

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,

Greetings from my hermitage, now day 173. If you look above this greeting, you will notice our mission statement: "We embrace the process of transformation in Christ through the practice of Centering Prayer." Now more than ever is a sacred time for us to put into action our mission. Alan Krema of Contemplative Outreach Chicago has written a beautiful reflection on their website [here](#) how this is vital in this current era of transformation.

Join us on Sunday, September 6th, at 1:00 pm for our quarterly Coordinating Team Meeting. I look forward to collaborating with you to plan and choose directions for Contemplative Outreach Atlanta. Topics on the agenda include our 5-day Centering Prayer Zoom Retreat scheduled October 26-30th and a Zoom Introduction to Centering Prayer Workshop in Advent. Please let me know if you are planning to attend. To join, [click here](#).

Our **annual Contemplative Outreach Atlanta meeting** was held by Zoom on July 19th instead of our usual potluck at Ignatius House following our annual retreat there. We cancelled the retreat this year for safety reasons. At the meeting our team voted unanimously to give \$1000 each to Ignatius House, the Monastery of the Holy Spirit, and Contemplative Outreach Ltd. because of their generous support to us for many years and to help them with their lessening income. They have all responded with tremendous gratefulness. Our annual report is on page 4.

This week! we have remarkable opportunities for inspiring workshops:

Br. Elias Marechal, OCSO, of the Monastery of the Holy Spirit, will be presenting "The Three Faces of Silence: Mindfulness, Grief, Providence" on **Saturday, August 29th at 10 am** by Zoom hosted by Contemplative Outreach Tallahassee. Free, [Zoom link here](#).

Fr. Daniel P. Horan, OFM, the Duns Scotus Chair of Spirituality at Catholic Theological Union in Chicago, will presenting "**Empowered by the Spirit: Sketching Next Steps in Church Renewal, Lay Leadership, and the Rejection of Clericalism**" by Zoom, hosted by The Aquinas Center of Theology at Emory on **Tuesday, September 1, 2020, 7:30-9 PM**. The talk is free. For registration and more information, [click here](#).



Over 250 people from eight countries attended our first ever Zoom Introduction to Centering Prayer Workshop on July 11th. Keith Kristich, Pat Clough, Adam Gordon, and Irene Chang's presence inspired us as if we were in the same room together. For four

consecutive Saturdays we participated in excellent follow up sessions. Many commented it was the best introductory workshop they had ever seen.



Ignatius House has established CDC guideline protocols ([see how here](#)) and opened to half-capacity, offering marvelous retreat opportunities. Hard to choose from, all their fall and winter retreats are wonderful sanctuary experiences, including the 3-8 night customized retreats in November. Check them out [here](#).

The Monastery of the Holy Spirit is offering many splendid Zoom retreat opportunities with the monks, Carl McColman, Martha Gross, and Kathryn Umminger. Each of them are valuable resources. Find them and how to [register here](#).

Contemplative Outreach Chicago collaborated with the International Thomas Merton Society Chicago Chapter to host Judith Valente who presented “**What Would Thomas Merton Say about the ‘New Normal?’**” on Sunday, August 16th. Merton describes well the current crisis, although written 56 years ago: “Many Christians who have confused ‘Americanism’ with ‘Christianity,’ are in fact contributing to the painful contradictions and even injustices of the racial crisis... We are living in a society which misuses Christian clichés to justify its lawlessness and immorality.” *Religion and Race in the United States* by Thomas Merton (1964)

Fr. William Meninger continues to wow us with deep spiritual insights, thanks to Zoom presentations hosted by Tallahassee Contemplative Outreach. They are posted on YouTube now. Find them on our Resources page 3.

Thanks to Rena Cresman who has been leading Transfiguration Centering Prayer group in learning the Welcoming Prayer. A complete list of resources for the Welcoming Prayer is on the Resources page 3.

Please pray for the consolation of our administrator, Mary Jane Yates, whose partner Rod McDonald passed away on August 15th. She is taking compassionate leave and will return in October. We send our love to her and their family.

Please pray for our beloved treasurer Marion Kaple, who is recovering from cancer surgery a few weeks ago. Marion has been a valuable member of our team whose service to us has been a gift of love. We send her loving prayers of healing.

May you and your beloveds be safe and well.

Peace, love, and prayer,

Maggie



On-Line and Virtual Resources and Opportunities

Fr. Carl Arico's talk on the "Fruits of the Holy Spirit": [Part 1](#) and [Part 2](#)

New Zoom Retreats from Monastery of Holy Spirit- [Click 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.

Aug 31 to Sept 25 Cynthia Bourgeault offers a course [here](#) on Thomas Keating's Secret Embrace Book of Poetry- Unitive Theology in Haiku Form

[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](#)"

The Franciscan Center on the Hillsborough River in Tampa offers many opportunities of retreats, conferences on the mystics, and interfaith worship [click here](#).

Gratefulness [video](#) "A Grateful Day" by Br. David Steindl-Rast featured on their [website](#).

Br. Elias Marechal OCSO presented by Zoom "Our Inner Beauty" June 24, 2020, hosted by Tallahassee Contemplative Outreach, now posted on YouTube. [Click here](#) for the recording.

Fr. William Meninger is on YouTube! [click here](#) for *Julian of Norwich*, *Cloud of Unknowing*, *Ox Herder*, *St. Bernard of Clairvaux* and *What Is a Mystic?*

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. [Session 1:](#) [Session 2:](#) [Session 3:](#)
The book, *The Secret Embrace* [You may order it here in our store](#).

Welcoming Prayer Resources:

Description of [Welcoming Prayer](#), Review of human condition with a [link to Welcoming Prayer](#)

The [Welcoming Prayer Practice](#) itself, [Nuances of the Welcoming Prayer](#) practice:

[Welcoming Prayer 4:](#) Fruits of the Welcoming Prayer, with Therese Saulnier

[Welcoming Prayer 5:](#) The Dance between Forgiveness and Welcoming, with Mary Dwyer

[Welcoming Prayer 6:](#) The Squirm Point, with Cherry Haisten

[Welcoming Prayer 7:](#) The Relationship between Welcoming Prayer & Centering Prayer, T. Saulnier

[Welcoming Prayer 8:](#) The Transformative Power of Welcoming Prayer, with Jim McElroy

Find a Centering Prayer Group meeting online [here](#).

Join the online Meditation Chapel at Contemplative Outreach Ltd [here](#).
Several times available



Annual Report - July 21, 2019 – July 19, 2020

Activities	As of July 2019	As of July 2020
# of Contacts	584	1198 GoogleGroup members
Websites	1	1
Newsletters	10	11
# of Centering Prayer Groups	26	38 groups/24 virtual
Introduction to Centering Prayer Workshops	12/8/18 St Thomas More 1/13/19 Ignatius House 3/2/19 High Point Episcopal 3/9/19 St Thomas Aquinas 5/22/19 Ignatius House 6/8/19 St Andrew's Episcopal	10/12/19 Transfiguration 10/19/19 St Julian's 11/16/19 St Anthony of Padua 12/7/19 Christ Church Episcopal 1/4/20 Grant Park Meditation Center 2/15/20 Sts. Mary&Martha of Bethany 3/1/20 Ignatius House 3 cancelled: Woodstock Community Church Chestnut Ridge Christian Church Cherry Log Christian Church 7/11/20 CO Ltd Zoom
# of attendees at Intro Workshops	141	92/250
Retreats	Monastery of the Holy Spirit Oct 24-28, 2018 Ignatius House July 19-21, 2019	Cancelled July 17-19/20 Ignatius House Zoom 5-Day Retreat Oct 26-30, 2020 TBD Monastery HS May 12-16/21 TBD Ignatius House Nov 7-12/21
Speakers/ Workshops	2/16/19 Marie Howard April 6&7, 2019 Martin Laird cosponsored with Lay Cistercians	See newsletter for several Zoom conferences.
Presenters Formed to be Commissioned Presenters of Intro Workshops	Aug 16-20, 2018 Laura Wittke, Maggie Winfrey Feb to Mar 2019 Ken Hatcher, Marion Kaple, Carl McColman	1 being formed now virtually
Mornings of Reflection	3/16/19-United in Prayer Day at Holy Family 3/30/19 Lenten Morning of Silence at St. Aidan's	Cancelled Mar 21, 2020 United in Prayer Day At St. Aidan's

Calendar of Events

We will continue to suspend physical gatherings indefinitely. Details will be developed as we receive more information.

Centering Prayer groups will be only meeting virtually. Find a group [here](#).

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

Sundays – 1-3 pm Sept 6, Dec 6. Zoom invitation: [Click Here](#)

Everyone is a member of our Coordinating Team. Your gifts of service spread and support transformation of our community through Centering Prayer.

Plan to join us for our first 5-Day Zoom Retreat:.

❖ October 26 to Oct 30, 2020 - 5 Day Zoom Retreat For details & to register, [email Maggie](#)

We plan to present an **Introduction to Centering Prayer Workshop on Zoom** starting in Advent. Information coming soon on our website.

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

Silence Solitude Solidarity Service

Listen to the long stillness: New life is stirring. New dreams are on the wing. New hopes are being readied: Humankind is fashioning a new heart. Humankind is forging a new mind. God is at work. This is the season of Promise. Howard Thurman



Contemplative Outreach

Contemplative Outreach

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