

*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,

Richard Rohr defines a **mystic** as “one who has moved from mere belief or belonging systems to actual inner experience of God.” (July 14, 2019 CAC.org) We are mystics, and thanks to our Centering Prayer practice, it leads us to experience God within us. May we persevere and inspire others to become fellow mystics.

On Saturday, July 13<sup>th</sup> and Sunday, July 14<sup>th</sup> an **inter-spiritual gathering at Aspen Chapel** led by Cynthia Bourgeault, Ed Bastian, Rami Shapiro, Camille and Khabir Helminski, and Swami Atmarupananda honored, celebrated and more deeply inquired into Thomas Keating’s life and work through shared teaching, deep listening, meditation and chanting, pondering the unitive vision that Fr. Thomas so powerfully pointed us toward. Many viewed it via live streaming.

Last weekend’s (July 19 to 21) **Centering Prayer retreat at Ignatius House** directed by Mark Dannenfelser, Cathy Hightower, and me led a full house of retreatants to experience God’s presence within through Centering Prayer, mindful walking and yoga. Fr. Thomas’ last compelling video series “That We May Be One” inspired participants of his teaching that we are moving to transformative unity on the spiritual journey. A small sample of grateful comments from retreatants:

- ❖ “Seeds of life-transformation were planted this weekend.”
- ❖ “I felt God’s presence/love and He used that time to reveal to me how deeply weary I am from carrying burdens that He wants to carry for me. Being able to finally rest in Him was life changing.”
- ❖ “Loved how integrated yoga, mindfulness, mindful walking and the beauty of nature with Centering Prayer and seeing God in and around each of us, and within us.”

At our annual **Pot Luck** meeting I reported the financial status from Marion Kaple and the **yearly progress report** from last June. Contemplative Outreach Atlanta increased its list of contacts by 50%. The website invited many new contacts to our Introductory Workshops and retreats. We are deeply grateful for Ignatius House and the Monastery of the Holy Spirit for their support and providing inspiring space for our activities. Check out the details in the chart on page 2.

**Save the date of Sunday, September 8, 2019** from 1 to 5 pm for a new kind of workshop that will be most helpful for Centering Prayer group facilitators and members. Vernon Dixon will be guiding us with his valuable expertise as we explore ways to strengthen and support Centering Prayer groups. Sample questions we will examine are: How do we guide dialogue, not discussion? What tips are helpful in answering questions from those challenged about the method or deciphering Fr. Thomas’ wisdom? Bring your expertise and questions. Together we are stronger and able to support the gift of Centering Prayer. Place of meeting will be in the August newsletter.

Kudos to one of our newest commissioned presenters of Introductory Workshops, Carl McColman, for his delightful, insightful, and witty article in Contemplative Outreach Ltd.’s June newsletter called “Centering Prayer: Embracing Every Moment of Silence and the Presence.” It can be found at <https://www.contemplativeoutreach.org> . Carl’s comments on mystics also were quoted in two of Richard Rohr’s daily emails last week at [www.cac.org](http://www.cac.org) .

As we approach the ending days of summer, make plans for enriching your Centering Prayer in the new academic year. If you would like an Introduction to Centering Prayer Workshop at your place of worship, let me know. Give yourself a treat by signing up for a retreat this fall.

Blessings of peace, love, and prayer,



**Future retreats:**

- ❖ **Nov 6 to 10, 2019. Centering Prayer Intensive/ Post-Intensive 5-Day Retreat at Holy Spirit Monastery**, 2125 Hwy 212, Conyers, GA 30094. Deepen your relationship with God through Centering Prayer in a beautiful environment pervaded with melodious meditative chants. Directed by Maggie Winfrey and Rusty Weitzel. Call Patty at (770) 760-0959.
- ❖ **July 17 to 19, 2020**, Ignatius House – to register, go to [Calendar](https://calendar.ignatiushouse.org) at <https://ignatiushouse.org>
- ❖ **October 28 to Nov 1, 2020** at Monastery of the Holy Spirit.- call Patty 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 December 7, 2019** – 9 am to 3 pm at Christ Church Episcopal in Norcross




Meditation Chapel  
An interfaith online meditation community

**Join a Community of Prayer in the Online Meditation**

**Chapel** at <https://contemplativeoutreach.org/join-community-prayer-online-meditation-chapel>

**Contemplative Outreach is now on YouTube!** The entire Spiritual Journey series is available, free, as well as many other valuable videos. To find them, go to <https://www.youtube.com/user/coutreach>




**Contemplative Outreach Atlanta Annual Progress Report**

	June 2018	June 2019
# CP Groups	18	26
Websites	0	1
Intro Workshops	1	6
# Contacts	400	600+

Silence Solitude Solidarity Service

*“Between God and us, two extremes meet: He who is everything, and we who are nothing at all. It is the Spirit who makes us one with God and in God, just as the Word is with God and is God.” The Heart of the World, Thomas Keating*

**Encountering Silence Podcast:** Listen to inspiring talks by esteemed contemplatives such as Cynthia Bourgeault, Richard Rohr, James Finley, Martin Laird and many others. Moderated by Carl McColman, Cassidy Hall, and Kevin Johnson. Go to [encountering Silence.com](http://encountering Silence.com) .



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Find a Centering Prayer group, read our newsletters, see what is coming soon.