

Contemplative Outreach Northeast Ohio



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www.coneo.org

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Chapter Chatter Box

Dear Friends of Centering Prayer,

Summer is here and I am eager to let you know CONEO's plans through the end of the year. Having been the Coordinator for nearly three years and with my husband retiring, I am looking forward to many new adventures. I have enjoyed serving, and in recognizing the need to build a stronger group to serve you, the last six months have had all this in mind. I will be still working on the leadership group, however we need a reliable and available person to facilitate the details of CONEO so we may continue growing and responding to the needs of our community.

A Visioning Day is scheduled for July 23 from 9:00 am to 3:30 pm at St. Matthew's Episcopal Church. A Visioning Day allows all to see the "big picture" and invites everyone to give input regarding the future direction of our Chapter. You are an integral and valued member of our Chapter and your input and presence is desired, especially in growing our Chapter stronger. As a practitioner of Centering Prayer, I also know the value of being committed to a group that gives supports in practice and presence. Understanding more about the Chapter in function and structure is valuable to each of us in the context of the community and in our relationship to one another and Contemplative Outreach and the value of the teachings of Fr. Thomas Keating.

Think for a moment. How has Centering Prayer changed your life? It has changed my life in profound ways, too many to number. Because of its effect on my life, I desired to share it with others and became further involved with our Chapter. It is within my heart DAILY to share this with others, and the Holy Spirit inspires me in many different ways in ordinary living.

As I move onto a new stage in my life, I look forward to inviting more of you to join us. There is much work to be done and many hands make the work lighter. The Holy Spirit has guided us, our Chapter has grown, we now have 16 prayer groups, plus countless people growing on their own in CP. Do you have a "wish" or a "thought" that may be inspired by the Holy Spirit? What do you think would be helpful to your growth in Centering Prayer? Your input and thoughts are integral in the continued growth of holiness and whole-ness and

Centering Prayer. On the last page of this Newsletter I am including the Vision and Theological Principles of Contemplative Outreach. If you have been practicing Centering Prayer, you are part of our community and I have enjoyed meeting so many of you at our various functions throughout the year. Please join with us as we steer a course for the next three years as your input is essential to the Holy Spirit leading and guiding us. In case you are unable to join us, please consider sending your thoughts and ideas, also your areas of interest and/or talent in working together to grow our Chapter.

In gratitude to all of you,
Josefina Fernandez, CONEO Coordinator

CONEO VISIONING DAY

Join Us

saturday, July 23, 2016
9 am – 3:30 pm

St. Matthew's Episcopal Church
9549 Highland Dr, Brecksville, OH 44141

We will gather together to explore future opportunities and direction of our Chapter.

One of the ways contemplative prayer turns into action is through service to others in the Centering Prayer community.

We will have:

Discernment – Discussion – Prayer
For CONEO's upcoming years
Coffee, refreshments & lunch

RSVP to Josefina Fernandez

What is CONEO Visioning Day?

The following may be helpful for you

What will we do at a Visioning Day? Susan Komis from Contemplative Outreach, Ltd. will facilitate the day for us and assist our understanding of ways/means that will strengthen our contemplative community. We will gather together to explore and discuss and share thoughts and ideas of direction of our Chapter.

Why should I attend? Our contemplative community is important. Those who practice Centering Prayer know the value of being committed to a group that supports one another in practice and presence. Understanding more about the Chapter in function and structure is valuable to the individual in the context of the community. In the broader spectrum, we will understand the context in our relationship to Contemplative Outreach and the value of the teachings of Fr. Thomas Keating. Visioning Day shares with us the "big picture" and invites everyone to give input regarding the future direction of the Chapter. We join with all those open and called to Centering Prayer and who desire to embrace a contemplative life.

What is Servant Leadership? One of the ways we put contemplation into action is through service to others in the Centering Prayer community. The desire for service arises naturally out of one's contemplative practice. Servant Leadership allows people to embrace loving service to others and openness to the will of God. Consider whether you have a willingness or call to serve or share, to "give back".

What will be discerned? There are many opportunities in the chapter for service such as enrichment, hospitality, communication, events, retreats, etc. There are many, many (countless!) tasks also in carrying out each of our activities. Our wonderful Coordinator is stepping down from that role at year's end. The "baton" needs to be passed on to another person and it's a perfect time to discern the need for broader structure and more shared responsibilities.

No pressure is put on anyone to serve in any way. You may not be called to serve at this time, but your support are greatly needed and desired. You may have a skill or an interest that would benefit the community. As the Centering Prayer groups support individual prayer practice, so does group discernment support the calling of individuals.

Exploring The Foundations of Contemplative Living

We had the privilege to work with St. Paul's Episcopal Church, Cleveland Heights, the Cleveland Ecumenical Institute for Religious Studies and River's Edge during the organization of the retreat **Exploring the Foundations of Contemplative Living** led by Dr. James Finley on April, 29, 30 and May 1, 2016. Chuck Herbruck, from our Centering Prayer group at St. Paul's, initiated conversation with Dr. Finley, and after a year and half was able to make possible the realization of this marvelous event. Chuck was working very closely with Nancy Moran and Donna Panzica, and we recognize and thank you for all the work you did in making this event possible for more than 350 people.

Richard Israel, Associate Rector of St. Paul's Episcopal Church has sent us the audio sessions from the retreat to place on the CONEO website and use this material in our group's programming. This is in keeping with Dr. Finley's wishes.

Please visit our website www.coneo.org and click under the tab **Foundation of Contemplative Living**.



Dr. James Finley and Chuck Herbruck

**Facilitators and Volunteers
Recognition and Appreciation Day
November 6, 2:00 – 4:30 pm**

We will share a meal, Centering Prayer, time for recognition and thankfulness.

Greenbridge Teahouse and Café – 9036 Church Street, Twinsburg, OH 44087

Please RSVP to

John Garrity jkegarrit@sbcglobal.net by November 2

CENTERING PRAYER INTENSIVE AND POST INTENSIVE RETREATS

September 16 – 22, 2016

**Villa Maria Education and Spirituality Center
2067 Evergreen Street, Villa Maria, PA 16155**

Join fellow practitioners for immersion in the practice of Centering Prayer, as taught by Contemplative Outreach. Two retreats are available during the week, based on your background:

Centering Prayer Intensive Retreat: The Intensive Retreat features an educational component, plus up to three hours of Centering Prayer and two videos from the "Spiritual Journey" video series each day. Throughout the retreat experience, one becomes more immersed in the conceptual background of the spiritual practice, as well as refinement in the practice itself.

Recommended preparation: established daily practice of Centering Prayer for at least six months to one year.

Centering Prayer Post Intensive Retreat: The Post Intensive Retreat provides an opportunity for even more intensive Centering Prayer, solitude, and silence in community. The Post Intensive is predominantly silent, with no videos shown.

Recommended preparation: previous attendance at an Intensive Retreat or equivalent.

Both retreats will be held simultaneously at Villa Maria Education and Spirituality Center (www.vmesc.org), located in Western Pennsylvania on the picturesque grounds of Villa Maria Community Center, home of the Sisters of the Humility of Mary.

Questions? Contact Kay Powers
216/932-8911 or grammykaypo@gmail.com

Registration for the Retreats

Mail with check payable to **CONEO**. Attention: Ivi Latronica. Address: 210 Kenneth Dr., Brunswick, OH 44212

Name: _____

Address: _____

Phone: _____

E-mail : _____

Select Retreat:

☐ Intensive ☐ Post-Intensive

Room and Board:

Before 8/15/2016

☐ Single Room (\$600) ☐ Double Room (\$450)

After 8/15/2016

☐ Single Room (\$625) ☐ Double Room (\$475)



Contemplative Outreach Northeast Ohio

6669 Hidden Lake Trail
Brecksville, Ohio 44141

Who are we? What are we about?

Contemplative Outreach (CO) is a spiritual community of individuals and small faith groups committed to renewing the contemplative dimension of the Gospel in everyday life. The contemplative dimension of the Gospel is defined as the penetration into the spiritual meaning of Scripture, leading to an experience of the living Christ and to love of others, inspired by that experience. Our purpose is to present the method of Centering Prayer and its immediate conceptual background and to support individuals in divine transformation through the practice of Centering Prayer. We encourage and support one another in bringing the fruits of Centering Prayer into our daily lives. We also present Lectio Divina, particularly its movement into contemplative prayer, which is facilitated by a regular and established practice of Centering Prayer. A commitment to a regular practice of Centering Prayer is the primary expression of belonging to the CO community. Contemplative Outreach is a worldwide community of individuals and small group members committed to living the contemplative dimension of the Gospel in daily life.

Excerpted from the Guide to the Contemplative Outreach Resource Materials - 2014

Contemplative Outreach VISION

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

The intent of Contemplative Outreach is to foster the process of transformation in Christ in one another through the practice of Centering Prayer.

Love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself. Luke 10:27

THEOLOGICAL PRINCIPLES

1. Contemplative Outreach is a community of individuals and Centering Prayer groups committed to living the contemplative dimension of the Gospel in everyday life.
2. A commitment to the daily practice of Centering Prayer is the primary expression of belonging.
3. Listening to the word of God in Scripture

through the practice of Lectio Divina is encouraged, particularly its movement into contemplative prayer, which a daily practice of Centering Prayer facilitates.

4. The source of Centering Prayer is the Indwelling Trinity. Its practice consists of responding to the call of the Holy Spirit to consent to the Divine presence and action within.

5. The Divine presence affirms our basic core of goodness made in the image of God.

6. The Divine action is the process of transformation in Christ which inspires and deepens our consent.

7. The contemplative dimension of the Gospel manifests as an ever-deepening union with Christ and the practical caring for others that flows from this relationship. It reveals the deeper meaning of Christ's life and teaching.

8. Our relationship with the living Christ is the bond uniting us together in mutual love.

9. While formed by our respective denominations, we are united in our common search for God and our experience of Christ through Centering Prayer.

10. We identify with the Christian contemplative heritage in which Centering Prayer is rooted. We recognize

this heritage as the common ground for Christian unity.

11. We affirm our solidarity with the contemplative dimension of other religions and sacred traditions.

12. Through the continuing practice of Centering Prayer, we experience a deepening commitment to the needs and rights of each member of the human family and an increasing respect for the interdependence of all creation.

13. We foster a spirit of unity, generosity and utmost charity in all our relationships.

14. Following the teachings of Jesus, we exercise leadership through an attitude of humility, listening and service.

15. We recognize and maintain a spiritual relationship with Saint Benedict's Monastery in Snowmass, Colorado.

16. We acknowledge that any good accomplished by Contemplative Outreach is the work of the Holy Spirit.

So that they may all be one; just as You, Father, are in me, and I in you, may they also be one in us. John 17:21