



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,



Transfiguration

We presented Introduction to Centering Prayer Workshops at Transfiguration Church on October 12th and at St. Julian's Church in Douglasville on October 19th. Participants from all over metro Atlanta enthusiastically participated.



St. Julian's

Lerita Coleman Brown generously illuminated the extensive work of contemplative Howard Thurman at a day of reflection at St. Philip's Cathedral on October 26th. Her research into Thurman's body of work has uncovered for us its essential significance in contemplative writings. *Jesus and the Disinherited* and *Meditations from the Heart* are particular jewels of contemplative inspiration.

On November 2nd Barbara Hotz led a special Dia de los Muertos Day of Reflection at Rev. Cynthia Hizer's farm Hazelbrand. Singing chants and sitting in meditation welcomed a restorative spirit of perception. We participants built altars to remember to our loved ones. As we shared stories, we experienced meaningful healing and closure. One commented, "This was powerful event, so glad I attended."

Last week 18 of us plunged deeply into Centering Prayer at our 5-Day Intensive/Post-Intensive Retreat at the Monastery of the Holy Spirit. One person remarked "Wonderful experience! Thank you for so lovingly leading it and for all the love you poured into it and everyone here.+"

Our friend Rev. Stuart Higginbotham shared this perceptive article on the need for public contemplation: <https://www.ncronline.org/news/opinion/spirituality/decolonizing-faith-and-society/our-societal-dark-night-contemplation-roots> Let's spread contemplation to everyone!

Make plans to attend a book signing event by three of our community contemplative authors--Lerita Coleman Brown, Stuart Higginbotham, and Carl McColman--at Mary & Martha's Place at St. Dunstan's Episcopal, 4393 Garmon Road NW, Atlanta GA 30327 at 4 to 5:00 PM on Sunday, January 12th.

You may have noticed our new logo. Thanks to Trish Johnston's graphic artistry, she has lovingly redesigned our logo to be more in line with the new one our International Contemplative Outreach Ltd. has created. Enjoy the new look that incorporates the genuine alpha and a new color scheme.

Check out the upcoming Introduction to Centering Prayer Workshops listed on page 2.

Blessings of peace, love, and prayer,

Maggie



Calendar of Events - Register under "Upcoming Events" at <http://www.contemplativeoutreachatlanta.com>

Please spread the word to your friends and group members to join us.

We would greatly appreciate if you can help us out at one or more of them. Let me know if you can.

Retreats

- ❖ **July 17 to 19, 2020** - Ignatius House – to register, go to **Programs, then Calendar** at <https://ignatiushouse.org>
- ❖ **October 28 to Nov 1, 2020** - Monastery of the Holy Spirit - call Patti at (770) 760-0959

Introduction to Centering Prayer Workshops –

- ❖ **Saturday November 16, 2019** – 9 am to 3 pm at St Anthony of Padua Church in Atlanta
- ❖ **Saturday December 7, 2019** – 9 am to 3 pm at Christ Church Episcopal in Norcross
- ❖ **Saturday January 4, 2020** – 9 am to 3 pm at Grant Park Meditation Center in Atlanta
- ❖ **Sunday Mar 1, 2020** -9-4 Ignatius House Intro to CP workshop – to register, go to **Programs, then Calendar** at <https://ignatiushouse.org>
- ❖ **Saturday May 30, 2020** – 9 am to 3 pm at Cherry Log Christian Church in Cherry Log, GA

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

Silence Solitude Solidarity Service

"Little by little we enter into prayer without any other intention except to consent. Consent becomes surrender. And surrender becomes total receptivity, as this process evolves. And total receptivity is effortless. It has nothing to do with attaining something, or getting anything, or the desire for enlightenment, peace or spiritual experience. Such desires are still ego, however devoutly masked. So no thinking, no reflecting, no expectations, no words." Thomas Keating, Heartfulness

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