



Newsletter

Spring 2007

Dear Community.

In our Fall newsletter, Contemplative Outreach Coordinator Therese Wagner ended the opening letter with these words: "We look forward to transformation through transition as the Spirit leads us through the Dark Night into deeper relationship with God and the community."

And thus, it has been. In early autumn Therese Wagner resigned her position as coordinator after giving three wonderful years in leadership. When Fr. Thomas Keating was coming to Phoenix, she graciously agreed to stay at the helm for a third year. These past three years were so richly blessed and the community grew in service and in vision. Many thanks, Therese.

With Therese's departure the core community has banded together to search for new direction. We are in need of a new coordinator as well as a new space. The core has met and prayed, talked and prayed. A new group has formed to explore what might be next and to brainstorm together with other community leaders in the state.

Part of our conversation is a quote we received from Robert Johnson, the new prayer group leader at Sacred Heart in Prescott. Robert pointed out that Gerald May in his book The Dark Night of the Soul reflects that perhaps whole groups can go through the dark night. May uses the three criteria of John of the Cross for determining whether it is the dark night: 1) drying up of gratification and the powerlessness to do anything about it, 2) lack of deep down motivation to go back to the old ways, and 3) a heartfelt desire to remain in loving awareness of God in interior peace and stillness. May considers that "maybe some - perhaps many - of the troubles we experience collectively are really manifestations of a communal dark night of the soul. If so, then some of the turmoil we experience in ... organizations or cultures might not be due to something gone terribly wrong. It might be a sign of something exquisitely right, of divine action carrying us darkly through spaces where we would not and could not go on our own, towards a place of greater freedom and love."

In this spirit of listening to God and trusting in faith, a group representing Prescott, Tucson, Sedona and Phoenix communities met on February 10 in Phoenix for a day of 'Listening to the Source.' Marie Howard, our Regional Chapter Service Representative from California joined us to offer direction and encouragement. We prayed together and shared ideas about the needs and gifts of each area. Please join in prayer with us as these meetings continue. Look for more news in the Fall Newsletter.

As we pray, listen and wait for the Lord, we ask that each of you search your heart to find the ways that God is asking you to serve Contemplative Outreach. We are in need of a coordinator, and we long for a place to call our own for meetings, for prayer and for storage. Maybe you have access to space on your own property, or in your church or at a store front. Ideally we would like to find a place centrally located in the valley, but we are open to possibilities in other locations. We believe that in asking, we shall receive.

We encourage you, in whatever way you feel called to serve, to keep the group in your prayer, to consider becoming part of the core community, to consult the web site regularly, and to give us your input about our needs regarding a coordinator and meeting space. To provide your input, contact Jeannie Lashinske, (480) 423-1645, or email: lashinske@cox.net

We leave you with the following words from Mother Teresa:

The fruit of Silence is Prayer.
 The fruit of Prayer is Faith.
 The fruit of Faith is Love.
 The fruit of Love is Service.
 The fruit of Service is Peace.

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Contemplative Outreach of Phoenix is a volunteer network of all Christian 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.



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

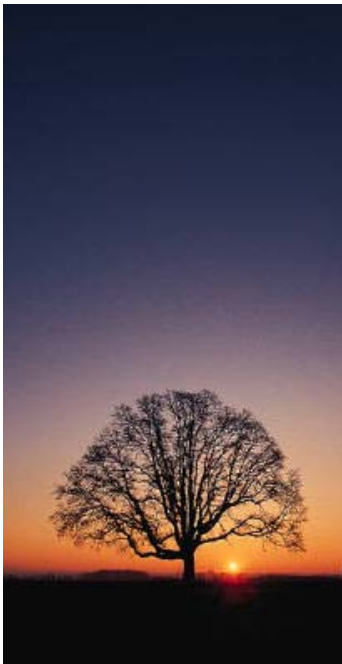
Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel in everyday life through the practice of Centering Prayer. The contemplative dimension of the Gospel manifests itself in an ever-deepening union with 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."



Resources

Silence, Soup and Bread: A Monthly Mini-Retreat

Also known as Second Tuesday, this evening welcomes prayers who need some monthly refreshment both spiritually and physically!

Where: Bill Bailey's Home, 8143 N. Royal Palm Circle, Phoenix
(north and east of 12th Street and Northern)

Time: 5:30 - 7:30 PM

What: There is prayer at 5:30, soup supper at 6:00; a reading and discussion at 6:30 followed by a second prayer period. For more information, please call or e-mail:

Bill at (602) 861-2831 / william.bailey4@att.net

Patti at pat14j@yahoo.com

Elizabeth at (602) 996-0184 / emarietti@cox.net

Silent Saturday

Where: Saint Barnabas on the Desert, 6715 N. Mockingbird Lane, Paradise Valley

When: Every 2nd Saturday of the month

Time: 9:30am - 1:00pm

What: Here is another opportunity for monthly renewal through silence, Centering Prayer and with Holy Communion. Fr. Jim Clark leads the day with a prayerful and timely theme. All are welcome and encouraged to take this day for renewal and refreshment in a beautiful setting.

Introductory Days

The primary way Contemplative Outreach shares Centering Prayer is the presentation of an Introductory Day. This workshop is presented by several members of the Phoenix community who have been trained to teach the prayer. The workshop is the first of seven sessions. Following the Introductory Day, there will be six follow-up sessions. A follow-up event consists of a prayer period, a 20-minute Fr. Thomas Keating video and discussion. The location of the follow-up will be determined by the group gathered.

The Introductory Day runs between four to six hours with four presentations and two prayer periods. There is time during the process for questions and discussion.

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, 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.

We have found that the best advertising for Centering Prayer comes from a personal invitation. We encourage you to invite others and make the connections for an Introductory Day.

Recent Introductory Days:

- Sedona: Saint John Vianney in January. A small community is gathering to complete the videos 2-7 in February and March. The regular Centering Prayer group meets on 1st and 3rd Wednesday at 9:00 AM. If you know someone who is interested in learning about Centering Prayer or wants to join an already existing group, please call: Rusty at 928 282 2080 or email: mbswavely@npgcable.com
- Phoenix: October: Christ Church of the Ascension on Lincoln Drive. A new community has formed. They have completed the videos series 2-7 and are now meeting regularly on Thursday mornings Open Mind, Open Heart 11:30-12:30. Contact Person is Beth Weicht at 602 870 5133.
- Phoenix: February: Eight people gathered at Saint Joseph's Hospital Chapel for the first session of introduction. Since people were from different directions in the valley, little groups will be meeting at various times to explore the next 6 introductory sessions. And then people will be integrated into already existing groups geographically suitable.

If you would like to explore scheduling an Introductory Day, please contact Phil Leonard at 480 966 7558, email: p.leonard@asu.edu or Sr. Rachel Torrez at 602 889 5180 or at 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.

Enter Into Silence

CENTERING PRAYER IN THE GARDEN Centering Prayer in the Garden will be held at the "THE ARTIST'S STUDIO" at THE FARM, 6106 South 32nd Street, Phoenix. (For easy access to "The Studio" use the rear gate at The Farm off 30th Street)

WHEN: Wednesdays: FEBRUARY 28TH - APRIL 4TH from 12 NOON -1:00 PM

This will be a 6 week session of Centering Prayer open to beginners as well as seasoned prayers in the lovely setting of The Farm. There will be time for discussion as well as prayer practice with two prayer sessions separated by a contemplative walk. For more information: Mary Leonard at 480 966 7558 / marywleonard@hotmail.com

*We are happy to
announce that
Dave Dierig is
serving
Contemplative
Outreach, Ltd. as
co-chair of the
12-Step Outreach
group.*

*The mission of
this
group is to carry
the message of
Centering Prayer
as an 11th Step
practice.*

*We are grateful
for Dave's energy
and generosity in
furthering this
work.*

SOCS

Intensive Retreat Reflections

First some thoughts of gratitude from an anonymous man who feels richly blessed by lots of women on an Intensive Retreat at Santa Rita Abbey in January 2007.

My experience of the "homeliness" of God's love (thanks to Juliana of Norwich for the expression) was lived out on the Intensive Retreat at Santa Rita Abbey in January. The team, Pat, Anne and Mary, six other contemplative Arizona women on retreat and the ten Cistercian nuns in the community helped to make the "homeliness of God" real to me.

The journey on the retreat was the family journey of all human-kind... learning how love... God's perfect love, living inside each one of us... can heal and make right all of our hurts and wonders of a lifetime of mistakes.

I began to be freed from guilt and shame, blaming and inferior theology as I was saturated in God's love and presence in me and those around me.

Thank you, Thomas Keating, for your dynamic teaching videos and thank you Contemplative Outreach leaders for inviting and supporting my healing and learning those past few days.

My great need and lack, given original sin and my own selfishness clearly revealed....drives me to this daily habit; I know I need Him and want Him more and more. He lives in me, but I must quiet myself, let my thoughts go and let Him cover me in His love.

Especially for men, the only way I believe we can get this thru our "thick heads" is to close our eyes and begin to practice this time with Him as the Contemplative movement has been teaching people for the last twenty some years.

Thank God, too, for Dave, a neighbor, who took the time to tell my roommate about Fr. Keating's visit to Phoenix in December 2005.



Santa Rita Retreat January 2007

Saturday Evening Lectio Divina Reading

The Wedding Feast at Cana, John 2: 1-11

A retreatant shares:

Under the influence of silence and God as Mysterious Undifferentiated Presence, it occurred to me that our Centering Prayer retreat and the wedding at Cana had something in common, even though on the surface they appear very different. One is silent and inward looking, the other is noisy and outward looking. However, both activities require openness and vulnerability and are times of hope and faith, understood as trust and confidence; and especially they are times of surrendering to love. Could it be that we were "brides," opening ourselves in faith, hope and love to the love of God? During our prayer sits, we allowed ourselves to "drink in" the Holy Spirit's "wine," brought to us as God's expression of His abundant love. In time, the fruit of this union is the birth of Christ consciousness in the world.

Intensive Retreats

Santa Rita Abbey in Sonoita, AZ once again provided a prayerful, hospitable and beautiful environment for the 8 Day Intensive Retreat. Despite the record cold weather, seven retreatants and three team members from Prescott and Phoenix warmed their hearts by participation in the worship life of the sisters, Centering Prayer, Lectio Divina and community living. An intensive retreat is uniquely capable of deepening one's commitment to Centering Prayer as well as expanding one's capacity to respond to God's love. Healing and the fruits of the Spirit deepen and abound. One returns home filled with a new awareness of who God is, who our neighbor is and who we are in God's presence.

Another year? We are able, by the generosity of the Trappistine Sisters, to house our intensive retreats at Santa Rita Abbey. Planning necessitates making arrangements long in advance. Some CO community members have expressed a desire to make an 8 Day Post-Intensive Retreat next winter. This retreat has the prerequisite of having made a "regular" intensive retreat. Also some have asked if an "Intensive Retreat" can be scheduled as well. An Intensive Retreat requirement is a six month practice of centering prayer.

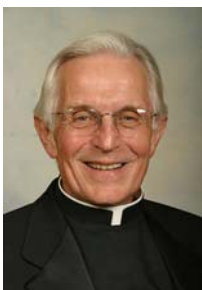
Each retreat needs 7-8 retreatants; there are six single rooms, and one shared room. Retreat cost is \$400.

Contact Mary Leonard at (480) 966-7558 or email: marywleonard@hotmail.com to assist the planning, please express your interest by March 31.



2007 Spring Retreat

The 2007 Spring Retreat will be held at Chapel Rock Retreat House, May 7-10, 2007 in Prescott, Arizona.



The retreat will be led by Fr. Bill Sheehan, O.M.I. and is cosponsored by Contemplative Outreach of Phoenix and the Prescott Prayer Group.

The event will begin at 9:00 a.m. on May 7 (Monday) and end at 11:00 a.m. on Thursday, May 10.

The Prescott group reports that the retreat is full at this time, but requests interested persons to get their names on the waiting list, in case there are cancellations.

Contact Justine Mendenhall at (928) 778-7727 to be put on the list.

The Contemplative Life Program (CLP) is a program offered by Contemplative Outreach, Ltd. that explores how to practice contemplative living in every day life.

During the year little booklets with an emphasis on a timely subject for a 40 day practice arrive at your home.

- The first year includes topics such as: Centering Prayer, Welcome Prayer, Discernment and Intention\Attention.
- The second year moves into : Spirituality of Money, Contemplative Service, Silence and Solitude and Simplicity to name a few.
- The third year titles include: Centering Prayer: Living the Paschal Mystery, Reflection Guide for Centering Prayer Praxis and Reflection Guide for Welcoming Prayer Praxis.

The registering price is \$140.00. Scholarships are available. Phone is (800) 608-0096 or register on line at: <http://www.coutreach.org/clp.htm>.

Spring 12-Step Retreat

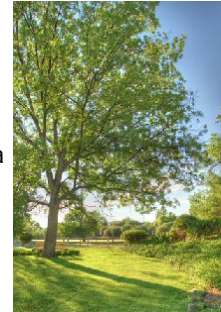
With Father Bill Sheehan, OMI

Sponsored by Contemplative Outreach of Phoenix

www.contemplativeoutreach-phoenix.org

Purpose

- To introduce or expand and deepen the experience of Centering Prayer as a part of a daily 11th Step Practice;
- To stimulate a desire and a resolve in participants to practice prayer and meditation on a daily basis;
- To allow God "to relieve me from the bondage of self"
- To deepen all prayer and meditation



May 11-13, 2007

(FRI at Dinner to SUN at noon)

Living Water Retreat Center, Cornville, AZ.

Cost (All Inclusive, w/ Meals, Bedding and Linen):

\$175.00 per person (double occupancy)

(Single rooms available for \$250) **

www.livingwaterretreatcenter.com



REGISTRATION FORM

A \$75 per person deposit is required with Registration Form before March 20, 2007

I am registering _____ *(number of participants)*

NAME(s): _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

ROOMMATE: _____

(If you know of a fellow registrant with whom you would prefer to room)

Balance due by March 20. As space is limited, complete your registration early.

Enclosed is my check for \$_____. Please make checks payable to: Contemplative Outreach of Phoenix

Send Registration form to: Dave Dierig
1214 S. Maple Ave.
Tempe, AZ 85281

** Availability / Questions call (480) 966-5955 **

Contemplative Outreach of Phoenix would like to give a heart felt thanks to all those who support us through prayer, service and financial assistance.

Currently our financial responsibilities include renting a storage space for \$72/month. This space is holding all of our belongings from Cornerstone. If someone has extra storage space where we could move our belongings to rent free please let us know.

In December Contemplative Outreach of Phoenix donated \$2000 to the National office to be used where most needed. Many thanks to all! We were also able to offer a scholarship to the 8 Day Intensive Retreat in Santa Rita this past January. If you would like to donate money directly towards the retreat scholarship fund, it is always greatly appreciated.

After this newsletter we will "prune" our mailing list and that will help with the expense of printing and mailing. Thank you for your continued support!

Peace and Blessings,
Jeannie Lashinske, Treasurer
5728 E Orange Blossom Lane
Phoenix, AZ 85018 / 480.423.1645

A PRAYER OF INTENTION AND CONSENT:

Intention and consent are the heart and soul of centering prayer.

Intention and consent of our will opens us to the divine presence and action within.

We have no faculty to perceive this mystery.

Our experience in centering prayer is not limited to the "felt"

presence of God but is rather a deepening of faith in

God's abiding presence.

☞ *The Contemplative Life Program on Centering Prayer, Pg. 32*

TRUST

*Tonight I shifted into deep time
When the talk and gong were done
And I sat in the shadowed chapel
held by the candle glow,
dark beams cradling the ceiling
and Jesus catching my eye
from his icon on the simple altar.*

*He nodded a welcome,
Welcome sister,
You have opened the door.
Now simply drop through.
Take both my hands and circle with me,
gaze into my smiling eyes
and let me fill your being.*



Softer...Slower

*Your insides like incense
weaving with me a trail of love.*

*You can be all-giving now,
be grandmother to all,
poured out and always filled.*

*Just experience it with me and trust.
Trust the experience is all.*

☞ *Kathy Kramer-Howe*

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

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)
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

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

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

SEDONA

Monday 2nd and 4th 4:00-6:00 PM
Saint Andrew's Episcopal Church, Sedona
Contact Person: Rev. Jeanne Grant
(928) 639-0118

Centering Prayer Small Groups *(continued)*

Spring 2007

Wednesday, 1st and 3rd 9:00-10:30 AM
St. John Vianney Catholic Church, Sedona
Contact Person: Margaret Swavely
(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. Phillips 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 ***

Contemplation is the deep knowledge of God
impregnated with Love.
Saint Gregory the Great, 6th Century

In some mysterious way
Each of us is created pregnant... pregnant with Christ.
The spiritual journey is the gestation and birth of Christ
In our hearts.

*⇒ The Contemplative Life Program
on Centering Prayer, Pg. 32*

LAST CHANCE

If you did not return the postcard enclosed with the last newsletter, you have a LAST CHANCE to do so now. We do not want to lose contact with you, so please note the postage-paid card and return it today!



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

* Return Receipt Requested *



www.contemplativeoutreach-phoenix.org