ilia Delio Webinar “The Entangled Planet: Why Our Systems Are Failing Us” [Access link here](#) – password **planet**

Watch Ilia's interview on "Buddha at the Gas Pump" [here](#).

Ilia interviews millennials to find out how they redefine religion in terms of an evolutionary world [here](#).

Ilia's video “Why have hope for the future” [here](#)



[Encountering Silence](#) Podcast by Carl McColman, Cassidy Hall, and Kevin Johnson



Ignatius House is open for socially-distanced retreats – [info here](#).



[Tuesdays with Merton YouTube Channel](#).

- [Volume 33 of The Merton Annual](#) - now available.
- [Thomas Merton Society of Great Britain & Ireland](#) - 2022 Conference - Final Call for Papers.
- [Recent Publications](#)



Br. Elias Marechal OCSO is on YouTube. [Find him here](#).



Find Fr. William Meninger on YouTube! [click here](#) to find his many videos.



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To register, please call their office at 770-760-0959 Mon-Fri 8 am – 1 pm. Retreat donation is \$45.



### Group Meetings and Coordinating Team Gatherings

**We are recommending to pause socially distanced in-person Centering Prayer meetings until the infection rate from Covid decreases. We recommend having virtual meetings as a solution. We recommend that participants receive the Covid-19 vaccination. Check with Centering Prayer group facilitators to find out their meeting access [here](#).**



Mary Mrozowski turned our instinctive reaction to problems on its head. We normally want to fight, leave, or change the situation. She changed the way she looked at incoming experiences inspired by the French priest Jean-Pierre De Caussade: To welcome challenges instead! She said, 'The Welcoming Prayer is like Centering Prayer. To understand it, you have to do it, because it's absolutely illogical and irrational.'

Most of us on the spiritual path worry about letting our obstacles go.

Mary takes it a step further. What she leaves behind is gone, no longer in her memory to cause any worry. She leaps forward into the unknown, welcoming what comes because she knows it's all gift. She has left behind the world of mistrust and careful stepping forward. She is full speed ahead into the breach. She is welcoming all because she knows it is all love and grace.

Let's follow Mary's lead and incorporate the Welcoming Prayer into our practice:

1. Notice and sink into the feelings, emotions, thoughts, sensations, and commentaries in your body.
2. Accept the fact that what I am experiencing also contains the divine, and say "Welcome."
3. Adopt an attitude of surrender by inwardly affirming my intention: "I let go of my desire for security, affection, and control. I let go of my desire to change the situation."

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

Silence Solitude Solidarity Service

**Join the online Meditation Chapel at Contemplative Outreach Ltd. [here](#).**



Contemplative Outreach

**Contemplative Outreach Atlanta**

is a chapter of

**[Contemplative Outreach Ltd.](#)**

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Contemplative Outreach Ltd.'s monthly e-bulletin is available [subscribe here](#).



Contemplative Outreach Atlanta

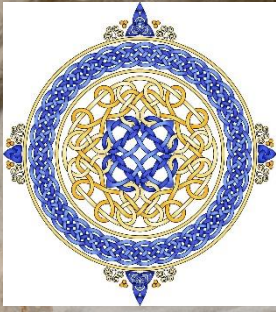
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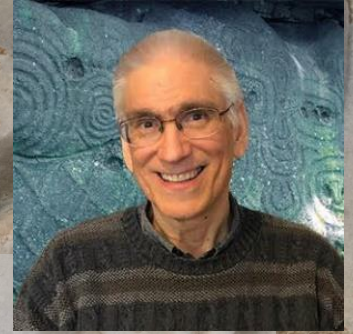
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Maggie Winfrey, Coordinator

[Subscribe to our newsletter here.](#)



Invites you to



# At the Edge of Waiting: Centering Prayer and Celtic Spirituality

*A special day-retreat on Zoom combining  
Centering Prayer with contemplative insights  
from the wisdom of the Celtic tradition.*

**Two 90-minute sessions  
in the morning and afternoon ET  
Saturday, October 30, 2021**

**With Carl McColman**

**[Register here.](#)**

**Scholarships available. [Apply here.](#)**



Contemplative  
Outreach *Atlanta*



Invites you to

## At the Edge of Waiting:

### Centering Prayer and Celtic Spirituality

Join us on October 30 for an online retreat day where we explore the connections between Celtic wisdom and contemplative spirituality! Celtic Christianity — the poetic and earth-positive spirituality of Ireland, Scotland, and Wales — has long been appreciated as one of the most beautiful expressions of faith in the western world. The Celts had a mystical sense of God's abiding presence that was expressed through the veneration of holy wells and other sacred sites, stories of remarkable saints who lived in deep harmony with nature, and a profound spirituality with roots in the ancient wisdom of the desert mothers and fathers. Our time together will celebrate Celtic spirituality in light of the practice of Centering Prayer — which also has roots in the desert and remains a profound doorway into the ordinary mystical life. We will pay special attention to the Irish understanding of contemplation, which will bring us to a deeper appreciation of the silent beauty of Centering Prayer.

Our presenter, Carl McColman, is the author of numerous contemplative books, including *An Invitation to Celtic Wisdom*, *The Big Book of Christian Mysticism* and *Eternal Heart*. Carl co-facilitates a Centering Prayer group in Decatur, GA and is a commissioned presenter of Centering Prayer introductory workshops.