



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



Reserve your space now to savor the incredible forest, river, and waterfall at the Ignatius House Centering Prayer Retreat in a few weeks! Restore your contemplative state with wisdom from Fr. Thomas Keating. **Friday, July 19th to Sunday July 21st, 2019.** Mindful

walking and gentle yoga included. Register at <https://ignatiushouse.org> under **CALENDAR** or call 404-255-0503.

Annual Pot Luck

Join us for our annual Contemplative Outreach Atlanta Pot Luck Team Meeting on Sunday, July 21st from 2-5 pm at Ignatius House, 6700 Riverside Drive NW, Sandy Springs 30328. We will present our annual report and look at future plans. Sign up (free) and tell what you are bringing on our website under **Upcoming Events** at <https://www.contemplativeoutreachatlanta.com>. Paper products provided.



St. Andrew's in the Pines Episcopal Church in Peachtree City hosted an Introduction to Centering Prayer Workshop on June 8th. Enthusiastic participants were delighted that their new prayer group in the Peachtree City area started on Tuesday, June 11th. "Beautiful!" "Wonderful day!" commented some members.

30 people attended the **Introduction to Centering Prayer at Ignatius House on May 22, 2019**, directed by Carl McColman and



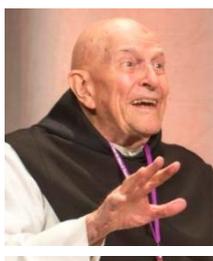
Maggie Winfrey. One participant remarked, "Wonderful and inspiring! I am in anticipation of a deeper connection with my God." Their 6 Continuing Sessions have joined the Tuesday group at Ignatius House at 7:30 pm.

Interior silence is one of the most strengthening and affirming of human experiences... Divine love brings us into being in the fullest sense of the word. It heals the negative feelings we have about ourselves. Open Mind, Open Heart page 66

Transfiguration Catholic Church, 1815 Blackwell Road, Marietta 30066 has a new **Centering Prayer group!** Their first meeting was June 12th. They will meet every Wednesday this summer at 7:00 pm. For more information, contact Rena Cresman at renacresman@mindspring.com.



A Celebration of the Interspiritual Legacy of Fr. Thomas Keating will be held Saturday, July 13th to Sunday, July 14th at the Aspen Chapel in Aspen, Colorado. A celebration and deeper inquiry into the InterSpiritual legacy of Thomas Keating, conducted in the spirit of



his celebrated Snowmass Conference. Conversation, shared teaching, deep listening, meditation, and chanting. Led by Cynthia Bourgeault, Ed Bastian, Rami Shapiro, Camille & Kabir Helminski, and Swami Atmarupananda, and drawing together respected elders and emerging new voices from several of the sacred traditions to jointly ponder the unitive vision he so powerfully pointed us toward. Register at aspenchapel.org.

Members of the OLA Centering Prayer group joined in prayer through email with their leader Mark Dannenfelser as he walked the **El Camino trail in Spain**. When he reached **Cruz de Ferro**, or Iron Cross, he sent this picture. At its base,



a mound has been forming over the years where pilgrims leave a stone from their home. The legend originates when pilgrims were asked to bring stones to help build the Cathedral of Santiago de Compostela.

A small roadmap for Centering Prayer.

Sit.
Be still.
Be silent.
Clear your mind.
Let your quietude
And a Sacred Word
Be an awakening
To that Eternal Love
Dwelling deep within.
Ever so gently perceive
The Love to be Loved
Waiting very patiently
In the hidden recesses
Of your inner Sanctum
Aptly named "The Soul."
Tom Gagnier

**Contemplative
Outreach
Conference**



Contemplative
Outreach

"Contemplative Outreach: Evolution, Transformation, Service"
September 19 - 22, 2019 at Denver

Airport Marriott at Gateway Park begins at 4:00 pm Thursday, September 19 with a welcoming reception, followed by Centering Prayer, dinner and the opening session. The conference concludes on Sunday, September 22 at 11 am with a closing session including Centering Prayer and Lectio Divina.

Cost is \$475 which includes eight meals and all materials. Partial scholarships are available for those in need. Registration opens June 20th.

To register for the conference
Please email Donna at office@coutreach.org using "conference 2019" in the subject line. Include your name, phone number, meal choice. Donna will call you to complete your registration.



Centering Prayer Intensive/ Post-Intensive 5-Day Retreat November 6 to 10, 2019 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. To register, call Patty at (770) 760-0959.

DVD videos are available for checkout from our Resource Library. To check one out, notify Maggie with your postal address.

“Centering Prayer-A Training Course for Opening to the Presence of God”- 6 DVDs-1 hr each and workbook

“Contemplative Vision: Awakening to Beauty, Truth and Goodness” Keating and Rohr 4 DVDs

“The Fruits of Centering Prayer”- 4 DVDs

“Heartfulness” – 9 segments about 25 minutes each

“Invitation from God:” by Marie Louise Lefèvre

“Living the Paschal Mystery: Hope and Redemption”

“Oneness-Unity in Contemplation” – Keating and Laurence Freeman

“Soul Searching-Journey of Thomas Merton”

“A Taste of Beauty, Truth, and Goodness” – Keating and Rohr – 89 minutes

Unity in Contemplation”- 4 talks 30-60 minutes

Silence Solitude Solidarity Service

Does your worship community want to know more about Centering Prayer? Contact us to schedule an informational talk about Centering Prayer at your place of worship or set up an Introduction to Centering Prayer Workshop and 6 Continuing Sessions.

Powerlessness is our greatest treasure. Don't try to get rid of it. Everything in us wants to get rid of it. Grace is sufficient for you, but not something you can understand. To be in too big a hurry to get over our difficulties is a mistake because you don't know how valuable they are from God's perspective, for without them you might never be transformed as deeply and as thoroughly... Thomas Keating, *Reflections on the Unknowable*

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>

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 .



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Contact us at

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