



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

An Introduction to Centering Prayer Workshop will

be presented by Carl McColman at Ignatius House on Wednesday, May 22nd, 2019, from 9 AM to 3 PM. The included 6 Weekly Continuing Sessions will begin on Tuesday, May 28th at 7:30 PM at Ignatius House



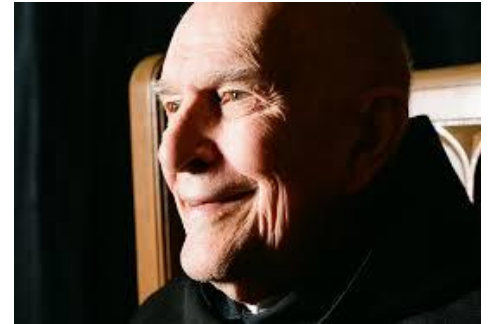
Resource Center. To register, go to <https://www3.thedatabank.com/dpg/473/donate.asp?formid=Enrichment&c=4042341>

An Introduction to Centering Prayer Workshop will be presented on Saturday, June 8, 2019 at St. Andrew's in the Pines Episcopal Church, 316 North Peachtree Pkwy, Peachtree City, GA 30269, from 9 am to 3 pm with breakfast and lunch. The Six Continuing Sessions included in the Introductory Program will begin on Tuesday, June 11th, at 7:00 pm.

To register, go to **Upcoming Programs** at <https://www.contemplativeoutreachatlanta.com>



Make plans now to reserve your space for a deeply renewing **Centering Prayer Retreat July 19 to 21, 2019 at Ignatius House**



directed by Cathy Hightower, Mark Dannenfelser, and Maggie Winfrey. Transcend your experience with new insights from one of Fr. Thomas Keating OCSO's most recent videos. Strengthen your practice with profound experiences of Centering Prayer. Open and refresh your center with gentle yoga. Discover the healing benefits of mindful walking on beautiful natural trails. An atmosphere of silence will be maintained during the retreat. To register, go to www.ignatiushouse.org or <https://www3.thedatabank.com/dpg/473/donate.asp?formid=Enrichment&c=2583514>

Fr. Martin Laird, OSA, presented a two day retreats at the Monastery of the Holy Spirit on April 6th and 7th, 2019. Giving insights from his latest book, *An*



Ocean of Light, Fr Martin observed, "To declutter [with the practice of contemplative prayer] is to reveal what has always been the case.. God is in our center," and "The more generous we are to giving ourselves to our practice, [what we thought was] breakdown leads to breakthrough."

Humanity as a whole needs a breakthrough into the contemplative dimension of life. This is the Life at the heart of the world. There the human family is already one. If one goes to one's own heart, one will find oneself in the heart of everyone else, and all in the heart of the Ultimate Mystery. Thomas Keating, June 2010 COLtd Newsletter



Highpoint Episcopal Community Church began the Introductory

Program to Centering Prayer on March 23rd.

Their enthusiastic members are loving Centering Prayer!



Friends at Fr. Martin Laird's Day Retreat at the Monastery of the Holy Spirit on April 6, 2019.



United in Prayer Day on March 16, 2019, at Holy Family Church.



Encountering Silence Podcast: Listen to inspiring talks by esteemed contemplatives such as Cynthia Bourgeault, Richard Rohr, James Finley, Martin Laird and many others. Go to encountering Silence.com.



Contemplative Outreach Atlanta invites you to our Annual Potluck at Ignatius House, Sunday July 21st, 2019, 6700 Riverside Drive, Sandy Springs from 2 to 5 pm. Bring your favorite dish to share and connect with our Contemplative Outreach members to spread and support Centering Prayer in North Georgia.



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 laced with melodious meditative chants To register, call Patty at (770) 760-0959.

"There is no 'toxic' silence, because in real silence there is a power of presence... when you enter silence, you are never alone, you enter a luminous imaginal stream of help and reality at a higher order of being." — Cynthia Bourgeault

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.

Contact us at

<https://www.contemplativeoutreachatlanta.com>

Coordinator Maggie Winfrey coatlantageorgia@gmail.com

