

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,

This week I passed the 100th day mark of my hermitage that has opened new paths of responsibility. A special message from international Contemplative Outreach Ltd. follows.

As the cases and deaths in Georgia from Coronavirus are not receding, but rising, we ask everyone for the unforeseeable future to continue not to gather physically in groups, to observe social-distancing, wear masks, and wash hands frequently, following guidelines from the [CDC](#).

Many of our Centering Prayer groups are meeting virtually. To join one, ask you to protect the privacy and honor each group's sacred space by contacting personally our virtual-meeting Centering Prayer group leaders on our website [here](#).

Last Sunday the Body of Christ readings were timely in 1 Corinthians: 12:27: "Now you are the body of Christ, and each one of you are part of it." May we all see and act with love and respect for all, as we are all part of each other.



80 people joined Br. Elias Marechal of Holy Spirit Monastery by Zoom thanks to Contemplative Outreach of Tallahassee Sat, June 20th. Br. Elias said "Breath puts us into interior Stillness. When we breathe in, we breathe in God's gift to us. When we breathe out, we give our gift back to God."

Sign up for Zoom conferences coming this week- See info on [Resources page 4](#)

- **Ilia Delio 4:00 pm Friday June 26th: Beyond Racism and Remaking Religion**
- **Fr. William Meninger at 4:00 pm Sat June 27th on Julian of Norwich**
- **Contemplative Way Stations 3-5 pm Sun June 28-**Coleman Brown, Higginbotham, McColman

Over 800 people attended Ilia Delio's "The Sacrament of Everyday Life" on Friday, May 8th. Sr. Ilia taught "When we awaken our consciousness of the sacramental nature of everyday life, we can celebrate divinity within the ordinary." Transcript available if you want one, [Let me know](#).

The International Contemplative Outreach April 30th - May 2nd Conference with Cynthia Bourgeault featuring "Oneness: The Secret Embrace, Fr. Thomas Keating's Final Gift to the World" video recordings are now public for all to enjoy. Find them on our [Resources page four](#).

Dear friend Leslye Colvin, graduate of the Living School, created the message Richard Rohr sent in his daily email messages. In "[Am I next?](#)" Leslye writes "There is also a realization that it could have been me. I could be laying cold and lifeless in the morgue because of a distorted perception of me rooted in lies. Maybe it will be me the next time—not because of who I am, but because of how you see me in relation to how you see yourself. What lies about me do you believe? What lies about yourself do you believe?"

Lord, have mercy. George Floyd of Minnesota, and all others hurt by racial violence,
Your nation failed you. Rest in God's peace. *Kyrie eleison.*

I pray that you and your loved ones are well and safe and that the gift of this crisis may lead you in transformative directions.

Maggie



Everybody, meet Dr. Jerome Lubbe! Jerome has transformed personal trauma into significant new directions that will change the course for spiritual growth as well as neuroscientific healing methods for the future. Losing his father at age 14, support suddenly dropped from his music career, developing multiple, severe migraine attacks as well as other difficulties, steered him to healthcare where he “Wanted to be a good doctor who could help himself and others with unsolvable conditions.”

While learning new brain research, he found neurochemistry and the spiritual wisdom of the Enneagram in [Richard Rohr's writing](#) to be inextricably linked. He found that the Enneagram outlines a whole brain unified method of growth for all of us spiritually, mentally, emotionally, and physically. He has aligned the brain map with the [Enneagram model](#), showing how it is really an upside-down diagram of the brain function map. He explores this in his book [The Brain Based Enneagram: You Are Not a Number](#) where the focus is on healing and developing a healthy whole brain identity so that everyone can thrive.

At the same time, a “recovering Charismatic,” Jerome became a contemplative as the wisdom of the Enneagram, twinned in science, opened up deeper spiritual spaces for him. He has designed a clinical practice that marries traditional academic training with alternative chiropractic that heals, using new brain research dovetailed with the Enneagram. Now with a doctorate in chiropractic and board-certified in multiple disorders, Jerome helps patients with unresolved, complex cases that no one else has been able to sort out before. Currently a student in the Center for Action and Contemplation (Rohr)’s Living School, he hopes to create a more effective translation tool that allows people to become (w)holistically thriving human beings.

IN PRACTICE DO THIS “The biggest thing is to remember breath work. When people forget to breathe, they start to be cognitive rather than somatic. We want to be somatic. Also repetition and redundancy is king. Your brain does a really good job of supporting you, so every time you practice, it becomes easier and easier and then second nature.”

IN PRACTICE DON'T DO THIS “Don't expect it to be easy. You have to work at it. Just like a gym workout requires sweat and muscle soreness, Centering Prayer involves commitment and repetition. Close the door. Treat your thoughts with love like a healthy parent.”

COMING SOON Jerome is writing three new books:

- “*The Enneagram of God*”-redefining the Trinity based on the Enneagram
- “*Volume II of the Brain Based Enneagram*” will expand on everything in Volume I
- “*Curriculum Training of Neuroscience and the Enneagram*” in four levels- basic, intermediary, advanced, and master levels of training to implement clinical practice for actual therapeutic interventions

Check out his [website](#): Follow him on [Twitter](#).

Born and raised in Africa, arriving in the US at age 7, Jerome now finds home in Atlanta with his wife with their two young children.

SURPRISE! In 2014 Jerome’s band opened the original Beach Boys’ very first concert in 18 years at the Stadium of Fire in Provo, Utah. It was the largest 4th of July event in the country, streaming 1.2 million service members with 65,000 people in the stadium.



Contemplative
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A Special Message

To the global community of Contemplative Outreach:

“To be in the kingdom is to participate in God’s solidarity with the poor by sharing with them the good things that have been given to us. In the New Testament the great sin is to be deaf to the cry of the poor whether that cry springs from emotional, material, or spiritual need. Although we cannot help but partake in some degree in social injustice because we live in this world, we must constantly reach out in concrete and practical ways to those in need. Divine love is not a feeling, but a choice.”

- Thomas Keating, Meditations on the Parables of Jesus

In the spirit that exclaims, “we are all created equal,” Contemplative Outreach unites its voice with those who have been oppressed, violated, discriminated against, abused, exploited, and who now are asking to be considered normal human beings! At the same time we reject the use of violence in the struggle to achieve equality. We acknowledge that those who discriminate are also human beings and in need of healing as well.

Contemplative Outreach recognizes that discrimination, being part of our cultural conditioning, can be healed by contemplative practices like Centering Prayer. We invite all of us who consciously or unconsciously recognize that we participate or have participated in acts of discrimination to open our hearts to the healing power of God, so that united with those who have been the victims of discriminatory acts, we can all be healed together.

With the hope of love and peace for our world,

Your Governing Board
Contemplative Outreach Ltd.

The Governing Board of Contemplative Outreach Ltd.

From left to right, top row: Kathy Difede, Julie Saad, Tom Hall; from left to right, middle row: Jenny Adamson, Nick Cole, Pat Johnson; from left to right, bottom row: Adal Henriquez, Mary Jane Yates, Maru Ladron de Guevara.





On-Line and Virtual Opportunities

Annual Contemplative Outreach Atlanta PotLuck Meeting 2:00 -5:00 pm Sun July 19th. You have your picnic at home and meet with everyone from all over virtually. [Invitation here](#)

[The Call to Unite](#) Videos & recordings from Unite event of religious leaders & artists around the world calling the human population to unite & find a new vision for our world, Richard Rohr et.al.

CAC: free [20-video series](#) featuring our five faculty speaking on the pandemic. Watch as Richard Rohr, Cynthia Bourgeault, Brian McLaren, Barbara Holmes, and James Finley share what this moment has to teach us, relevant practices, and the contemplative wisdom to be found in death.

Sunday, June 28, 2020, 3:00-5:00 pm -Contemplative Way Stations with *Lerita Coleman Brown, Stuart Higginbotham and Carl McColman* on: Mary & Martha's Place is pleased to host. No charge to attend, but participants must register to receive the Zoom link. [Register here](#)

Cynthia Bourgeault YouTube video "[Cultivating an Attitude of Entrusting](#)"

June 26th, Friday, 4:00 - 5:30 EDT Iliia Delio presenting **The God Revolution: Beyond Racism and the Remaking of Religion** [Register here.](#)

[Encountering Silence](#) Podcast by Carl McColman, Cassidy Hall, and Kevin Johnson

James Finley Podcasts: "[Sink into the Taproot of Your Heart](#)" & "[Turning to the Mystics](#)"

Saturday, June 27th 4:00 pm (EDT)Fr. William Meninger Q^A Session on Julian of Norwich
Join Zoom meeting [here](#)

Fr. William Meninger on [YouTube](#) including "Julian of Norwich" and "What Is a Mystic?"

The International Contemplative Outreach April 30th - May 2nd Conference with Cynthia Bourgeault featuring "**Oeness: The Secret Embrace, Fr. Thomas Keating's Final Gift to the World**" video recordings are now public for all to enjoy. [Session 1:](#) [Session 2:](#) [Session 3:](#)
The book, *The Secret Embrace* [You may order it here in our store.](#)

["The Shepherd Song \(In Fast and Feasting\)"](#) by Paul Reeves

Brie Stoner leading **Dismantling Domination: The Social and Spiritual Revolution of Beatrice Bruteau** by Mary and Martha's Place. Thursdays, 1-3pm EDT, 6/25, 7/9 & 23, 8/13 [Register here](#)

The Work of the People – breathtaking films for spirituality and transformation with significant work about the pandemic- <https://www.theworkofthepeople.com/>

To find a Centering Prayer Group near you, go to
<https://www.contemplativeoutreachatlanta.com/centering-prayer-groups>

Join the online Meditation Chapel at Contemplative Outreach Ltd. Several times available at
<https://www.contemplativeoutreach.org/join-community-prayer-online-meditation-chapel>

Calendar of Events

We will continue to suspend physical gatherings indefinitely with the expectation it will be extended through the summer. Details will be developed as we receive more information.

Friday, June 26th 4:00 - 5:30 EDT Ilia Delio: The God Revolution: Beyond Racism and the Remaking of Religion on [Register here.](#)

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Quarterly Coordinating Team Gatherings for 2020 will be on Zoom until further notice.

Sundays – 1-3 pm July 19, Sept 6, Dec 6.

Everyone is a member of our Coordinating Team. You are all part of our leadership.

The July 19th Pot Luck invitation is on [Resources page 4.](#)

Introductory Workshops are currently on hold until further determination.

Physical Retreats are currently on hold until further determination.

- ❖ **July 17 to 19, 2020 - Ignatius House- Centering Prayer, Mindful Walking, and Yoga Has been cancelled. We plan to have one in July 2021.**
- ❖ **October 28 to Nov 1, 2020 - 5 Day Intensive/Post-Intensive Retreat Monastery of the Holy Spirit – To register contact Patti Wilson at (770) 760-0959 or retreat@trappist.net **TBD****
- ❖ **May 12-16, 2021 – 5 Day Intensive/Post-Intensive Retreat at the Monastery of the Holy Spirit, Conyers, GA. To register Patti Wilson at (770) 760-0959 or retreat@trappist.net **TBD****
- ❖ **November 7-12, 2021 – 5 Day Intensive/Post-Intensive Retreat at Ignatius House. **TBD****

Be still and know that I am God. Ps 46:10

Silence Solitude Solidarity Service

“This command which I enjoin on you today is not too mysterious and remote for you. It is not up in the sky ... Nor is it across the sea ... No, it is something very near to you, already in your mouths and in your hearts, you have only to carry it out.” Deuteronomy 30:11-



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Contemplative Outreach

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