

*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 586. I am filled with gratitude for you, our beloved contemplative community. As we center together or privately in our homes, we are spreading the love, peace, and joy of our beloved Christ. Thank goodness we can center with Zoom gathering us from far and wide.

Many were inspired to Praise and Protect Our Earth at our Zoom Big Sit on October 9<sup>th</sup> and to continue the work saving our beloved Earth. Check out their comments on page 2. The two-part recordings of the event are now posted on our COAtlanta YouTube channel: [Part 1](#) [Part 2](#)

If you missed the September "**Global Embrace: Our Widening Reach, Deepening Connection**" **Contemplative Outreach International Conference**, you can view all of the recordings and associated resources [here on the conference program page](#). We were especially moved by the outstanding programs. Edited video [sessions are here](#) on this YouTube playlist.

Our **Coordinating Team met on October 12<sup>th</sup>** and generated some refreshing ideas for our future plans. We welcome you if you would like to serve on one of our Big Sit teams that collaborates to choose scriptures, reflections, songs, and prayers. We need team members to present the 5-day retreat team on December 1-5. [Email me](#) if you would like to offer your gifts. Check out our exciting calendar on page 3, that includes 3 retreats. Our next meeting will be in the first week of December.

We are thrilled to now **co-sponsor events with Contemplative Outreach Chicago**. Our collaboration will open more resources to our combined members. We know you will want to attend two fabulous programs that are coming up:



- **Phileena Heurtz presents "Deepening Spiritual Practice through Three-Centered Awareness" Saturday, November 13<sup>th</sup>** from 10 am to 1 pm CT (11 am – 2 pm ET) via Zoom. [Register here.](#)
- **On January 22, 2022, Michael Battle will be presenting "Releasing an Enslaved Spirit"** Registration will open in a few weeks.

Our next formation class to commission presenters of introductory Centering Prayer workshops is starting. If you are interested in becoming a commissioned presenter, basic requirements are a minimum of three years' Centering Prayer practice and intimate knowledge of *Open Mind, Open Heart*. We will conduct our meetings by Zoom. If you are interested, [contact me here](#).

May you and your loved ones be safe. May you be well. May you know Love surrounds you. Love draws us closer,

Maggie

**Tell us about your experience at our Praise and Protect Our Earth Big Sit on October 9<sup>th</sup>.**



- This was my first Big Sit and it was the theme that drew me in. As a contemplative naturalist, and lover of nature, I have long been praying for all of creation with St Francis. I thoroughly enjoyed the scripture and all of the readings, and everything. I can't "Imagine" you could do it.
- St Francis prayer in Umbrian, was fabulous.
- The visuals were very well chosen and added immensely to the overall experience.
- Scripture was wonderful, Amanda Gorman was terrific, visuals were great, Taize was beautiful, and contemplative prayer inspiring.
- Very spiritual experience today. many wonderful words of inspiration!
- Wonderful, open, accepting, honoring experience
- Alleluia, alleluia, alleluia! I will now ponder in what ways I can add to my appreciation and care of the earth, water, and air.
- It was a very lovely and needed experience. Really loved the intro to Taizé chanting!
- Loved this Big sit! Projected the beauty of this earth in word and song. Should encourage everyone to take better care of this planet we call home.
- I enjoyed every piece of this experience. The production was well organized. Poetry, singing and meditation interfaced well. I left feeling inspired and motivated to re-examine my piece of the conservation effort as well as my prayer life. I am so grateful to the leaders of this experience. Thank you so very much
- That was fantastic! One of the best I have ever had the privilege to take part in! Thank all of you so much. Peace, and much love.

## Contemplative Outreach Atlanta & Contemplative Outreach Chicago Coming Events

**October 30<sup>th</sup> - At the Edge of Waiting, a one-day Zoom retreat by Carl McColman** has prepared a wonderful one-day retreat merging Celtic spirituality with Centering Prayer. [Sign up here.](#)

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

**December 1-5<sup>th</sup> - Five-Day Intensive Retreat** on Zoom. Fr. Thomas Keating and others will guide us. This fulfills one requirement for presenter commissioning. [Sign up here.](#)

**December 11<sup>th</sup> - 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. Registration details forthcoming.

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

**November 14<sup>th</sup> CO International presents David Frenette “The Dynamic Center of Being: Awakening to Unity through Centering Prayer”** 2 – 4 pm Eastern Time, [Register here](#) .



## On-Line Opportunities

**October 21<sup>st</sup> – 4 – 5:30 pm ET,** Center for Christogenesis presents a Zoom webinar with David Sloan Wilson: “Updating Teilhard de Chardin from a Modern Scientific Perspective” [Register here.](#)

**October 23<sup>rd</sup> – Monastery of the Holy Spirit Zoom Retreats – Br. Mark presents “Loving Ourselves”** 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](http://www.trappist.net).

**October 23<sup>rd</sup> – Mary & Martha’s Place hosts Bobbi Patterson presenting “Embracing Vitality & Flow: Lessons of the Earth,** 10 am – noon ET [Register here](#)

**October 30<sup>th</sup> – Monastery of the Holy Spirit Zoom Retreats – Fr. Francis Michael presents “Conversation with a Monk.”** 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](http://www.trappist.net).

**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>



## Virtual Resources

**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](#).



### 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.](#)



Find 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](http://www.trappist.net).

## 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

**Contemplative Outreach Atlanta**

*is a chapter of*

**Contemplative Outreach Ltd.**

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



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