

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 620. I am deeply thankful for each of you, as we share this spiritual journey together. I am also thankful that Zoom has enabled us to remain close and united in Centering Prayer. Check out our members' comments about what Centering on Zoom has meant to them below.

Congratulations to St. Anthony of Padua Centering Prayer group for celebrating their Centering Prayer two year anniversary! They have been growing strong since we presented an Introductory Workshop there in November 2019, just before the pandemic began. Thanks to Leslie Geer's guidance including every vital member in the group, the Holy Spirit flows freely and inspires everyone in their weekly Zoom Saturday morning retreat. There they center in silence, listen to, and reflect on a member's written meditation and the Sunday gospel, relating them to their personal spiritual journeys. They thankfully count these weekly meetings as important, nutritional spiritual food, as a harbor of love and inspiration during the challenges of the pandemic. One commented, "I see the Holy Spirit join the group, speaking through each person's sharing, guiding us through and caring for each other."

Tomorrow is our **Forgiveness We Gather Together Big Sit, which will be Saturday, November 20th at 10 am – noon ET**. We chose to offer the great resources from Mary Mrozowski and Henri Nouwen as a means of reconciliation as we prepare to be with family and friends during the Thanksgiving and Christmas Holiday season. Our program will feature Lectio Divina, two Centering Prayer sessions, a Taizé chant, a meditation on the Prodigal Son, and a guided Forgiveness Prayer by Mary Mrozowski.

We are honored to host **Rev. Dr. Stuart Higginbotham's one day retreat "The Path of Illumination: The Transfiguration and the Reality of Awareness and Spaciousness" on December 11th from 10 am – 3 pm ET**. This retreat time will invite us into a deeper reflection on the Transfiguration as we explore how the story is actually an iconic visualization of our own expanded awareness of and participation in the Divine Life. Free, but [please register to get your Zoom link here](#).

Pray in the new year with us on **January 8, 2022** at our **We Gather Together Welcoming Big Sit on Zoom** from 10 am – 12 noon ET. You can [register here for the free event](#).

Plan to attend our **co-sponsored event with Contemplative Outreach Chicago on January 22, 2022 when Michael Battle will be presenting "Releasing an Enslaved Spirit"** [You can register here](#).

May you and your loved ones be well. May you and your loved ones share your grateful blessings during Thanksgiving celebrations. May you know Love surrounds you.

Love draws us closer,

Maggie



How is your Contemplation Zooming?

Before the pandemic my friend Rev. Stuart Higginbotham joked with me how two polar opposite words as Zoom and contemplation could be combined in one experience. He unknowingly predicted the sea change that was coming: our new way we would contemplate together. Our Contemplative Outreach Atlanta members have much to say about our Zooming Centering Prayer experiences:

Zooming changed the landscape from local to worldwide. We are able to embrace our global community without walking out our front door.

- I moved from Atlanta to Texas and still come to every meeting.
- We can join from anywhere in the world.
- It is a blessing to be able to be with fellow Centering Prayer-ers when we wouldn't be able to otherwise.
- We facilitated the Centering Prayer meeting from the Appalachian Trail and from the McDonald's parking lot.
- We can join the meeting on vacation. That would be impossible without Zoom.
- We are able to meet on our lunch hour. I wouldn't be able to drive to the meeting.
- The pandemic has led many new members to Centering Prayer, and Zoom has been a valuable tool to support and welcome our new members.

We are not separated but instantly connected by our one Source, bridged across the miles.

- We relate to each other much more closely.
- It has helped us keep connected. We are present to each other, here and now.
- We have become even closer than before. Because we cannot be together physically, our purpose is strengthened. We have a deeper connection that we didn't know before.
- We can see each other's faces. Instead of seeing the side of everyone's face, we are able to see each person more fully and be able to understand better what they are sharing.
- The Spirit does not separate but unites us in our shared silent consent to God.
- We have become closer to each other than before. Being able to connect has bridged any separation where we relate more deeply heart-to-heart.

We are now invited into each other's homes. We get to know each other more intimately.

- Our bond of mutual love and caring stretches beyond what we could have conceived of earlier.
- I light a candle when we start.
- It has made each one of our homes a chapel. So now we each have a chapel in our homes where we worship and love God, and God is with us all through the days and nights.
- We can turn off our video, be in our jammies, & still be able to pray and share with each other.
- Even our babies and pets can participate.
- We meet loved ones, pets, and children and become part of the family.
- I do miss the hugs, but I am so thankful Zoom has helped me become closer to our friends in our group.

Our Zoom meetings are more focused, more engaged, and more inspiring than before.

- The Holy Spirit is guiding us through our reflections. I feel it from each other.
- It is powerful to be here together in our shared love of God.

- Being in contemplation together in our Zoom meeting is the highlight of my life.

We save time, energy, materials, space, toxic emissions, and aggravation.

- No more lugging of equipment, printing out handouts, reserving rooms.
- No more hassle of bad traffic.
- Weather doesn't keep us from meeting. We don't have to travel in pouring rain/snow/sleet/ice.
- No more spending an hour driving there back.
- We are saving the planet by reducing gas emissions.

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**Contemplative Outreach Atlanta & Contemplative Outreach Chicago
Coming Events**

November 20th - We Gather Together Big Sit on Forgiveness – We will experience healing using Mary Mrozowski's prayers. [Sign up here.](#)

December 2,9,16,23 Advent Thursdays 8:30 – 9:00 am ET Contemplative Outreach New Mexico invites us to embrace Advent in community as we sit in darkness and welcome the light. As we rest in the Holy together.

December 11th - The Path of Illumination: The Transfiguration and the Reality of Awareness and Spaciousness- One-day zoom retreat by Rev. Dr. Stuart Higginbotham. [Sign up here.](#)

January 8, 2022 - Big Sit on Welcoming January 8, 2022. The Welcoming Prayer will be the basis for our prayer. Free. [Register here.](#)

January 22, 2022 –10 am–1 pm ET–Very Rev. Michael Battle, PhD. will guide us in “Releasing an Enslaved Spirit: A Workshop on Communal Contemplative Spirituality.” [Register here.](#)

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



On-Line Events

November 20th 9 am – 3:30 pm ET Mary Dwyer presents **“Connecting the Consent of Centering Prayer with Daily Life”** – a Welcoming Prayer Workshop – [Register here.](#)

December 2, 4 – 5:50 pm ET, Center for Christogenesis presents a free Zoom Conversation with Ilia Delio & Gregory Hansel: “Reality Ever New” – free – [register here](#).

December 16 4:30-5:30 ET Center for Christogenesis hosts a Zoom Music Concert with Carrie Newcomer “The Great Unraveling and Reweaving” [Register here](#).

February 22nd 2022 -Sophronia Scott will be giving the Thomas Merton Annual Black History Month lecture on at 7 pm - <http://merton.org/Events/#SScott>

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Virtual Resources

Watch **Julie Saad** present at the

2021 International Contemplative Outreach Conference *The Global Embrace*

[“Transformation: Deepening Our Practice – Grace Throughout Our Lives”](#)



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](#).

James Finley and others present “**Turning to the Mystics: What is Lectio, Meditation, and Prayer?**” podcast is very inspiring. [You can hear it here](#) as one of CAC’s programs.

How can we embody more empathy and love in these “hot mess times?” Rev. Dr. Jacqui Lewis returns for the second season of our podcast, *Love.Period*. Access her podcast of a new vision of Christianity— one with love and justice at the core of its practice—[right here](#).



Center for Christogenesis:

Ilia Delio Webinar “The Entangled Planet” [access link here](#) (Password: *planet*)

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

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

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



Contemplative Outreach Ltd. International

[Find resources and retreats 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.



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



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



Monastery of the Holy Spirit Zoom Retreats

The Monastery has cancelled in-person retreats indefinitely due to the present Covid wave. All retreats will be on Zoom.

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.

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Group Meetings and Coordinating Team Gatherings

Some groups have socially distanced in-person Centering Prayer meetings with the option of joining by Zoom. With colder weather approaching, most of our meetings will be by Zoom. We recommend that participants receive the Covid-19 vaccination. Check with Centering Prayer group facilitators to find out their meeting access [here](#).

"Transforming union is a restructuring of consciousness, not an experience or a set of experiences. In the course of this restructuring,... the presence of God becomes a kind of fourth dimension to the three-dimensional world in which we have been living. In the light of transforming union, therefore, the most important element in Centering Prayer is the practice itself, not its psychological content. If we fully grasped this truth, it would make the spiritual journey much easier."

- Thomas Keating, *Invitation to Love*

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

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



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