

## *Spirit Journal - September 2022*

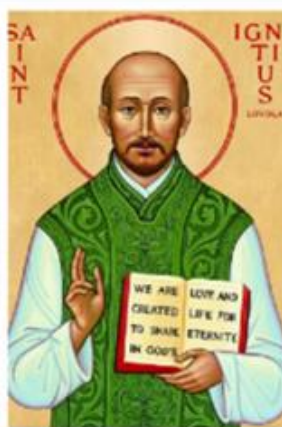
### **Preview**

This early autumn edition of *Spirit Journal* features:

- Information about our 2022 One-Day Fall Workshop, scheduled for October 29: "Centering Prayer and the Mystical Imagination," led by Carl McColman
- A listing of other upcoming retreats and workshops that may be of interest to you
- Information about available Centering Prayer groups, in-person and online
- *Insights* from Thomas Keating, Julian of Norwich, Ignatius of Loyola, and Thomas Merton

Please help us make *Spirit Journal* an interactive forum. Your insights 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).

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



### **Centering Prayer and the Mystical Imagination A Mini-Retreat with Carl McColman**

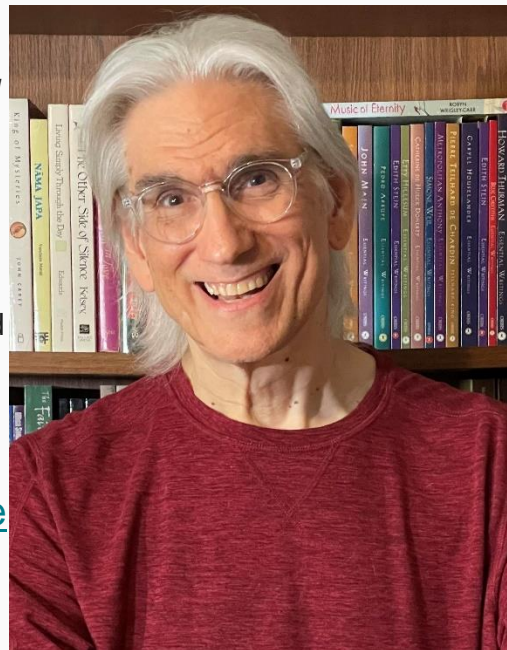
## ***Live via Zoom - Saturday October 29 - 10am-3pm***

“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)

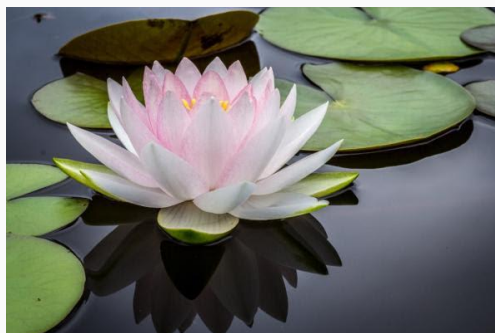


[Click here for more details and secure online registration.](#)

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

*From Contemplative Outreach of Colorado*  
**Online Spiritual Journey Classes Start Next Week**

As our friends in Colorado put it: "This series of classes form the foundation for everything we share at Contemplative Outreach of Colorado."



The program's facilitators spend three years as mentees integrating the teachings of Father Thomas into their spiritual lives. They receive training in leading discussions, holy listening and answering questions in depth. Most of them have been with the program for five years or more. Yet, they will often say that they learn as much as the participants in their work. The deep discussions led by the facilitators benefit everyone present.

We invite you all to join our Colorado chapter as they embark on another year of this wonderful spiritual journey. For those who are new to Centering Prayer, there are two free workshops to choose from tomorrow, September 17: Introduction to Centering Prayer or 12-Step Introduction to Centering Prayer. More advanced course offerings, some beginning next week and some later, include: the Human Condition; Spirituality in Everyday Life; the Divine Therapy; and more.

[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 (*qđš*) 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.



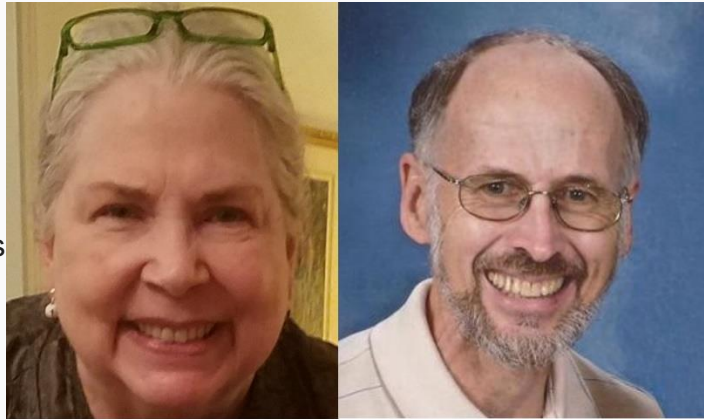
[More information and registration.](#)

*From Contemplative Outreach Atlanta*

***Intensive/Post-Intensive Five-Day Two-Track Retreat on Zoom -  
October 12-16***



Each full day includes three one-hour Centering Prayer sessions with meditative walks and one Lectio Divina experience. The Intensive Track will review Thomas Keating's Human Condition series; The Post-Intensive Track will review David Frenette's Wisdom.



**Retreat Leaders: Maggie Winfrey and Vernon Dixon.**

[More information and registration.](#)

*At Benet Lake Retreat Center*

***Silent Retreat Weekend - November 11 - 13, 2022***

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This is an opportunity to leave the distractions and noise of your daily life behind for just a weekend and enter the silence of this retreat offering. There will be time for much needed rest and rejuvenation as well as an opportunity to listen more deeply for that “still, small voice of God” that may be nudging you.

Benet Lake Retreat Center is located approximately 50 miles north of Chicago, just north of the Illinois/Wisconsin border. The retreat center rests quietly in the midst of over 400 acres and provides ample space for walking, prayer, and silence: ([BenetLake.org](http://BenetLake.org)) Space will be limited; early registration is encouraged. Proof of vaccinations (including both booster shots) is required prior to the retreat.

**Retreat leaders: Esther Simonson and Spencer Foon**

For further information and registration, please contact Esther Simonson @ [emsino61@gmail.com](mailto:emsino61@gmail.com).

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## ***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***

*Consent is not an effort. Surrender is not an effort. And transformation is something only God can do. From that perspective, it should be easy. So, my heartfelt prayer for each of you is: Keep going! And have invincible confidence that this is God's work in you, and do not be afraid to ask that what he has begun in you might be completed.*

- Thomas Keating

*The greatest honor we can give Almighty God is to live gladly because of the knowledge of his love.*

- Julian of Norwich

*Teach us to give and not to count the cost.*

- Ignatius of Loyola

*There is greater comfort in the substance of silence than in the answer to a question.*

- 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](mailto:news@centeringprayerchicago.org).

SILENCE • SOLITUDE



SOLIDARITY • SERVICE

**Contemplative Outreach**