

Spirit Journal - June 2022

Preview

This early summer *Spirit Journal* includes:

- An invitation to watch videos of *Notes of Rest*, the innovative "musical-textual retreat" that took place on May 14
- Notes on upcoming events from our good friends at Healing Gardens in St. Charles and Contemplative Outreach chapters in Atlanta, Southeast Wisconsin, and St. Louis
- Information about available Centering Prayer groups, in-person and online
- *Insights* from Simone Weil, Barbara Holmes, Desmond Tutu, and Thomas Merton.

Please share your reactions and reflections with us to help make *Spirit Journal* a two-way conversation. Your ideas are very welcome! If you would like to send us something you've written or just explore an idea, please contact the newsletter editor at news@centeringprayerchicago.org.

An Invitation to View Notes of Rest

Here's an opportunity to get a look at the *Notes of Rest* workshop on video. Last month, this workshop delighted those who attended. In fact, many said they found the event very meaningful and felt that it opened their eyes to new contemplative possibilities. The workshop was led by Julian Davis Reid and sponsored by Contemplative Outreach of Chicago in collaboration with CO chapters in Atlanta and Colorado.

We now have permission from all the participants to invite non-registrants to view the *Notes of Rest* videos on YouTube. Please click on these links:

[Notes of Rest Workshop](#)

[Post-workshop Lecture](#)

Enjoy!

Other Events of Interest

Here are some events and workshops you might like to attend.

From Contemplative Outreach Atlanta

We Gather Together - Releasing the Enslaved Spirit - Big Sit This Saturday, June 18

Contemplative Outreach Atlanta invites us to join an inspiring morning of Centering Prayer, Lectio Divina, and Taize' chant inspired by Howard Thurman, Michael Battle and Desmond Tutu. This event is free and is being held on Zoom. Donations are welcome.



[Click here for information and registration.](#)

From Healing Gardens in St. Charles

Enneagram Workshop Level 1 - Saturday, June 18 with JoAnne McElroy, MA, Life Coach/Spiritual Director

Gain a greater understanding of yourself using the Enneagram - a powerful, spiritual tool for transformation that will help you overcome your inner barriers and realize your unique gifts. Register early as the attendance is capped at 14 participants. The workshop will be held outside at Healing Gardens. (If inclement weather, the workshop will be taught inside.)

Healing Gardens also offers a Silent Saturday Morning on August 13.

[Click here for information and registration.](#)

From Contemplative Outreach of Southeast Wisconsin

***Six-Day Advanced Intensive/Post-Intensive Retreat - July 24-30,
Benet Lake, Wisconsin***

Centering Prayer retreats immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach, Ltd. This two track retreat will allow the participants to come together for Centering Prayer, Lectio Divina, and meal times. The retreat will provide an atmosphere of silence,



solitude and community. The Advanced Intensive and Post Intensive prerequisite is an experience of an Intensive Retreat or the equivalent. The retreat will take place at St. Benedict's Abbey and Retreat Center and will be led by Ann Koerner, CSA and Kathryn Ann Kobelinski, SSND.

[Click here for information and registration.](#)

From Contemplative Outreach of St. Louis

***Six-Day Intensive/Post-Intensive Retreat - August 21-26, Belleville
Illinois***

Join Contemplative Outreach of St. Louis for this retreat on Sunday, August 21st to Friday, August 26th at King's House Retreat Center in Belleville, Illinois.



An Intensive/Post-Intensive Retreat is an opportunity for practitioners of Centering Prayer to deepen their contemplative journey in the contemporary world. It

is a six-day experience of integrating contemplation and action through silence, solitude and community. The retreat director will be Rev. Matthew Flatley.

[Click here for full information and registration.](#)

Centering Prayer Groups In-Person and Online

Participants who attend a Centering Prayer introductory workshop often decide to join an existing prayer group or form one of their own. The groups generally meet weekly or every other week to share their experience of Centering Prayer and growing relationship with God.

Many groups decide to view videos or read and discuss books by Fr. Thomas and others to deepen their individual understanding of their spiritual practices. Formats usually include a session of Centering Prayer and discussion and sharing. These small faith communities build trust and unity while encouraging and supporting members on their spiritual journey.

More than 40 Chicago-area prayer groups are listed on our [website](#). If you would like help finding a prayer group, please contact the facilitators' team leader at: groups@centeringprayerchicago.org.

While more and more prayer groups are returning to meeting in-person, here are five invitations to gather with Chicago-area Centering Prayer groups via Zoom. Listed below are the groups, times, and contact information:

- North Park Covenant Church, Monday 7:15pm. Contact Sarah Hillabrant, (773) 509-1095, yoopergirl37@gmail.com
 - Centering Prayer Group every Saturday 9:30-10:30am. Contact Bill Epperly at bill@integralawakenings.com
 - St. Katharine Drexel Church every Tuesday 8:30-9:30am. Contact Lori Dressel at loridressel@gmail.com
 - The Healing Gardens - Centering Prayer with Lectio Divina, last Friday of each month, 10:30am-11:30pm. Contact Deb Marqui at deb@dmarqui.com or text/call 630-740-259.
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- Permanent Zoom group (not associated with an in-person group) Tuesday 6:00 - 7:00pm. Contact Rose Magiera for link and phone number – rmmagiera@gmail.com

Offerings in the Contemplative Outreach Meditation Chapel

The national website of our parent organization features an Online Meditation Chapel that is very easy to use and provides the opportunity to see, hear and join in silent prayer with others from all over the world. You must first register to attend the meetings in the Chapel. You can do that by using the [calendar](#) link. Once you know what chapel your desired meeting is in, use the [chapel](#) link.

Meditation Groups – Groups meet via Zoom at all hours of the day and night and are open to anyone. *There is no cost/fee to attend, charging is prohibited.* A friend writes: “I have been attending meditation in the virtual Keating Chapel and had a lovely experience. The facilitator was very good!” For further information, visit the [calendar](#) or [chapel listing](#).

Healing Together: A Gathering of Consciousness – In silence we focus on an intention for peace and healing in 2022. The format is an opening prayer, a short reading, two 25-minute sessions of silent prayer with a short break in-between and closing prayer. These sessions are scheduled every Thursday from 11:00am to 12:00pm Central Time (US & Canada) in the Thomas Keating Chapel with Mary Lapham. You can contact Mary at marylapham2@gmail.com.

Please let us know about any additional events and resources you're aware of. Write to: news@centeringprayerchicago.org

Insights

The mysteries of faith are degraded if they are made into an object of affirmation and negation, when in reality they should be an object of contemplation.

- Simone Weil

There is no template; there is no right way to encounter the spirit world... The mysticism of everyday life is an opportunity to deeply mine the depths of human experience, relationships with others, and our encounters with nature.

- Barbara Holmes

A person with Ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, for he or she has a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed.

- Desmond Tutu

Instead of hating the people you think are war-makers, hate the appetites and disorder in your own soul, which are the causes of war. If you love peace, then hate injustice, hate tyranny, hate greed - but hate these things in yourself, not in another.

- Thomas Merton

Your Turn

Please write in to contribute your ideas or to comment on any aspect of *Spirit Journal*. For example, you are invited to submit something you've written on a spiritual topic, or to let us know about an upcoming event, or send an inspirational

quote you'd like to share, or information about a book, website, podcast, or video you recommend. You can contribute by emailing the newsletter editor at news@centeringprayerchicago.org.



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