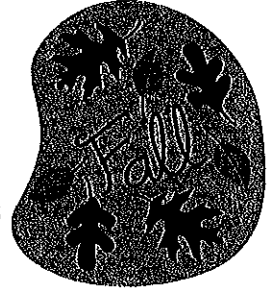


Newsletter

Fall 2007

Dear Community.

Since our last newsletter, much has happened. Through the blessings of the Holy Spirit working through the prayer, our Arizona contemplative community is taking deeper root. Prescott, Cottonwood and Sedona have flourishing communities, and prayer groups are rooted and growing in Tucson, Tubac and Sierra Vista. In Prescott, a new chapter is forming with Robert Johnson as its coordinator, known as Contemplative Outreach of Prescott. Next May, the northern Arizona folks will host the second Spring Retreat at the Chapel Rock Episcopal Retreat Center. In Sedona, Rusty Swavely will serve as Contact Person for activities in that area. It is exciting to know that we can travel to these areas and participate in their groups and activities.



Other wonderful news: we are in negotiations for a new home at Central United Methodist Church in downtown Phoenix. They would provide space for core meetings, retreat days and for the storage of books and materials. In return, we would provide some furnishings that would suit our current needs and eventually belong to Central UMC. Details of the arrangement are still being worked out, but core meetings have already been held there. The location on Central Avenue and Palm Lane, and the welcome that has been extended by the church staff, represent an opportunity for us to be of service to people who work, live or worship near downtown Phoenix. The church campus, just north of the Phoenix Art Museum, has some lovely features and spaces for prayer. Plans have been made for an Introductory Workshop there September 15th, and for monthly core meetings on the fourth Tuesday of each month from 7-9 p.m. Please join us to experience for yourself the serene and sacred feeling of this historical church.

We are still seeking our new coordinator (or co-coordinators). Phil Leonard has offered to serve as a possible co-coordinator, and Rick and Kathy Kramer-Howe have agreed to serve as Contact Persons until coordinator roles become clarified. Meantime, the roles of meeting leader, secretary and Introductory Day Committee Head are taken in turn by the folks who attend the core meetings. Will you prayerfully consider whether you can take on some leadership role? Please consider whether you can attend a core meeting and participate in the activities of teaching and promoting this life-giving prayer. Please contact Jeannie Lashinske with any of your thoughts at 480-423-1545.

Together in seeking the heart and mind of Christ . . .
Contemplative Outreach of Phoenix is a volunteer network of Christians of all denominations, which teaches and supports the practice of Centering Prayer, as taught by Fr. Thomas Keating. We are part of an international network organized to support and create community for people who are called to this form of prayer.



Fr. Thomas has written articles and books that deal with contemplative prayer, especially Centering Prayer. He has presented the Centering Prayer method and its related mystical theology to gatherings of non-Christians, Protestants, and Roman Catholics worldwide. He has also taken this ministry to seminarians, priests, lay people, and prisoners.

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What We Do...

The Phoenix chapter shares the mission of Contemplative Outreach, Ltd. From time to time it is helpful to reflect on the international organization's Vision Statement. Recently the core community has started listening to this statement utilizing the Lectio Divina method. We invite you to do the same.

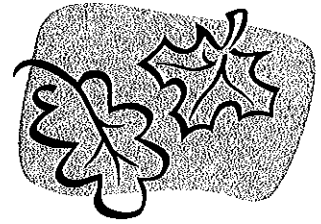
Vision Statement

Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel in everyday life through the practice of Centering Prayer. The contemplative dimension of the Gospel manifests itself in an ever-deepening union with the living Christ and the practical caring for others that flows from that relationship.

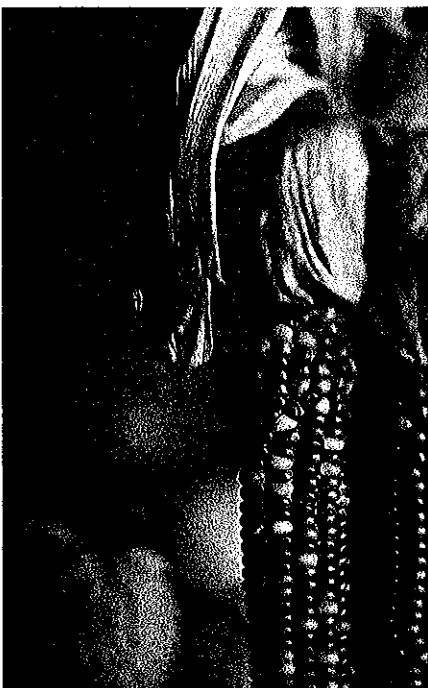
Our purpose is to share the method of Centering Prayer and its immediate conceptual background. We also encourage the practice of Lectio Divina, particularly its movement into Contemplative Prayer, which a regular and established practice of Centering Prayer facilitates.

We identify with the Christian Contemplative Heritage. While we are formed by our respective denominations, we are united in our common search for God and the experience of the living Christ through Centering Prayer. We affirm our solidarity with the contemplative dimension of other religions and sacred traditions, with the needs and rights of the whole human family, and with all creation.

As with most aspects of the spiritual journey, the mission is carried out by doing small things. As there are no "major events" introduced in this newsletter, we thought we should look at some of the ongoing activities of the Phoenix chapter.



"Our purpose is to share the method of Centering Prayer and its immediate conceptual background."



A Precious Resource

We are so blessed here in the Valley to have the contemplative community of St. Barnabas on the Desert Episcopal Church in Paradise Valley. The rector, Jim Clark, is a former faculty member of Contemplative Outreach International. He has spent several years cultivating contemplative practices in his congregation, including quiet reflection, regular lectio divina groups (The Art of Engaging Holy Scripture), Centering Prayer workshops and monthly Quiet Days.

The Quiet Days are usually on the second Saturday of each month in the sanctuary from 9:30 a.m. to 1 p.m. They consist of a 20 minute devotional talk by Jim Clark; 20 minutes for quiet walking, journaling or reflection; and 20 minutes of Centering Prayer. There are three cycles ending with Holy Eucharist. The experience enriches and enlarges our Centering Prayer practice and the lay contemplative life that we seek. It provides a cultural experience radically different from our mainstream culture, one that supports the True Self, furthering the process of internalizing the values Christ taught and modeled.

St. Barnabas on the Desert is located at 6715 N. Mockingbird Lane, Paradise Valley 85253 (North of Lincoln Drive on Mockingbird/68th Street), 480-948-5560.

Give yourself the gift of participating. You'll wonder why you waited so long!

Introductory Programs

Fall 2007

“Discovering The Well Of Silence Through Centering Prayer” *Six Sessions of The Artist Studio at The Farm*

Sunday, November 4th, 2:00—6:00 p.m.

Thursdays: November 8, 15, and 29; December 6 and 13
10:00—11:30 a.m.

REGISTRATION: 602-268-5905, extension 9 (9:00 a.m.—3:00 p.m.)

DIRECTIONS: The Farm is located at 6106 South 32nd Street. For easy access, use the rear gate at The Farm off 30th Street —small sign for left-hand turn. The Artist Studio is located in the far northwest corner of The Farm.

- Part of the “Art and Soul Series”

Continually revisiting the source of our practice is a core process in the spiritual journey. Consider attending an Introductory Program even if you have been doing Centering Prayer for some time. Cultivate your “beginner’s mind.” Your presence will also enrich the experience for those just starting out. Please feel welcome!



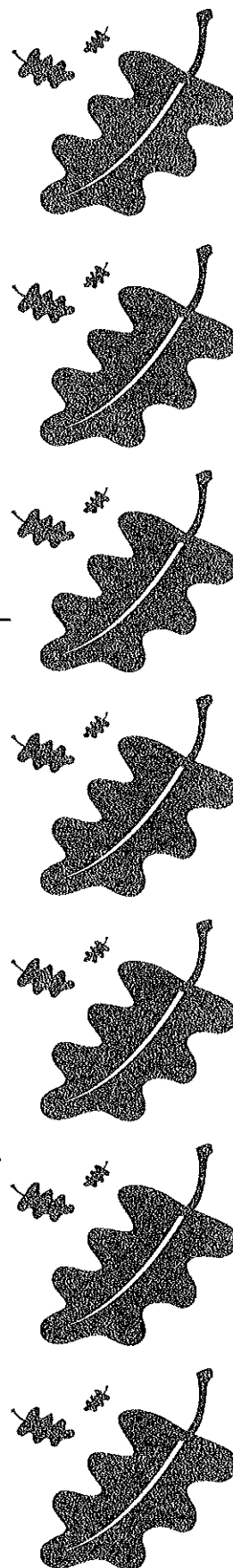
St. Bridget Catholic Church
2213 N. Lindsey Road
Mesa, Arizona
(Prayer Chapel)
9:00 a.m.—1:00 p.m.
Saturday, October 6, 2007

Each program will be presented by members of Contemplative Outreach of Phoenix. The goal of the program is to provide participants with the tools for Centering Prayer and to encourage a daily practice. There will be opportunities to experience Centering Prayer. The additional six sessions will be held on site at dates and times to be announced.

The registration fee is \$20. Please contact Sister M. Rachel Torrez at 602-889-5180 to register.

We encourage someone who would like to introduce Centering Prayer to his/her church community or a small prayer community, to invite us to present our Introductory Day. If you are interested in hosting an Introductory Day or would like to explore scheduling an Introductory Day, please contact Phil Leonard at (480) 966-7558 or email: p.leonard@asu.edu or Sister Rachel Torrez at (602) 889-5180 or email: rtorrez@cox.net.

Requests: If you have news from your local group, please let us know. If you have discovered a book or other resource that you think should be shared with others on the journey, pass that information along. Better yet, contact us to submit a review for the community to share. Contact Phil Leonard at (480) 966-7558 or email: p.leonard@asu.edu.

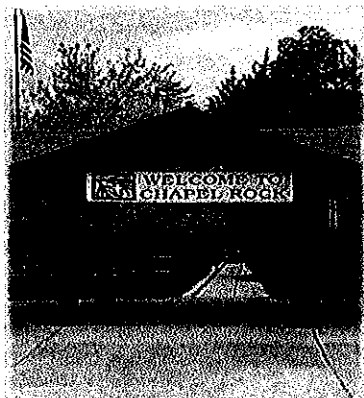


Spring 2008 Prayer Retreat

Contemplative Prayer Retreat in Prescott

(for those who have been practicing Centering Prayer for months or more)

Co-Sponsored by Contemplative Outreach groups in Arizona



Spring 2008

Chapel AZ Church Conference Center

Monday, May 12th (after lunch) through

Friday, May 16th (after breakfast)

Welcoming PATRICIA JOHNSON

From Contemplative Outreach Ltd.

Patricia began meditating after meeting Father Keating in 1982.

She moved to Snowmass and serves 12-16 retreats per year while maintaining a marriage

And a life full of children and grandchildren. Her personal practice is 3 hours per day.

Cost: \$290.00 double occupancy; Four nights, 11 meals

(regular menus with generous veggies);

\$20.00 extra per night for single

\$50.00 deposit, non-refundable after April 12, 2008

Save the date! Reserve early—limited space available!

Contact: **Rusty Swavely @ 928-282-2080**

Please reserve space for me at the 2008 Contemplative Retreat in Prescott

Name _____

Circle choice:

Address _____

Double or Single

City/State/Zip _____

Please note special needs below:

Phone _____

Email _____

Intensive Retreats

Fall 2007

Santa Rita Abbey in Sonoita, AZ

For those interested in participating in an extended silent Centering Prayer retreat, Contemplative Outreach of Phoenix will offer two intensive retreats in 2008, a regular intensive and a post intensive. Each retreat will take place at Santa Rita Abbey (Trappistine community) in Sonoita, AZ.

An **Intensive Retreat** is open to anyone who has a Centering Prayer practice of at least six months. The retreat consists of extended Centering Prayer, Lectio Divina, free time and watching Fr. Thomas Keating's videos on the Spiritual Journey. Silence will prevail during the day with talking during the evening meal.

Intensive Retreat Dates: January 11–19, 2008

A **Post Intensive Retreat** is open to those who have already made an Intensive Retreat. There are several period of Centering Prayer, totally 4 hours a day. It is to be done in silence.

Post Intensive Retreat Dates: February 28–March 8, 2008

At each retreat, those who would like can participate with the Trappistine community at the daily Eucharist and the Divine Hours of Lauds and Vespers.

Retreats will be vegetarian.

There will be team members available for private meetings.

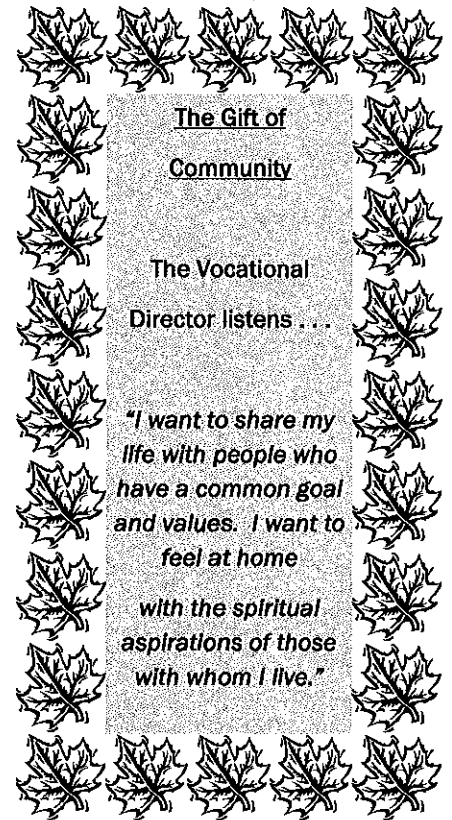
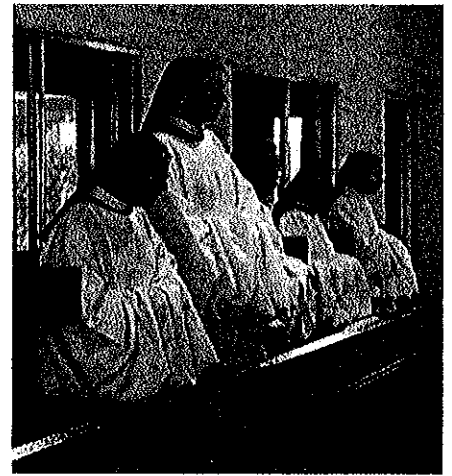
Cost is \$400.00 with a \$100.00 non-refundable deposit due at time of registration. There are seven retreat rooms. One room can accommodate two people. If two people would like to share a room, please make that known at time of registration. That cost is \$325.00 each for this room.

Registrations will be honored on a first come, first served basis; the deposit check must be received to complete your registration.

Registrations can be made after September 1st by sending in your name and check to:

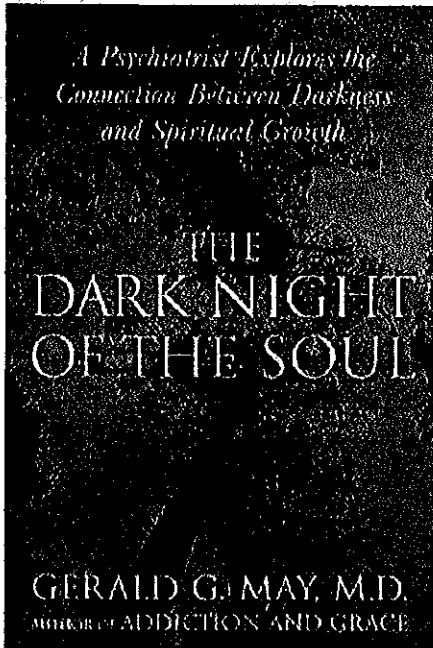
Jeannie Lashinske
5728 E. Orange Blossom Lane
Phoenix, AZ 85018
480-423-1645

Questions? Please email Mary Leonard at marywleonard@hotmail.com or call after October 22nd at 480-966-7558.



"The rustic fountain that runs in the Retreat House courtyard symbolizes the refreshment of a few days at the Abbey. Christians, Catholic, Orthodox, and Protestant, come to our silence seeking God, but also those of other faiths or seekers of they know not what."

The Dark Night of The Soul



For John and Teresa, the dark night, all of life, is nothing other than the story of a love affair; a romance between God and the human soul that liberates us to love one another. Teresa and John are well known in the Western world as great mystical authors. John's poetry is romantic, erotic, and full of sensual imagery. It is impossible for anyone to adequately express the deep movements of love within the spiritual life. It cannot be done in words, by art, or by any way other than the love with which one lives one's life.

When Teresa and John speak of the soul, they are not talking about something, a person has, but who a person most deeply is; for them the soul is not a separate part of aspect of a person, but rather what you see when you look at a person with spiritual eyes. Everyone always has been and always will be in union with God. They see authentic transformation as leading to freedom for desire. For them the essence of all human desire is love.



Gerald G. May, M.D. (1940-2005), practiced medicine and psychiatry for twenty-five years before becoming a senior fellow in contemplative theology and psychology at the Shalem Institute for Spiritual Formation in Bethesda, Maryland. He was the author of many books and articles blending spirituality and psychology, including *Addiction and Grace*, *Care of Mind/Care of Spirit*, *Will and Spirit*, and *The Dark Night of the Soul*.

John divides the dark night of the soul into two basic parts: the dark night of the sense and the dark night of the spirit. During the dark night of the sense, the soul finds freedom from its attachments to particular sensory gratifications, while the dark night of the spirit releases attachments to rigid beliefs and ways of thinking. Prayer is never really separate from the rest of life, so the passive night of the senses brings a similar change in one's spiritual activities. Prayer that used to be full of consolation and peace may now seem empty and dry. The dark night of the soul is not an event one passes through and gets beyond, but rather a deep ongoing process that characterizes our spiritual life. In this sense, the dark night is a person's hidden life with God. The night is not just the activity of God; it is God. It is an inflow of God into the soul.

John speaks of contemplation itself as being "dark." One does not know, in the usual sense, what one is experiencing. The experience—if it even is an experience—is beyond all words and comprehension.

The prayer journey is seldom if every completely easy. Teresa and John both say the God deals with each soul with "esteeming love," addressing each of us with profound respect for who we are and what we need and can bear. And though the process of this journey cannot be rigidly categorized into stepwise stages, it is a process, and it is always going somewhere.



**Excerpts from The Dark Night of The Soul by Gerald May M.D.,
compiled by Sister M. Rachel Torrez, RSM**

12 Step Recovery Conference

For the very first time, Alcoholics Anonymous is collaborating with Contemplative Outreach Ltd. and the Center for Action and Contemplation to offer an Eleventh Step Retreat.

Please share this information with those in 12 step recovery who might be interested. . .
Here are the advance details . . .

Fr. Thomas Keating and Fr. Richard Rohr

June 27–29, 2008

Where: Albuquerque Hotel, Old Town, Albuquerque, NM

Title: The Inner Room of Recovery

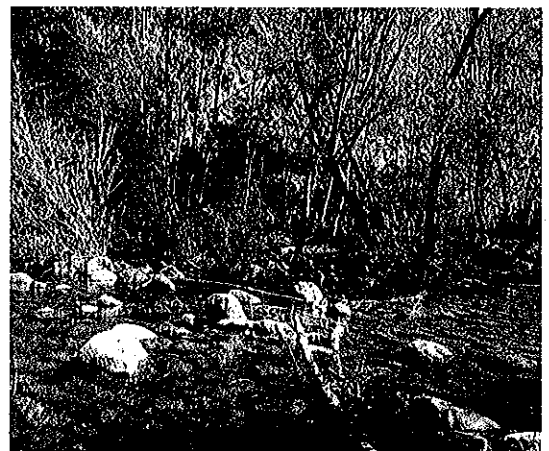
Centering prayer is a method that has helped many of us in 12 step recovery to deepen our 11th step practice. When we stop our addiction, we still have adolescent urges regarding excessive needs for power, control, esteem, affection, approval, and security that cause us pain. The focus of this conference will be to offer instruction to improve our conscious contact through a daily practice of prayer and meditation, and to form communities to support us in this practice.

Our intention for this unique event is to gather those who are active in a 12 step program. If you are in a 12 step program or know of someone who is and might be interested in attending this event, send your name, address, email and phone number to either :
the contemplative outreach website: www.contemplativeoutreach.org
or to Dave D. ddierig@cox.net

A Review . . .

12-Step Spring 2007 Retreat in Cornville, Arizona

Fr. Bill Sheehan led a weekend retreat for 12 step recovery people at the Living Waters Retreat Center on May 11–13, 2007. The retreat center is on Sedona Creek just outside of town in a beautiful setting and with a great facility. The retreat was to deepen the 11th step experience of prayer and medication through the practice of centering prayer. The four introductory workshops for Centering Prayer were presented. There were some who attended with no experience in Centering Prayer, those with an established practice, along with those in between. Fr. Sheehan gave two teaching sessions on the Welcoming Prayer, which is very closely related to many of our steps. He spent much of the time focusing on the dismantling of our “false self system” or, as he called it, the “home made self” or “external self” that we present to the world to impress others.



Centering Prayer Small Groups

GLENDALE

Thursday (2nd & 4th) 11:00 AM
St. Louis the King Catholic Church
4331 W. Maryland Ave, Glendale
In the Chapel. One sit with
a meditative walk, followed by Lectio Divina
Contact Person: Anne Jacobson
(623) 934-7736

MESA

Wednesday 1st and 3rd 7:00 PM
1701 E. Jarvis, Mesa
Contact Person: Mary Ann Yates
(480) 962-9817

PARADISE VALLEY

Monday and Thursday 7:45-8:30 AM
Franciscan Renewal Center
5802 E. Lincoln Drive, Paradise Valley
Contact Person: Sharon Taszarek
(480) 998-2644

Sunday 8:15-9:15 AM

Paradise Valley United Methodist Church
4455 E. Lincoln Drive, Paradise Valley
Contact Person: Kathy Kramer-Howe
(602) 955-6057

Monday 7:00-8:30 PM and

Saturday 9:00-10:30 AM
Saint Barnabas on the Desert
6715 N. Mockingbird Lane, Paradise Valley
Contact Person: Ethel Sickert
(480) 657-7639

Thursday (weekly) 11:30-12:30 PM

Christ Church of the Ascension (Ascension Chapel)
4015 E. Lincoln Drive
Contact Person: Beth Weicht, (602) 870-5133

PHOENIX

Tuesday (2nd of every month) 5:30-7:30 PM
Includes simple meal, drop-in format with
prayer on the half hour, meal at 6:00 PM
Bill Bailey's Home, 8143 N. Royal Palm Circle
(North & East of 12th St. & Northern)

Directions:

From 12th Street and Northern, go one block north on 12th Street. Turn right (east) on to Harmont for one block. Turn left into "Harmont Gardens" onto 12th Place. Follow 12th Place one block where it will wrap back on itself to the left becoming Royal Palm Circle. We are at 8143 North Royal Palm Circle. If you go too far, you will just circle back to 12th Place.

Contact Persons:

Bill at (602) 861-2831 / william.bailey4@att.net;
Patti at pat14j@yahoo.com, or
Elizabeth at (602) 996-0184 / emarietti@cox.net

Wednesday 9:30-10:45 AM

St. Theresa Church - 5045 E. Thomas Road, Phoenix
Contact Person: Jeannie Lashinske, (480) 423-1645

Thursday 1st and 3rd 7:00-9:00 PM

8202 N. 18th Street, Phoenix
Contact Person: Mary Jo Orkild, (602) 956-6107

Thursday 1st and 3rd 6:45-8:30 PM

3537 W. Shangri La, Phoenix
Contact Person: Fran Self, (602) 978-3039

PRESCOTT

Monday - 9:00-10:30 AM

Sacred Heart Church
Contact Person: Robert Johnson
(928) 717-2441

Monday 7:00-8:30 PM

At the home of Justine Mendenhall
526 Quail Hollow Drive, Prescott
(928) 778-7727

RIO VERDE

Saturdays 9:00-10:00 AM

Chapel at St. Dominic Catholic Mission, Rio Verde
Contact Person: Jan Ruggles
(480) 471-2192

SCOTTSDALE

Monday 1:00 PM

Our Lady of Perpetual Help Church
7655 E. Main Street, Scottsdale
Contact Person: Carol Nickel
(480) 994-1044

Centering Prayer Small Groups *(continued)*

Fall 2007

SEDONA

Monday 2nd and 4th 4:00-6:00 PM

Saint Andrew's Episcopal Church, Sedona
Contact Person: Rev. Jeanne Grant
(928) 639-0118

Wednesday, 1st and 3rd 9:00-10:30 AM

St. John Vianney Catholic Church, Sedona
Contact Person: Margaret Swavely
(928) 282-2080

Thursday (2nd & 4th) 6:00-7:30 PM

Contact Person: Margaret Swavely for location
(928) 282-2080

SIERRA VISTA

Wednesdays, 7:00--8:30 PM

Our Lady of the Mountain Church
1425 Yaqui Street, Sierra Vista
Contact Person: Robert Henning
(520) 459-2525

SUN CITY

Monday 7:00-8:30 PM

10003 W. Pleasant Valley Road, Sun City
Contact Person: Merl Parker
(623) 875-0000

TEMPE

Sundays, 2:00 PM

The Newman Center at ASU
230 E. University, Tempe
Contact Person: Michael Lieske
(602) 625-3616

Thursdays 1st and 3rd 6:30 PM

The Newman Center at ASU
230 E. University, Tempe
The Lesbian & Gay Fellowship
Contact Person: Michael Voda
(602) 954-1147

Wednesday - (Every Other) 7:00-8:30 PM

11th Step Centering Prayer Group
1214 South Maple, Tempe
Contact Person: David Dierig
(480) 966-5955

TUBAC

Saturdays, 9:30--10:30 AM

In private homes
Contact Person: Barbara W. Gray
(520) 825-9877 or (520) 241-5030 (cell)
Pixie Geren (520) 398-9622
pixiegeren@hotmail.com

TUCSON

Mondays, 7:30 PM (Evening Vespers at 7PM)

Benedictine Monastery
800 N. Country Club Rd., Tucson
Contact Person: Sr. Anita
(520)325-6401

Thursdays, 7:00 - 8:30 PM

St. Phillip's in the Hills Episcopal Church
NE Corner of River & Campbell, Tucson
Contact Person: Shirley Linder
(520)579-0298

Tuesdays, 9:00 - 12:00 PM

St. Francis de Sales
1375 S. Camino Seco, Tucson
Contact Person: Marie Martin
(520) 722-6712 or (520) 241-5030 Cell

* PLEASE CALL THE CONTACT PERSON BEFORE FIRST
ATTENDING A GROUP *

SPIRITUAL DIRECTION

There are times in our lives when we search and ask questions about where God is in our daily life. Sometimes we do not know how to begin this search, or how to answer the question. A spiritual Director might help open that question and companion one along the way. Spiritual Directors are viewed as companions who walk the journey with an individual and direct them to find God in their lives more fully and to hopefully see more clearly where God is leading them. The journey of prayer is one toward God who has already found us but we may still be seeking God. This journey requires commitment.

I am available for spiritual direction for a limited number of people. There is no cost involved. If you are interested call me at 602 889-5180. Sister M. Rachel Torrez R.S.M.

Save the Date



Saturday, December 8, 2007

9:30 a.m. - 4:00 p.m.

***Second Saturday Gathering Day for
Contemplative Outreach of Arizona***

St. Barnabas on the Desert, 6715 N. Mockingbird Lane, Paradise Valley.

Join the contemplative community of this church for a morning program of reflection and Centering Prayer, followed by potluck lunch and state-wide sharing. We will seek vision and find understanding and broader community.

Please call or email Jeannie Lashinske to indicate your interest in attending:

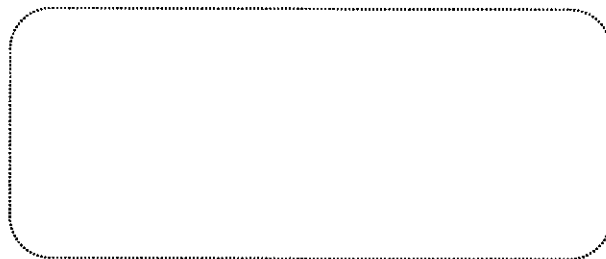
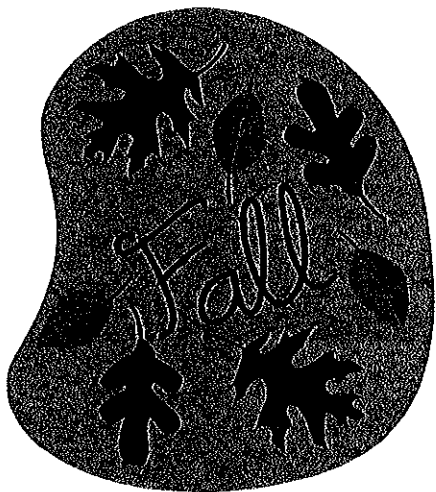
480-423-1645

Lashinske@cox.net



Contemplative Outreach, LTD.
2622 E. Del Rio Dr.
Tempe, Arizona 85282-4136

* Return Receipt Requested *



www.contemplativeoutreach-phoenix.org