

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,

Last Sunday several Centering Prayer group members met at Ignatius House for our quarterly meeting. We shared great ideas to support Centering Prayer in our groups, finding lots of resources and marveling at our common spirit: we come from different places all over the North Georgia area yet find the Ultimate Reality in our midst as we practice. Our next quarterly meeting will be on Sunday, December 8th at 1-3 pm. On page 3 is the resource list we generated.

A few weeks ago I was privileged to visit Rev Cynthia Hizer at her peaceful, gorgeous Hazelbrand Farm in Covington, recently back from serving in Navaho Land. Inspired by our meeting, we are planning a special **Day of Reflection this November 2nd at Hazelbrand** honoring those who have crossed over and tapping into a wonderful MesoAmerican holiday. We hope you can join our Dia de los Muertos Day that will prove to be a profoundly spiritual day to us and our loved ones. Sign up on our website under "Upcoming Events."

Capuchin Father Emiliano Antenucci says "Silence is the womb where words that are true are born." Come and nurture this silence at our **5-Day Intensive/Post-Intensive Centering Prayer Retreat this November 6-10 at the Monastery of the Holy Spirit**. Recently Rusty Weitzel and I noted during our planning many beautiful opportunities: lots of Centering Prayer practice, mindful walking meditation, chanting with the Trappists, inspirational insights from Fr. Thomas, massage, Reiki, soul-friend conversations, and peaceful walks in a gorgeous space. We are hoping you can join us in the silence. Call Patti soon at (770) 760-0959 to secure your space.

Congratulations to Ken Hatcher, Marion Kaple, and Carl McColman who are going through the process of becoming commissioned Presenters of Centering Prayer Introductory Workshops! We are truly blessed that they are generously giving their service to Contemplative Outreach.



Our own Roberta White is presenting a retreat with Nancy Cord-Baran at Bethany Retreat Center near State College, PA called "Contemplative Attitudes Through the Practice of Centering Prayer," based on the work of David Frenette on October 11 to 13, 2019. You can sign up at <http://bethanyretreatcenter.org/blog/retreats/>.

Notice on page 2 that we have **SIX Introduction to Centering Prayer Workshops** planned for this coming year! We will need volunteers to help with checking people in, talking with participants how Centering Prayer has blessed our lives, coordinating the book table, helping with food, and just plain logistics. Please find which dates you can help and email me. Your generous service is a blessing for us.

Fr. Thomas wrote, "Christ in his divine being is present in your heart, in mine, and in that of everyone, waiting to be resurrected there so that he can share with us the divine life and love that circulates eternally in the Trinity." (*Trinity*, 29) May we carry this love to all, supported by Centering Prayer.

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. 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 have to be humbled and ground to dust for this experience of divine love to manifest in us... This is the experiential conviction of God as a Presence of extraordinary tenderness and exquisite thoughtfulness, beyond any human conception or expectation." Thomas Keating, CO News, June 2019

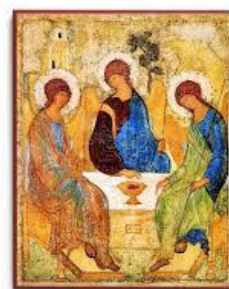
We have several copies of Spiritual Journey DVDs that we can send you for free. Email me if you want some, and I will mail them to your postal address.

Has anyone ever asked you what is the theological basis for Centering Prayer?

You can find answers to this and more on our website under "The Theology of Centering Prayer" located at the top.

When you click on that page, a document will come up that has:

- The theology upon which Centering Prayer is based
- Psychological Experience of Centering Prayer
- The Method of Centering Prayer
- The 6 Continuing Session video series



We are most grateful to Rena Cresman, leader of Centering Prayer groups at Transfiguration, who compiled this great resource.

Contemplative Outreach Atlanta is a chapter of
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Contact us at

<https://www.contemplativeoutreachatlanta.com>
Coordinator Maggie Winfrey coatlantageorgia@gmail.com
Find a Centering Prayer group, read our newsletters, and see what is coming soon.

**September 8, 2019 Quarterly Meeting at Ignatius House Notes
Recommended Activities and Resources to Use with Centering Prayer Groups**

Guidelines:

- Have the Centering Prayer session first, then video or book and discussion.
- Be flexible for what the group needs.
- Stay with it, even when only “two or three are gathered.” Jesus is always available and present. This is needed by our members. Our continued commitment provides an anchor for those who depend on Centering Prayer.
- Get involved with Contemplative Outreach Atlanta and volunteer as you are able.
- Use the dialogue guidelines from CO to guide discussion. Keep respectful, listening first, to care not to cure. Template available upon request.

Videos:**Spiritual Journey Series, now available on YouTube:**

https://www.youtube.com/results?search_query=spiritual+journey+series+keating

DVDs from our Lending Library – Listed under “Lending Library” on our website

<https://www.contemplativeoutreachatlanta.com>

Books:

Cynthia Bourgeault, Centering Prayer and Inner Awakening

Cynthia Bourgeault, The Heart of Centering Prayer

Michael Casey, Sacred Reading: The Ancient Art of Lectio Divina

Jean-Pierre de Caussade, Abandonment to Divine Providence

Rose Mary Dougherty, SSND, The Lived Experience of Group Spiritual Direction

James Finley, Contemplation: Experiencing the Presence of God

James Finley, Merton’s Palace of Nowhere

Phileena Heuertz, Mindful Silence

Thomas Keating, The Daily Reader for Contemplative Living

Thomas Keating with Lucette Verboven World Without End

William Menninger The Loving Search for God (his interpretation of *The Cloud of Unknowing*)

Thomas Merton Bridges to Contemplative Living Series – great booklets for group use

M. Basil Pennington, Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures

Richard Rohr, Just This

Norvene Vest, Gathered in the Word: Praying Scripture in Small Groups

Other sources:

Resources available from contemplativeoutreach.org

Fr. Carl Arico’s “Prayer of Forgiveness” available on website:

<https://www.contemplativeoutreach.org/fr-carl-arico-recordings>

Other activities:

Coordinate with a preschool/catechism program so parents can meet in a Centering Prayer group.

Take a day field trip to the Monastery of the Holy Spirit (call first to set up).

Once a month do two twenty-minute sits with a contemplative walk in between.

Visit one of the Taizé services every Monday night at different churches in Atlanta.

Visit the labyrinth at St. Philip’s Episcopal Cathedral at 7 pm on Monday evenings.