

## ***Spirit Journal - August 2022***

### ***Preview***

Our August edition of *Spirit Journal* features:

- Alan Krema's reflections and reminiscences as he ends six great years as our chapter's coordinator
- A big announcement - our 2022 One-Day Fall Workshop is scheduled for October 29, and registration is now open for "Centering Prayer and the Mystical Imagination, led by Carl McColman
- All the way from New Mexico, a charming piece of creative/spiritual writing by Johanna Ash
- Information about eight upcoming retreats and workshops that may interest you
- Free links to watch two *Notes of Rest* videos
- Information about available Centering Prayer groups, in-person and online
- *Insights* from Nancy Sylvester, Jeff Ediger, Alan Krema, and William Meninger

Please help us 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](mailto:news@centeringprayerchicago.org).

### ***From the Heart***



by Alan Krema

With August upon us, I am announcing the completion of my term as Chapter Coordinator. It has been a very blessed six years and I am deeply grateful for our long-time circle of service member Jack Lloyd, who has graciously agreed to take on this role for our chapter. Having completed two three-year terms as coordinator, it's time for me to step down, but I plan to stay very involved and contribute as much as I can to the chapter going forward.

As I review my six years as coordinator, it becomes clear what a blessing this work has been for me, but also for so many associates and members of our local chapter. Allow me your indulgence to remember the highlights of the last six years:

I had a personal meeting with Thomas Keating just a few months before my term started in 2016. I told him about our intention to bring in Cynthia Bourgeault's Wisdom Way of Knowing teaching as a new "Living Wisdom" program. He was very supportive of this work and expressed the feeling that he always thought Chicago would be a progressive chapter and seemed pleased at my intention.

One of the first things we did after I became coordinator was to hold servant leader training locally for our entire leadership team. Susan Komis led us in this, and the theme was how to engage with LaLoux's "Reinventing Organizations" as a chapter

leadership team (which we call the circle of service). This was important to Thomas Keating, which was expressed through Susan working with him on this material. We have embraced this work as a leadership team and have found it very well-aligned with a posture of “deep listening.”

Out of that servant leader retreat we began to focus every circle meeting with centering prayer and the Contemplative Outreach Vision Statement – “We embrace the process of transformation in Christ, in ourselves and others, through the practice of centering prayer.” We engage leadership meetings as prayer experiences, as opposed to business meetings. In each meeting, we articulate the Vision of Contemplative Outreach and give each member an opportunity to express why they are a part of the team, what is our heart's desire in this work.

Over time, this focus on the Vision served us very well in working with the many things we engage with for our local membership. We always ask if what we do will broaden and deepen the Vision and we do nothing which will not open to the Vision. I believe we have found a strong sense of clarity and meaning in this process.

Throughout the past six years, we have held retreats, supported local intensive retreats, and given much support to our centering prayer group facilitators, as well as prison ministry and the 12-step ministry. In the first few years we introduced the Living Wisdom program. This was designed as a broadening and deepening of the Living Flame program, with themes from the teaching of Cynthia Bourgeault. These workshops were very well received and brought us many new members. After these workshops, we held the Living Flame program with the teachers from the national service team. In addition to these programs, we have offered some complementary workshops, for example with Mike Smoolca and Phileena Huertz. We always do these with the Vision as primary focus and incorporate centering prayer.

Additionally, I would like to express how we engaged with a desire to provide access to the practice of centering prayer to a more diverse group of people. We especially desired to work towards further engagement with African

Americans. We had much discussion about what to do - It was not clear what type of activity would be best for us to implement. In contemplation, we hold in faith that our will be subordinated to the presence and action of the Holy Spirit. We learned to hold the issue of diversity in our awareness, and to release thoughts about the issue when we find ourselves engaged with them. We had faith that what is ours to do will be presented to us and we will open to the work as we open to our participation in the divine presence.

As a leadership team, we began with a book study of Howard Thurman, focused on "Jesus for the Disinherited." This was a remarkable revelation. We were amazed at how similar Thurman's expression of contemplative prayer is to what is articulated by Contemplative Outreach. We were also struck by the fact that we cannot possibly know what it is like to embrace the love of Christ as a person who is marginalized, oppressed, and disinherited. Therefore, we knew that we could not move forward as if we have something to give or to teach others. The desire to give or to "teach" was then replaced by a great desire to know, to embrace, to learn from others. I remember the meeting where we simply released our thoughts of what we might do for others, and asked the question: "Can we love others who are not like us - do we?" In contemplation, an affirmative answer to this question does not come easily.

Our first activity was to host a workshop on Howard Thurman. We had already begun discussions with the Chicago Theological Seminary, a cornerstone of the Black American church. They provided a teacher/minister who specializes in Howard Thurman and we had a wonderful workshop. The feedback from our membership was very supportive and encouraging.

Our leadership circle and a few others enrolled as a group in the Sacred Ground program offered by the Episcopal church. This is a program designed to teach about racism in America and to share thoughts and conversation. It was a wonderful entry into anti-racism as a contemplative engagement.

We also held a half-day retreat/workshop on racism in cooperation with the anti-racism group from the local Sisters of St. Francis. One of our weekly centering

prayer group members is associated with this team and another one of the group was instrumental in forming this event. In doing so, we joined the practices of Centering Prayer, the Welcoming Prayer, and Lectio Divina into one session of holding the issue of racism in our personal prayer and extending this into our communal prayer and presence. It was deep listening that brought with it connection and union.

Then we listened to and learned from the very Reverend Michael Battle when he gave a major presentation for the Shalem Institute, and we were very excited to engage him as another teacher we can learn from to help us embrace the Black experience.

His workshop with us was a wonderful experience and brought in a host of diverse people who would otherwise not engage with Contemplative Outreach. We learned a great deal about Desmond Tutu, right at the time of his passing. We learned much about how the Black experience with contemplation is rooted in communion and community. (Recall the opening conference of the Introduction to Centering Prayer: "Prayer is relationship.")

Michael Battle then invited us and other chapters to help and participate in a six-week Lenten series on Desmond Tutu. We did so in collaboration with the Center for Christian Spirituality of South Africa as well as Contemplative Outreach chapters from Atlanta, Denver, and South Africa. For me, this was a remarkable experience of being welcomed into and embraced by clergy and leaders of a majority Black contemplative community. We learned much and embraced each other with compassion.

As our most recent opening to the movement of the indwelling spirit, we began learning from Julian Davis Reed. Julian attended our Michael Battle workshop and connected with us from that event. He is a theologian / musician who presented a "Notes of Rest" workshop to our local chapter. We experienced scriptural reflections and "musica divina," after our practice of Centering Prayer. We learned that this is a powerful alternative form of lectio divina and moves us in a similar way that we are used to in our usual practice. In this case we were opened to

scripture through the music and perspectives of Black Americans.

We learn, we embrace, and we feel in our incarnate beings the great love of Christ.

Finally, many thanks to all our circle of service team members who have made the last six years of our chapter leadership so meaningful and blessed:

Sandy Janowski, John Parkolap, Charlie Welsh, Barb Krema, Jack Lloyd, Phil LoDolce, Rose Magiera, John Holmes, Bob Frazee, David Webb, Rev. Julianne Buenting, Pat Benson, Rebecca Serpe, Sam Ogles, Will Degenhard, Chuck Tomashek, Christine Ako, Curt Paddock, Mary Ann Jackson, Lori Dressel, Jim Freyder, and Phil Jackson.

Because we always consider our meetings and events as prayer experiences, when we all do what we love, it does not feel like work.

Please consider joining our circle of service team as a volunteer. It is a sacred blessing and has been transformative for many.

In Christ's Love,  
Alan.

***Announcing Contemplative Outreach Chicago's  
2022 One-Day Fall Workshop***



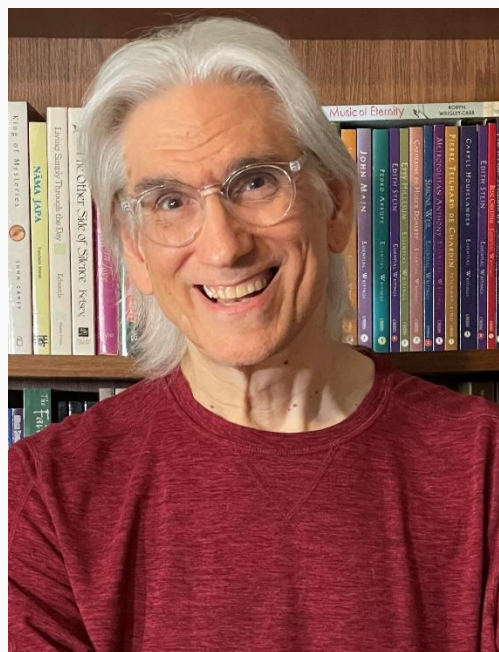
***Centering Prayer and the Mystical Imagination***  
***A Mini-Retreat with Carl McColman***  
***Live via Zoom - Saturday October 29 - 10am-3pm***

“Be still and know that I am God” is a promise from the Psalms: a promise that God may be known through stillness, silence, and contemplation. But how do we truly know God — and how does stillness truly invite us into this deeper way of knowing?

By weaving the wisdom of Centering Prayer with insights from Christian mystics like Julian of Norwich, Ignatius of Loyola and Thomas Merton, we can discover how silent prayer is more than just a way to consent to the Spirit’s presence in our lives: it is a tool for interior transformation and deep intuitive insight. When we learn to rest in the silence of Centering Prayer, we learn how to be more truly human — a Christlike presence for healing and hope in our troubled world.

Think of this day as a mini-retreat in your own home. When we gather on Zoom, we will have time for Centering Prayer, for spiritual exercises in the tradition of Ignatian spirituality, along with conversation about how to integrate these practices into our daily life, in response to the call of divine love.

**Carl McColman** - Our facilitator is the author of many books, including *Eternal Heart* and *The Big Book of Christian Mysticism*. Based in Atlanta, he is a popular retreat leader, teacher, and spiritual director. Carl is a Lay Cistercian a commissioned presenter of Centering Prayer Introductory Workshops and a popular blogger, podcaster and retreat leader. Visit Carl online at [www.anamchara.com](http://www.anamchara.com)



[Click here for more details and secure online registration.](#)

## ***Stuck in the Middle***

by Johanna Ash

*(This narrative/reflection was created by a friend of Contemplative Outreach who lives in New Mexico. If you have written something you think people might like to read in Spirit Journal, please contact the editor at: [news@centeringprayerchicago.org](mailto:news@centeringprayerchicago.org).)*



West Texas. Hot, arid fields with hazy skies. Nothing has been planted yet, unusual for mid-May, and all is barren. Weeds in the fields are dry and crisp to the left and right. The asphalt two-lane highway goes straight for miles to the horizon. It is the second day of driving home from a wonderful week at the coast at Padre Island National Seashore, where we



encountered pods of pelicans and sea turtle mamas clambering over the coastline.

The drive has already been going on for hours. We are bored, and hot. Oh yes, I did say that already. One hundred and four degrees in Big Springs, Texas yesterday. It is still a long way from home. The countryside is in drought. New Mexico, our home state, is suffering numerous forest fires. We almost, but not quite, feel guilty for having left, abandoning Mother Earth in crisis for a frivolous trip.

We are listening to an audio book. It distracts Bill enough to focus on the road, and for me to steal cat naps behind my sunglasses. We keep our water bottles near. We are pinned into the left lane on a road with two lanes in each direction. The semis are mostly in the right lane. The border trucking troubles have eased a little and truckers are playing catch up. In our lane, we encounter jokers, driving fast and then slow, no way to pass them safely. We are stuck in the middle between the trucks and the minimum shoulder on the left.

Now, in front of our car is a group of motorcyclists. There are about a dozen heavy black cycles, Harleys, paired into the one lane. They are controlling the road in front of us. The group appears to be a gang, with drivers wearing identical leather vests. Some have passengers, also wearing vests with lettering across them. Between them and the semis, we are stuck in the middle. I am eager to go faster. I want home.

I look for something to distract my yearning and I see the lettering on the vests. "Messengers" is written in an arc on the backs. I can't see all of it because the seat backs hide the words and the picture identifying the group. I think of the names of groups I have heard of, and their merits. I study this group in front of me and begin to spin my story. What other information is there?

We travel behind them, trapped for what seems to be about an hour. Finally, the group can get around the trucks and allow us to get in front. The difference in speed feels like flying! Across the state line, Bill and I pull in for gas. The gas station is a beacon of welcome in this high plains desert. I hardly get to the building

to get our much desired ice cream on a stick when here come the motorcyclists. All of them.

They hang around the front door. Ladies have gone to use the conveniences. The men are very thin, but they look strong. At one time in my life I would have said they appear to be unsavory, hard living, calloused and rough: a type to be avoided. Trouble. Most need dental work. Now, I recognize them as like me. Looking for a safe, fun, good time. Hanging out with friends, sharing a common interest. I weave my path through the group.

I think hard about my next step. I do tend to be a bit inappropriate when it comes to speaking to strangers. How can I grow this story that I am creating for my own personal enjoyment? Fighting my inhibitions, I feel pressured as I see Bill around the corner. He wants to move on. He is eyeing the semis stopped for gas and wants a front row seat in the traffic lane. I have to decide fast.

And I ask the leader. In front of all these tanned men, well used by life, I swallow my fears and ask. Who sends you messages? Who do you give them to? And then I see the rest of the wording on their vests. "Messengers of God." The leader shares that the group is composed of recovering alcoholics. And they work with alcoholics. I sense from their appearance that it is not only alcoholics they work with.

I see God's light in their eyes, and the peace in their faces. I see God's grace in their demeanor, the confidence and certainty of their purpose moving through every breath, every motion they make. I am in awe, speechless.

All I can say is God bless you. Thank you, God bless you.

Bill calls. He is impatient.

I am eager for further dialogue, but leave, grateful that we each have received the flame of Spirit, a purpose uniquely designed to the gifts He has given. I am grateful that these good people recognize their place in this wonderful world of ours and have learned how to use the tools God gave them.

Amen.

## ***Upcoming Retreats and Workshops***

*This Saturday August 20 from Contemplative Outreach Atlanta*

### ***We Gather Together - Divine Feminine Big Sit on Zoom***

Plan on an inspiring morning focused on the Divine Feminine theme. This Big Sit incorporates two 20-minute silent Centering Prayer sessions with Lectio Divina (sacred reading four times), Taizé chant, and a reflection inspired by Hildegard of Bingen.

[More information and registration.](#)



*From Benet House Retreat Center at St. Mary Monastery*

### ***Eight-Day Intensive/Post-Intensive Retreat - August 19-27, Rock Island, Illinois***

This retreat's theme, *God is Love: The Heart of All Creation*, builds on the works of Fr. Thomas Keating and is possibly his last major published series. As Fr. Thomas notes in the series: *“Everything in the universe - everything our senses observe, and technology uncovers at the highest level of infinitude is prophetic witness of the Divine. The Divine Presence is happening in, through, and amidst every detail of life... penetrates all that exists ... is in relationship to every part of creation ... is trying to move humanity to the next stage of consciousness.”*



**GOD is LOVE**

*A Journey into the  
Heart of All Creation*

During the retreat, viewing of the God Is Love video series will be in silence. The retreat experience offers several periods of Centering Prayer in community each day with time for rest, reflection and enjoying the exquisite nature which envelopes the campus of St. Mary's Monastery grounds. Meals are silent, with the exception of conversation at the evening meal on opening night and at the last meal on the final day of the retreat.

**Retreat Leader: Susan Komis.** Susan Komis has served Contemplative Outreach since 1990, first as a volunteer for the St. Louis, MO Chapter and then as Coordinator. She was a member of the Faculty of Contemplative Outreach, Ltd. and served as Director of Chapter Programs & Services (CPS) to support Coordinators and Contact Persons throughout the Contemplative Outreach spiritual community. She is retired from Contemplative Outreach and continues to offer presentations and serve retreats. Susan is a certified Pastoral Minister and has worked in Adult Faith Development and various other ministries including spiritual direction and interspiritual dialogue.

[More 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.

[More formation and registration.](#)

*From St. John of the Cross Christian Meditation Groups - August 27*

***Morning of Meditation / Journey of the Universe***

The morning will include a viewing of the award-winning documentary "Journey of the Universe" with Brian Swimme, acclaimed author and evolutionary philosopher, along with periods of meditation and discussion.

The film weaves a tapestry that draws together scientific discoveries in astronomy, geology, biology, ecology, and biodiversity with human insights concerning the nature of the universe. This film is designed to inspire a new and closer relationship with Earth in a period of growing environmental and social crisis.

This event will take place Saturday, August 27, 9:30am - 12:30pm (registration/social time 9:00am) at St. John of the Cross Parish Center 5005 Wolf Road, Western Springs. Reservations are requested but not required (contact: Betsy - 708-246-8315 or [wccmchgo@gmail.com](mailto:wccmchgo@gmail.com))

*From Contemplative Outreach of Madison Wisconsin - Sept. 10 via Zoom*

***Centering Prayer: an 11th Step Practice***

THIS WORKSHOP IS FOR PEOPLE IN TWELVE-STEP RECOVERY PROGRAMS

---

Centering prayer is a meaningful method for our daily 11th step meditation practice. This workshop will teach participants about the practice of centering prayer. We will also have a talk about the Human Condition, as interpreted by Thomas Keating, which will help explain why we need a daily 11th step practice. In addition to the workshop on September 10th, registration includes continuing sessions on the four Saturday mornings following the workshop. These optional sessions will each last for about an hour and will allow workshop participants to: 1) practice centering prayer together, 2) learn more about the prayer practice and 3) ask questions. These continuing session will be held September 17 and 24 and October 1.



[More information and registration.](#)

*From Contemplative Outreach of Southeast Wisconsin - Sept. 29 via Zoom*

### ***A Creation Spirituality Primer***

Creation Spirituality is a way of being spiritual with roots in Jewish, dialectical, blessing-based thinking in contrast to the Greek platonic, dualistic, original sin-based spirituality that has dominated western Christianity for centuries. The workshop, led by Jim Gill, will explore this alternative way of living the spiritual life. Jim has over 30 years of leading adult formation programs. He studied Creation Spirituality under Matthew Fox in Chicago.

[More information and registration.](#)

*October 8 at Healing Gardens in St. Charles*

### ***Enneagram Workshop: The Ongoing Journey of Self-Discovery***

Whether you are new to the Enneagram or have been a student for many years, this expanded workshop invites you to explore the gifts of the Enneagram and dive deeper into the insights of each type through self-reflection, curiosity and compassion. The Enneagram is a powerful tool for self awareness, acceptance and transformation that is an ongoing learning experience.



Learn your type, discover your strengths and self-limiting habits and explore the ways they impact your life. Take an honest look at yourself. This workshop will cover topics beyond typing through invitations to find all types within you, your relationship to others and ways to delve deeper into the journey.

**Presenter: JoAnn McElroy, MA, Life Coach/Spiritual Director**

[More information and registration.](#)

*From Contemplative Outreach of Colorado - October 8*

### ***Holy Transgression: Discipleship and the Incarnation***

This will be a hybrid presentation, conducted both in person at The Center for Contemplative Living in Denver, and Online via Zoom.

Father Vincent Pizzuto will lead a full-day event titled “Holy Transgression: Discipleship and the Incarnation.” He will be speaking to us about Jesus’ coming as a manifestation of a whole new world view: the Kingdom of God.

The gospel narratives are replete with the theme of transgression. Routinely, Jesus drew his teachings and parables from the natural world, familiar to those around him, and used the most mundane images to shock his listeners into seeing the new world that was breaking upon them. In this new world—*the kingdom of God*, as he called it—the very idea of holiness and what it meant to be holy was radically challenged and transformed. No longer was holiness to be identified with something “set apart,” as the original Semitic root (*qdš*)

implies. Rather, the in-breaking of the kingdom was just that, the realm of God breaking into the realm of humanity. This is why Jesus' actions and teachings consistently emphasized the spirit of the law over the letter. He insisted that no religious observance was of greater importance than the practice of compassion and indiscriminate love for all.

**Father Vincent Pizzuto, Ph.D.** is [Professor of New Testament Studies and Christian Mysticism](#) in the Department of Theology and Religious Studies at the (Jesuit) University of San Francisco. He received his Ph.D. in New Testament Exegesis from the Katholieke Universiteit Leuven in Belgium (2003). He has since published and presented internationally in the areas of New Testament Christology, ecological discipleship, marriage equality, inter-religious dialogue, Christian mysticism and contemplative Christian spirituality.



[More information and registration.](#)

*From Contemplative Outreach Chicago/Atlanta/Colorado*  
***Experience Notes of Rest on Video***

---



Here's an opportunity to get a look at the *Notes of Rest* workshop on video. In May, this workshop, led by Julian Davis Reid, 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 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!

## ***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](mailto: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](mailto:yoopergirl37@gmail.com)
- Centering Prayer Group every Saturday 9:30-10:30am. Contact Bill Epperly at [bill@integralawakenings.com](mailto:bill@integralawakenings.com)
- St. Katharine Drexel Church every Tuesday 8:30-9:30am. Contact Lori Dressel at [lorijdressel@gmail.com](mailto:lorijdressel@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](mailto:deb@dmarqui.com) or text/call 630-740-259.
- 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](mailto: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](mailto:marylapham2@gmail.com).

*Please let us know about any additional events and resources you're aware of.  
Write to: [news@centeringprayerchicago.org](mailto:news@centeringprayerchicago.org)*

## ***Insights***

*More and more, I am convinced that to understand this transformative power of contemplation, contemplative practice cannot be seen in isolation from the broader context of our lives. Our spiritual journey is part of the evolutionary process. It develops as does our consciousness.*

- Nancy Sylvester

*Just as we wake from a good night's sleep, filled with new energy, so has the day been prepared with a reservoir of silence to cushion the day's noise--a place of respite against the rush of it. We pause, when we do, amidst the frenzy of the day, to drink a draft of silence.*

- Jeff Ediger

*When we expand our self to include our mind along with our body and our emotion, we can be whole and know that we hold all of the human race as one within us. We can know others as if they are us,*

---

*and not as “other.” It may be that finally grasping what Jesus means when he says “love your neighbor as yourself” is the most meaningful aspect of our contemplative practice.*

- Alan Krema

*Everything, EVERYTHING is Grace!*

- William Meninger

## **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](mailto:news@centeringprayerchicago.org).

SILENCE • SOLITUDE



SOLIDARITY • SERVICE

**Contemplative Outreach**

---

---

