

CONTEMPLATIVE OUTREACH OF CHICAGO

Quarterly Newsletter

December 1, 2010



Retreat Opportunities

January 28-30, 2011

Silent Weekend Centering Prayer Retreat:

Historic Women on the Contemplative Journey

Cabrini Retreat Center

Des Plaines, IL

Presenters: Rev. Ted Curtis, Laura Sherman, Fr. Joe Ruiz.

For a brochure contact Ted Curtis tcurtis@gracechicago.org.

June 18-25, 2011

8-day Intensive and Post Intensive Retreat

The Portiuncula Retreat Center, Frankfort, IL.

Retreat guides: Sr. Kathryn Ann Kobelinski, SSND. and Margie Tomlinson

Registrar: Mary Maraist mkmaraist@aol.com

For a brochure contact Mary or download at www.centeringprayerchicago.org

March 19, 2011

United in Prayer Day

Please check at www.centeringprayerchicago.org for details after January 1, 2011 – anticipate four locations around the chapter



**"Deepening the Contemplative Dimension of
Servant-Leadership"
Ten Dispositions of The Servant Leader
...Fr. Thomas Keating and Contemplative Outreach, Ltd.**

Introduction: The Greatest Obstacle

- The greatest obstacle to service is the desire to be successful
- Actions arising from the True Self are motivated by consent, surrender and relationship – manifestations of love in action that make all things possible
- The Ten Dispositions present a different view of leadership than our world presents

DISPOSITION #1: AS SERVANT –LEADER OF THE GROUP, BECOME AN INTEGRAL MEMBER OF IT

(Relates to Theological Principle #14, Administrative Principles #3, #4)

- a. As a genuine member of the group, the servant-leader is one who serves, not one who is always in charge
- b. All members are equal; all roles have equal status

DISPOSITION #2: FOSTER FRIENDLY, RESPECTFUL, TRUSTING AND HUMBLE ATTENTIVENESS TO THE GROUP DISCERNMENT PROCESS

(Relates in Theological Principle #14, Administrative Principle #5)

- a. Reflect on these attitudes of the Servant-Leader:
 - What is friendly?
 - What is respectful?
 - What is trusting?
 - What is humble attentiveness?

DISPOSITION #3: MAINTAIN A SAFE ENVIRONMENT TO ALLOW SPIRIT MAXIMUM OPPORTUNITY TO WORK

(Relates to Theological Principles #5, #6, Administrative Principle #2)

- a. A safe environment frees people to speak what is on their minds
- b. Openness creates this safe environment
- c. A Centering Prayer group is not a place for group therapy but for sharing the experience of prayer, faith and the spiritual journey

DISPOSITION #4: BE PRESENT TO DISCERNMENT PROCESS; GUIDING GROUP DISCUSSION GENTLY BUT FIRMLY

(Relates to Theological Principles #1, #4, #13, Administrative Principle #3)

- a. As servant-leaders, be aware of the emotional programs at work, hidden agendas, and mixed motivation
- b. Patience and perseverance are integral to the process.

DISPOSITION #5: MODEL EXAMPLE OF LISTENING AND APPRECIATING EACH PERSON AS WELL AS THEIR PERSPECTIVE, OPINIONS, IDEAS

(Relates to Theological Principle #13, Administrative Principle #4)

- a. Servant-leaders seek to share leadership with group members
- b. Strive to truly appreciate others and accept others' perspective, opinions and ideas
- c. Authentic listening, appreciation and acceptance are signs of a maturing process at work in the group

DISPOSITION #6: THE ESSENCE OF DISCERNMENT IS OPENNESS TO GOD'S WILL AS IT EMERGES

(Relates to Theological Principles #4, #6, Administrative Principles #4, #5)

- a. Discernment is more in the process than in the decision
- b. The group will learn to intuit the movement of the Spirit as the process continues

DISPOSITION #7: WELCOME PROBLEMS AND OPPOSING VIEWS

(Relates to Theological Principles #1, #7, #8, @13, #14, Administrative Principles #5, #7)

- a. Have no expectations for the immediate resolution of issues
- b. The primary disposition of contemplative service is to wait upon the Spirit to move within the group at the appropriate time

DISPOSITION #8: RECOGNIZE AND ACCEPT WHEN GROUP IS NOT READY FOR CLOSURE

(Relates to Theological Principles #2, #14, Administrative Principles #1, #4, #5)

- a. Timing is critical in our spiritual life; respect the divine plan
- b. A servant-leader senses when discussion over an issue has continued long enough, as well as when the group is not ready to make a decision
- c. Discernment is always thinking of God's view of the situation: What does the Spirit want for the good of all concerned?

DISPOSITION #9: RESPECT AND SUPPORT DECISIONS OF THE GROUP

(Relates to theological Principles #1,#5, #7, @12, #14, Administrative Principles #1, #4, #5)

- a. Support the decisions of the group once they are made even if one does not concur; "win-win" situations are rare
- b. Servant-leadership manifests willingness to go forward with the discernment process even when there are hesitations

DISPOSITION #10: IN A WORD, TO LEAD WITHOUT LEADING

(Relates to Theological Principles #7, #13, Administrative Principles #1, #4, #5, #6, #7)

- a. Always remain willing to "let go" of one's role
- b. Actions arising from the True Self are motivated by charity, joy, peace...manifestations of love in action that make all things possible

Final Draft by Fr. Thomas Keating February, 2010



This and That around the Chapter

Deepening the Contemplative Dimension of Servant Leadership Reflection:

The above dispositions were received at the Midwest Gathering in Nov 2010. For me they are about living the contemplative life as well as for those who are servant leaders in Centering Prayer groups, or play any role in Contemplative Outreach programs. Centering Prayer groups could benefit by reflecting on examples they have experienced of these dispositions.

Welcome

Sr. Yong son Kim has returned from Korea. She will be here a while and would like to present an Introduction to Centering Prayer in Korea communities.

Chicago Archdiocese

Annual Leadership Day February 26, 2011 Maria High School 6727 S California. One of the workshops is "Formation through Scripture with Lectio Divina" given by Margie Tomlinson. To register contact Office of Councils 312.834.8364

Chicago Chapter Leadership

Penny Jaworski is currently limited in her mobility. Penny is active through the use of the phone and hosting her centering prayer group and the leadership team in her condo.

Facilitator Support

Cathie Jarrett is in the process of forming a facilitator support team. They are visiting centering prayer groups to discern what support is needed and compiling information for facilitators

Is God Calling You to Get More Involved in Contemplative Outreach Chicago?

Bob Gordon, coordinator, web master, robert@centeringprayerchicago.org

Margie Tomlinson, treasurer, margie@centeringprayerchicago.org

Cathie Jarrett, centering prayer group support,
cathie@centeringprayerchicago.org

Penny Jaworski, formation events liaison, [847.395.9291](tel:847.395.9291)

Nancy Kremer, hospitality, nancy@centeringprayerchicago.org

Roles unfulfilled – Presenters Coordination and Support

Book Sales coordination

Newsletter

To Volunteer contact Bob Gordon

The next leadership team meets on March 6 from 2-5 pm. If you have questions or concerns please contact Penny 847.395.9291

Peace from the Newsletter Publisher,

Opportunities for 2011

From the National Office

"It would be good if leaders could encourage their members to sign-up for the enews bulletin directly. It's fast and easy. Just go the home page (www.contemplativeoutreach.org) and click on the Stay Connected box on the right-hand side of the page and follow the prompts. There are several advantages. When the enews is sent directly, the system knows whether the person can read html or text-only emails. Also, direct sending is more timely and ensures all the links remain in tact.

HEARTFULNESS *Transformation in Christ*

Heartfulness Intensive Retreats under the guidance of David Frenette. Visit www.contemplativeoutreach.org for details. Cathie Jarrett attended this retreat. Contact her at cathy@centeringprayerchicago.org

Heartfulness Intensive Retreat

March 18-26, 2011 at Garrison, NY lead by David Frenett

November 4-11, 2011, at Siena Center, Racine, WI lead by Gail Fitzpatrick-Hopler

The **transcript** of Heartfulness DVDs is now available for purchase. The chapter can order them for you cheaper than your centering prayer

group can get them from the CO Ltd on-line bookstore.

St. Clement's Prayer Group is viewing and reflecting on the Heartfulness DVDs now. Contact persons listed under central prayer groups at Central CP Groups www.centeringprayerchicago.org

The Prayer Group that meets in Penny Jaworski's home is viewing the Heartfulness Series. For more information contact Penny at 847.395.9291

To Schedule Programs

An Introduction to Centering Prayer or **An Introduction to Lectio Divina** or **Lectio Divina for Youth**. Contact Bob at robert@centeringprayerchicago.org

Forgiveness Prayer presented by Margie Tomlinson Contact Margie at margie@centeringprayerchicago.org

Attention/Intention presented by Ed Tummillo. Contact Ed at ed@centeringprayerchicago.org

Women in the Contemplative Heritage presented by Penny Jaworski. Contact Penny at 847.375.9291 or penny@centeringprayerchicago.org

Day of Prayer for Local Centering Prayer Group Contact Margie Tomlinson margie@centeringprayerchicago.org

RETREATS

Intensive Retreats

8-day Intensive Retreat June 18-25, **2011 at The Portiuncula Retreat Center**, Frankfort, IL. Retreat guides: Margie Tomlinson and Sr. Kathryn Ann Kobelinski, SSND. Registrar: Mary Maraist mkmaraist@aol.com

8-day Intensive Retreat, June 23-29, **2012 at Benet Lake Retreat Center** in Wisconsin. For details contact Judee Weber at jweber137@wi.rr.com

5-day intensive retreat April 29-May 4, **2011 at St. Mary's Retreat Center**, Sewanee TN. Retreat leaders, Gail Fitzpatrick-Hopler and David Frenette For details contact www.contemplativeoutreach.org or stmaryssewanee@bellsouth.net

What is an Intensive Retreat?

An intensive retreat cultivates a more profound level of spiritual practice in an atmosphere of silence, solitude and community. Persons with an established daily practice of Centering Prayer for at least six months are encouraged to attend. Key elements of an intensive retreat are periods of centering prayer 3 times a day with a contemplative walk, twice daily Spiritual Journey video tapes, mealtime reading of Open Mind, Open Heart, times for questions and answers that clarify the centering prayer practice, private interviews, and one day of complete silent retreat.

Post-Intensive Retreats (Pre-requisite: Intensive retreat)

8-day Post Intensive Retreat June 18-25, **2011 at The Portiuncula Retreat Center**, Frankfort, IL. Retreat guides: Margie Tomlinson and Sr. Kathryn Ann Kobelinski, SSND. Registrar: Mary Maraist mkmaraist@aol.com

8-day Post Intensive Retreat, June 23-29, **2012 at Benet Lake Retreat Center** in Wisconsin. For details contact Judee Weber at jweber137@wi.rr.com

What is a Post-Intensive Retreat?

A post-intensive retreat provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support. Persons with at least one year of an established daily practice of Centering Prayer and who have attended an 8-10 day Intensive Centering Prayer retreat are encouraged to attend. The retreat includes 3 to 4 hours of Centering Prayer each day, several days of sacred silence with no eye contact, silent meals and spiritual guide.

REPORTS

An Introduction to Centering Prayer

A Introduction to Centering Prayer was held at Spring Creek United Church of Christ, Rockford, IL September 18, 2010. There were sixteen participants and the hosts-Molly Lovelock and Sr. Nadine Meyer. The presenters were Rev. Ted Curtis and Mary Holmquist. Nadine and Molly lead the continuing sessions.

An Introduction to Lectio Divina

This fall, Sr. Benita Jasurda presented Lectio Divina to the residents of St. Benedict Villa in Lisle, IL.

Centering Prayer as an 11th Step Practice ***By Sandy Janowski***

On Sept 25, 2010 the first workshop in Chicagoland on Centering Prayer as an 11th Step Practice was given by a team of people who are in 12 Step programs and practice Centering Prayer on a daily bases. The team included Jim McElroy and Joelle Mitchell from St. Louis and Dave Dierig from Fort Collins, CO. The host of the event was Mark Anthony Lord, spiritual leader of the Bodhi Spiritual Center at 2524 N. Lincoln in Chicago go to www.bodhispiritualcenter.org or call 773-248-5683 for ongoing information.

The day was well attended by members of 12 Step Program and other interested persons who asked questions, and shared their interest in the method of Centering Prayer. A morning and afternoon period of centering prayer was experienced. There were four talks: The Introduction to Centering Prayer, The Method of Centering Prayer, Thoughts and Use of the Sacred Word and the Gift of Centering Prayer. The team did the presentations using a power point and shared their stories of involvement in 12 Step and how they came to find Centering Prayer. Their testimonies illuminated the transforming power of Centering Prayer.

The day ended with a 11 Step Mediation Meeting. These meetings will continue at the Bodhi Spiritual Center on Sunday evenings, open to anyone working a 12 Step Program. For information on the Sunday meeting and the Bodhi Spiritual Center see information in paragraph one.

In 2001, The 12 Step Outreach sector of Contemplative Outreach was established. They are an outreach group of Contemplative Outreach Ltd and have developed this program as persons who found Centering Prayer as an excellent method for working the 11th step in 12 step programs. Fr. Keating's book [Divine Therapy and Addiction](#) is a helpful book for persons in 12 step programs. For more information about setting up a day or weekend program contact Jim McElroy imac150@sbcglobal.net Jim is on the national Outreach group service team. Chicago chapter has copies of [Divine Therapy and Addiction](#) by Fr. Thomas for sale. Contact margie@centeringprayerchicago.org

Annual Conference Atlanta, GA September 23-26, 2010

Chicago Chapter sent two persons to this conference. Margie Tomlinson representing the leadership team and David Webb who is studying for a masters' in spirituality in Chicago and attended a portion of the conference in Chicago last year. Each wrote a report on the conference pieces that they attended.

By David Webb

"For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures..." 1 Corinthians 15.3

I must begin my report on the annual conference by thanking Contemplative Outreach of Chicago for a scholarship to attend the conference and Rev. Ted Curtis and his congregation, Grace Episcopal Church for their financial support. That support and encouragement was a vivid example of the importance we make in each others lives of sharing the Gospel.

Paul's words to the congregation in Corinth capture part of that same spirit and a significant part of the spirit of this year's annual conference. This year's conference experimented with new ways in which Fr. Keating would be with us sharing his teaching heart. Several individuals and especially Ron Barnett, from the Circle of Service, worked very hard incorporating videos of Fr. Thomas, recording elements of the conference and posting it to a blog and on a Twitter account, as we experienced a new way of receiving teachings on the tradition of Centering Prayer and the Contemplative Dimension of life.

On Friday morning I had the opportunity to have breakfast with Bonnie Shimizu. Our conversation around breakfast burritos and tea focused on the great power and joy there is in sharing Centering Prayer with other people. We both reveled in the awe of what it was like to have someone teach the prayer to us and pray with us. Maybe neither of us took in all the essentials and guidelines, or understood all the teachings, but the relationship that was formed between ourselves and the person sharing the prayer with us was so very important and dear to us. Fifteen minutes later Bonnie presented the new guidelines for Contemplative Outreach Service to the conference in which she stressed the importance of being faithful to the new guidelines when presenting Centering Prayer in an Introductory Workshop. She also heartily encouraged each one of us to build relationships and share with everyone the heart of our experience with the prayer. "It is mentorship and the relationships we build with one another that are the foundation for the transmission of this prayer."

For me the rest of the conference hinged on this idea of the giving and receiving of our hearts as we share our experience with the prayer. The Circle of Service workshop on "Sharing the Contemplative Gift of Administration," Marge Rafferty's enrichment "Awakening to the Virtue of Humility in Daily Life," and Rev. Thomas Ward's enrichment "Awakening to the Voices of the Tradition" provided three powerful expressions of how to receive God's presence in the contemplative dimension of our lives and share it with others. Fr. Carl Arico's many heartfelt and humorous addresses, Gail Fitzpatrick-Hopler's modeling of contemplative leadership and vision, and David Frenette's insight and mentorship throughout the conference highlighted the power of living out of the

contemplative dimension of life and the joy there is in sharing together with others in this prayer.

It truly was an honor and privilege to be in attendance at this year's conference. The opportunity to meet so many of those people who I know are with me in Spirit when I sit down and let "God pray in me through the sacred word" was a tremendously affirming and encouraging experience. The conversations over meals and between sessions will fuel me in my life and ministry and prayer for many years to come.

By Margie Tomlinson

These are Fr. Thomas Keating's opening words via DVD filmed at St. Benedict's monastery in Snowmass, CO:

"My greetings to you from St. Benedict Monastery in Snowmass, Colorado! I am sending them with a little anticipation, since, as you all know, my health, impedes me from being there with all of you. Be assured that I will be with in spirit during these marvelous days, and that I am praying for the special gifts of the Spirit to be with you.

Permit me to offer some reflections about the theme of the Conference, "Awakening to the Contemplative Dimension of Life." You can observe that the contemplative dimension of life is somewhat different from a particular religious expression. As I see it, the contemplative dimension of life is the innate capacity of every human being and is the patrimony common to the world religions in their most advanced teachings. These point to an indescribable state that stimulates generous persons with great motivation so they seek God who cannot be "known" by our human faculties and who is so present to us.

Contemplation, then, is something with which we are born. The only requisite is--in reality to consent-- to let God be God in us. That is the measure that He has given us as gift. The Christian tradition considers contemplation is a gift, and this, of course, is correct. But we must emphasize, over and over again, the fact **that this is a gift that has already been given.** We do not have to go anywhere to obtain it. We cannot go anywhere to avoid it. It simply **is**—it is within our very existence. Therefore, the purpose of the Great Religions is simply to take us to the interior of that relationship with Reality—one so intimate that no word is capable of describing it. Anyone who finds it or practices it—is influencing and modifying the future of the world. During these days together, as a group of persons, you are being exposed to the very depths of this experience—to the conviction that it grows as life itself. The individual life passes from infancy to old age with what we hope is a certain degree of wisdom and a very great degree of abandonment (of letting go). Death is especially good in obtaining that.

Therefore, please, open yourselves to the experiences during this time that will propel and stimulate you to the contemplative practices that will guide you and heal you as preparation for this awakening. Note that the word is not *to discover*, because to discover usually refers to something that is outside of us. **To awaken** refers to something that is within us and **already there.** What we awaken to in the morning is the consciousness we have today. What Christ is inviting us to—is to **AWAKEN** to the consciousness of the Divinity of God and to the immense tenderness, love and care for us. So, as I said earlier, I will be with you in spirit and in the hope of your hearts. May we share together in our common search--the **One WHO cannot be known.** "

(The above was translated in to Spanish by Dr. Isabel Castellanos as Father Thomas Keating spoke through the video of the Conference filmed at St. Benedict's Monastery, Snowmass, Colorado; translated back into English by Dr. Mercedes A Scopetta from Dr. Castellanos' Spanish translation; Though Father Thomas's words in English may not be exact, their meaning is conveyed. The English revision was refined by Dr. Cecile G. Betit at the request of Dr. Scopetta whose first language is Spanish.)

The theme of this year's conference "Awakening to the Contemplative Dimension of Life" was the title of Fr. Carl Arico's opening talk following Fr. Thomas Keating's greeting.

This was the smallest conference I have been to (since 2000) with about fifty additional persons for the Day of Enrichment. My report will cover the events that I chose to attend.

On Thursday before the conference began, the official giving of the Fr. Thomas Keating Archives were transferred to The Aquinas Center of Theology at Emory University (a United Methodist University in Atlanta, GA). Many boxes have been received from the Contemplative Outreach, Ltd national office and for those of us who may have a personal letter from Fr. Thomas that we would like to give to the Archives they can be sent to the Executive Director Dr. Phillip Thompson who joined us with a member of his Board of Directors for Saturday morning. Additional information about the Aquinas Center is at www.aquinas.emory.edu

On Friday I attended the presentation by Bonnie Shimizu on the refined commissioning process and the refined first and fourth alternate conferences of An Introduction to Centering Prayer. These refined conferences are intended for those who have little connection to the historical church and come to learn a contemplative prayer practice. As all who have participated in An Introduction to Centering Prayer know, the essential teaching of the centering prayer practice is in conferences two and three. These and the continuing sessions remain the same. Bonnie distributed the revised and faculty approved commissioning process that follows for attendees of Formation for Contemplative Outreach Service including Presenters' Training program. Since Chicago has been using the refinement of the commissioning process for several years, this latest approved form was nothing new although slightly refined in language.

In the afternoon I attended the presentation on the new revised Resource Handbook (RHB) which will only be electronically available and will continue to be updated as new wisdom emerges. Only Coordinators and Contact Persons will be given access to this information. These persons were admonished never to share their pass word with other members of their leadership teams. Some sections were called up electronically and shown on a screen and will be very valuable for a chapter leadership team and for those serving in many roles in a chapter (In November at the Midwest Regional meeting, Susan Komis said that any person in leadership should contact Claire Eng for access to the Resource Handbook.) I also attended the Essential Role of the Centering Prayer Group Facilitator. There was nothing new in this presentation except some useful questions for facilitator reflection prior to guiding a centering prayer meeting. For access to these questions, contact Cathy Jarrett cathy@centeringprayerchicago.org

The evening was spent looking at a small section of *the Sounds True* course version of "An Introduction to Centering Prayer" where Fr. Thomas Keating expands the Four Moments of Centering Prayer (see *Intimacy with God* p 77) to Seven Moments of Centering Prayer. The chart of the seven moments was distributed. If anyone is

interested this can be made available to you by contacting me at margie@centeringprayerchicago.org Please note there are no capital letters and the system is case sensitive. The DVDs for this course are available through the Contemplative Outreach bookstore.

On Saturday morning, there was a viewing of 29 minutes of the DVD "*Invitation From God*" by Fr. Thomas Keating that was produced by Marie Louise LeFevre a Danish filmmaker who won a award at the Canadian Film Festival for this work. What is inspiring is how she used winter nature scenes from St Benedict's monastery grounds to intersperse as Fr. Thomas is talking. The first segment is 23 minutes and the next eight segments are a total of 90 minutes. Chicago Chapter has a few copies at \$31 each to sell.

This was followed by a presentation by David Frenette. There was nothing new about his theme "We all are invited to wake up from the dream of separation from God in centering prayer and in life". In the afternoon my choices were "Awakening to the Word of God in Scripture" which was an awesome presentation by Fr. Thomas Brennan an Irish priest on the interplay between Centering Prayer and Scripture. My second choice was "Awakening to Voices of the Tradition" by Rev Tom Ward of Sewanee TN. His presentation and handouts included a sampling of the historical persons in the contemplative tradition with appropriate quotes.

The day concluded with a banquet. The presentations included a magician (could have skipped that) and a local member of Contemplative Outreach Atlanta who did a dramatization of a woman in scripture which was a delightful deepening experience. Ending the evening was a slide show of contemplative scenery and quotes put together by the Contemplative Outreach staff under the guidance of Pamela Bergamen.

Sunday morning began with a truly contemplative Mass lead by Fr. Jaime from Latin America. The prayer room was reconfigured so that it had the feel of Mass at a Cistercian monastery. After breakfast, the Circle of Service spoke of their work in contemplative governance and Mary Ann Best presented the financial report. The closing talk was given by Fr. Carl Arico. It was announced that next year's theme will be "Reawakening to the Contemplative Dimension of Life" and will be held at the Marriott on San Francisco Bay September 29 - October 2, 2011.

Midwest Regional Meeting
November 17-21, 2010
Marianist Retreat Center, Eureka MO

By Margie Tomlinson

This was the most delightful experience since the Northern Midwest Cluster events ended in 2007. Participants came from Michigan, Indiana, Wisconsin, Minnesota, Iowa, Kansas, Nebraska, and Illinois. *Susan Komi*, the national office representative for this area, was supported by a great committee that included *Ingrid Forsberg*, from the Chicago Chapter. On the first evening, *Sr. Kathryn Ann Kobelinski, SSND*, guided our introducing ourselves as Chapters.

Friday morning began with Centering Prayer in the beautiful contemplative chapel of this Marianist Retreat center and continued in silence until the first session at 9 am. Susan Komis presented the Twelve Principles of Spiritual Leadership (these can be shared if you are interested) and *Judee Weber* introduced a showing of the first segment of Fr. Thomas' "Invitation From God" video. The afternoon included a Facilitators Panel of Ingrid Forsberg, *Molly Keating* (Grand Rapids, MI chapter), *Barbara Prendergast* (from SE WI chapter) and *Rita Sturgeon* (St Louis chapter). This was followed by pre-selected Wisdom Circles with five focus questions:

1. What is the leadership structure of your chapter? Has your chapter established service teams? If so, how do the service teams function?
2. In your chapter, what have been effective ways to call people to volunteer? What might work effectively in the future?
3. What concrete steps is your chapter taking to develop future leadership?
4. What energizes you as a member of your chapter?
5. What dream (hopes and expectations) do you have for your chapter?

After an hour of Centering Prayer and Dinner with conversation, we gathered to share "Reflections from Wisdom Circles" guided by Sr. Kathryn Ann.

Saturday began with the same pattern of centering prayer and silent breakfast and a 9:15 am presentation on the Ten Dispositions of Servant-Leadership (see these on page 2-3 of this newsletter). The balance of the day included Updates which were well received and very informative:

Tom Spokowski from MO spoke on "Reaching Out to Young Adults". He spoke of the 25-40 year olds who are searching for contemplative practice, but don't know what they are looking for and are certainly not finding it in Christian churches.

Joelle Mitchell from MO spoke about the National Contemplative Outreach – "Twelve Step Outreach" which is hoping to put some emphasis on reaching out in the midwest to all of Mo and IL. She shared her experience being on the team for sharing this program nationally.

Deacon Bob Smerek from MO gave out a lot of material on "Opposition to Centering Prayer" and spoke about the difficulty particularly in the Catholic conservative movement.

Diane Kaiser from NB chapter shared how she puts together the Midwest Calendar of Retreats and other events and what is needed to keep the dialogue and interchange going across the midwest particularly re: retreats accessible by auto

Margie Tomlinson from IL shared the On Line Contemplative Communities – their history, their current activity and what services are available for each one. Margie handed out copies of a statement found at www.contemplativeoutreach.org under Resources.

After a talking lunch *Diane Guerra* of St. Louis did a presentation on Effective on-line Communications in Chapters. She is a professional communication director and is a wonderful resource in thinking through a full communications strategy.

Saturday evening, Deacon Smerek lead a wonderful Communion Service on the Feast of Christ the King. His scripture reflection in the midst of the service were selected and focused on our contemplative understanding of being church.

Sunday morning, after centering prayer and breakfast, one participant shared some thinking he has done on the Enneagram and Centering Prayer which has been sent to

the National Faculty chair, Bonnie Shimizu. *Rev Paul Wittner* did a skit with four members of the group that he had written previously and also lead some energizing singing. Susan Komis shared some of the future offerings for servant leadership formation and engaged us in a large group evaluation. We depart at 11 am.

The next gathering of the Midwest group will be at the end of the Heartfulness Retreat November 4-11, 2011 at the Siena Center in Racine WI for ½ day on November 11th. Gail Fitzpatrick-Hopler and Susan Komis will give presentations. Chapters were invited to plan to hold a long weekend Midwest Gathering in the **fall of 2012**. Chapters need to think what facility might be more centrally located and what chapter will host. Chapters are to send suggestions to Susan Komis.

Resources available to any centering prayer group (contact Margie for a copy)

1. Resource Faculty Service Teams and the Contemplative Outreach Resource Faculty
2. Wisdom Circles
3. Graphic illuminating Circle of Service
4. "Deepening the Contemplative Dimension of Servant-Leadership"
5. Contemplative Outreach Definition of Terms
6. History of Contemplation in the Christian Tradition
7. Presentations offered by Chapter Resource & Communication Service Team
8. Contemplative Outreach Vision and Theological Principles
9. Midwest Resources = Commissioned Presenters in National programs
10. Opposition to Centering Prayer from Deacon Bo Smerek
 - a. Centering Prayer quotes from Thomas Keating
 - b. Slides from presentation on Opposition to Centering Prayer (16 slides)
 - c. Matt Slick on Centering Prayer
 - d. "Centering Prayer-A Christian Meditation Technique" by Martin Bohn (July 1990)
 - e. "Centering Prayer Meets the Vatican" by Dan DeCelles (New Heaven and New Earth 1990)
 - f. "The Danger of Centering Prayer" By John D Dreher (This Rock Vol8No11 Nov 1997)

Administrative Principles

1. Contemplative Outreach is an evolving community with an expanding vision and deepening practice, serving the changing needs of Christian contemplatives.
2. As members of this evolving community we are responsible to foster and transmit the Vision of Contemplative Outreach.
3. We fulfill our Vision through attraction to the Centering Prayer practice not by proselytizing.
4. The gift of contemplative practice enables us to bring an attitude of humility, listening and service to our daily activities.
5. We reach decisions through discernment and consensus
6. We serve in leadership, ordinarily in a voluntary capacity.
7. All who provide Contemplative Outreach services do so in consideration of and in balance with their personal, family and professional responsibilities.

8. We avoid indebtedness and owning real estate in order to remain free to devote our resources to sharing the gift of Centering Prayer.
9. We employ staff and contractors as our growth may require.
10. We cooperate with church authorities in the areas where we work, but do not seek to become a religious or lay institute.
11. We wish to remain accessible to everyone. For this reason, we do not endorse particular causes or take part in public controversies, whether religious, political or social. As private individuals, we act according to our conscience.

C E N T E R I N G P R A Y E R G R O U P S

We suggest you confirm the place/time with the contact persons before attending.

To find a prayer group near you, please go to www.centeringprayerchicago.org

CONTACT PERSONS: Please check to make sure your group is listed correctly on the website – www.centeringprayerchicago.org. Send additions, deletions and changes to: robert@centeringprayerchicago.org