
OREGON CONTEMPLATIVE OUTREACH

HEARTFULNESS:

The Christian Contemplative Journey

6-Day Retreat • April 28 - May 3, 2012

with Gail Fitzpatrick-Hopler



“For over 25 years, Contemplative Outreach has been dedicated to transmitting the living tradition of the contemplative Christian heritage through the teachings of Fr. Thomas Keating, Centering Prayer and through programs and offerings that support contemplation in ordinary life. Heartfulness: Transformation in Christ condenses the accumulated wisdom of Fr. Thomas’ many years of teaching and practice into 9 essential areas for study, reflection and spiritual growth for our time: THE PURSUIT OF HAPPINESS; PRAYER; THE HUMAN CONDITION; SIN; SUFFERING; REDEMPTION; LOVE AND THE TRINITY; DIVINE INDWELLING; DIVINE TRANSFORMATION. “

The retreat will focus on these 9 essential areas in a beautiful and sacred space in Oregon’s Columbia Gorge. Except for some selected periods of time for reflection and wisdom sharing following the instructional videos, silence will be observed (including mealtimes). There will be time each day to enjoy the solitude and grandeur of Nature in the historic gardens of Menucha and the breathtaking landscape of the Gorge.

The original meaning of the ancient Hebrew word, *menucha*, is “renewing stillness”; we invite you to join us in discovering contemplative Heartfulness in this place of ‘renewing stillness.’



FALL
2011

“The Contemplative Outreach logo is taken from the monogram of the Job’s Redeemer which is the symbol of patient waiting. It depicts the alpha and omega, a symbol of God, the beginning and the end; a cross as the symbol of our salvation; flowers, a symbol of abundance of life and the Resurrection; and a circle, a sign of ongoing process. This symbol has been seen in the several different locations: on an ancient church in the land of Uz - the residence of Job; in the excavations of Old Jerusalem near the original stairs of the Temple; at the Southern Wall of the Old City near the Huldah Gates; and in a church in Galilee.”



View of grounds at Menucha

Heartfulness: The Contemplative Journey Retreat (Registration Form)

April 28 - May 3, 2012 • 6 Days & 5 Nights

Menucha Retreat & Conference Center • PO Box 8 • Corbett OR 97019 • www.menucha.org

Please select your room preference:

Costs: \$650 (*Beam*) * \$625 (*Creevey B & C*)* \$525 (*Creevey D*)* \$750 (*private*)

Shared Space. These rooms are issued on a first come, first served basis. **We can not guarantee the price selected will be available, but will do our best to accommodate you.*

Cost includes 15 consecutive meals – Saturday Dinner through Thursday Lunch

Menucha strives to provide the gift of hospitality. This is done by the attention to detail, the care of the facilities and the wonderful homemade food. Much of the produce is grown and harvested locally. Accommodations can be made for special diets but there is an extra charge and we need to know in advance of any requests.

Space is limited. To reserve yours, fill out the form below and return with a deposit of \$75.00.

Payment in full is due April 1, 2012. No refunds after that date.

For more information: Patricia Hutchinson 503.239.7566 • hutchinson.patricia@gmail.com

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Specify anyone you would like to room with (*otherwise, we make the selection for you*)

Make checks payable to OCO and mail your registration to:

Patricia Hutchinson • 3931 NE 42nd Avenue • Portland, OR 97213

School of Sustained *Lectio Divina*

Based on the teaching in Lectio Matters, Before the Burning Bush by Sister Meg Funk, OSB, about sustained *lectio divina*, Shalom Prayer Center is inaugurating a school of sustained lectio with Sister Meg Funk as the master teacher.

Sr. Meg Funk, OSB, has written extensively about ancient monastic and spiritual practices in such book as: Thoughts Matter, Practices Matter and Humility Matters. She is an amazing teacher with an abundance of insights and challenges for her audiences. For several years she was on the faculty of Contemplative Outreach.

An application process is required before registration is initiated. Please call 503.845.6773 or email shalom@mtangel.net for an application form.

Option 1: \$410, Wednesday, November 16 - Sunday, November 20, 2011 (4 overnights and 12 meals) - \$50 non-refundable deposit.

Option 2: \$380, Thursday, November 17 - Sunday, November 20, 2011 (3 overnights and 11 meals) - \$50 non-refundable deposit.

Option 3: Commuter fee: \$266, Wednesday, November 16 - Sunday, November 20 (no overnights and 7 meals: lunch and dinner Thursday - Saturday and brunch on Sunday) - \$25 non-refundable deposit.

Contact Mari Miller, the coordinator for the school at millerm@q.com or Sister Dorothy Jean Beyer at djb@mtangel.net for information or questions.



Contemplative experience is not arrived at by the accumulation of grandiose thoughts and visions or by the practice of heroic mortifications. It is not "something you can buy" with any coin, however spiritual it might seem to be. It is a pure Gift of God, and it HAS TO BE a gift, for that is part of its very essence. It is a gift of which we can never, by any actions of ours, make ourselves fully and strictly worthy. Indeed, contemplation itself is not necessarily a sign of worthiness or sanctity at all. It is a sign of the goodness of God, and it enables us to believe more firmly in His goodness, to trust in Him more, above all to be more faithful in our friendship with Him. All these should normally grow up as the fruits of contemplation. But do not be surprised if contemplation springs out of pure emptiness, in poverty, dereliction and spiritual night.

— Thomas Merton,
New Seeds of Contemplation

Just Noticing: Awareness Journaling for Contemplative Practice Holy Names Heritage Center • Lake Oswego, OR • Sept. 23 - 25, 2011

JUST NOTICING is a retreat workshop for those who meditate or have a contemplative practice. The workshop offers a set of awareness tools that can lead the journaler back into the flow and energy of life as it is being lived, with sufficient attention to the forms of experience (events) to address their energies and force. We then move silently toward states of awareness that may bring deep peace and calming mindfulness. An outcome of just noticing practice is a life lived with attentiveness, expanded awareness and graceful acceptance.

The retreat will include meditation practice, instruction, small group discussion and a silent environment.

The cost for the weekend is \$135.00 (some scholarships available) with discounts for

SNJM's, SNJM Associates and employees of Mary's Woods CCRC.

Fri., September 23, 2011, at 7:00 pm

Sat. (*schedule provided on Friday night*)

ends Sun. September 25, 2011 at 4:00 pm

This is a day retreat and does not include accommodations or meals.

For more information and to register, contact Dr. Ilecki at (719)395-9172, ilecki@amigo.net. or visit: <http://www.coloradonotes.com/>

Paul Ilecki, Ed.D., a former priest and monk at St. Benedict's Monastery, holds a doctorate in adult learning and development. He currently serves as staff on Intensive Centering Prayer retreats for Contemplative Outreach of Colorado. He has developed "Just Noticing" in response to a felt need for a journaling process

SAVE THE DATE: Please reserve Saturday, October 13, 2012 for a day long workshop with Rev. Martin Laird. Rev. Laird is the author of two very-well reviewed books on contemplative prayer: Into the Silent Land: A Guide to the Christian Practice of Contemplation and the newly published, A Sunlit Absence: Silence, Awareness, and Contemplation. Rev. Laird has led numerous workshops around the country and many for Contemplative Outreach gatherings. More details will be coming.

2011 Oregon Centering Prayer Retreats

8 Day Intensive/Post Intensive Dual Track Retreat



*It is precisely
sound's capacity
for truth and its
potential for music
that embodies its
power to transform.
The resonance of
sacred seed syllables
through cosmic
speech and song
lies at the heart
of creation.
It is awesome to
reflect that we are
literally sung into
existence by the
Triune chorus.*

TIMOTHY KOOCK

Description: This retreat is offered for those who wish to make either an Intensive or a Post-Intensive retreat. It is designed to deepen your **established** practice; a regular daily practice of Centering Prayer for at least 9 months is a prerequisite. The Intensive retreat is the first of the retreat series and is the prerequisite for the Advanced and Post-Intensive retreats.

The Intensive retreat offers the foundational instruction of Fr. Keating's Spiritual Journey Video Series on the human condition and an immersion in Centering Prayer. The Post-Intensive retreat participants extend their time of Centering Prayer and do not view any video conferences.

Except for opening and closing times, silence will be observed throughout the retreat, including at meals. Post intensive retreatants observe

8 Day Intensive/Post Intensive Retreat

When: Oct 21-28, 2011

Full, waiting list available

Where: Our Lady of Guadalupe Trappist Abbey, Lafayette

Cost: \$650

Deposit: \$100 (\$20 nonrefundable; check to COWV)

Grand Silence, with no eye contact, to deepen their practice of Centering Prayer.

At **Our Lady of Guadalupe Trappist Abbey** in Lafayette, retreatants may attend daily Mass and other prayers with the monastic community. We eat the same simple vegetarian meals (including dairy) that the monks prepare for themselves. Rooms are available for 8 retreatants, each with a private room sharing a bathroom with one other person. Short walks between buildings are necessary, and it is also necessary to climb some stairs to reach the prayer room where we sit for Centering Prayer. We are the only overnight guests during our retreat, but we share the facilities with visiting day guests.

Extensive forested trails on the Abbey property provide walking opportunities. The Abbey is located about 45 minutes southwest of Portland.

8 Day Intensive/Post Intensive Retreat

When: April 20-27, 2012 & Oct. 19-26, 2012

Where: Our Lady of Guadalupe Trappist Abbey, Lafayette

Cost: \$650

Deposit: \$100 (\$20 nonrefundable; check to COWV)

Registration

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Dates of Retreat: _____ Intensive retreat _____ Post-Intensive retreat _____

Payment enclosed (make checks payable to OCO) \$ _____

Previous Centering Prayer retreat experience: Yes No

Years of Centering Prayer experience _____

For information and to reserve a space in a retreat, return this form with your deposit to:

Norman Carlson, 2910 NW Angelica Pl., Corvallis OR 97330;
541-754-9945, ndcarlson@msn.com

A Day in the Light

The Queen of Peace prayer group invites you to attend "A Day in the Light" prayer day from 9:00 – 3:00 on Saturday, October 1, 2011 at Queen of Peace Church 4227 Lone Oak Rd. SE, Salem. This day will incorporate periods of Centering Prayer, the opportunity for *Lectio Divina* as well as time for personal quiet activities. The day is designed to provide a day steeped in silence and the light. We suggest a donation of \$5.00 or whatever feels right to you. Please

bring your own lunch. We will have coffee and tea available during the day as well as fruit and snacks. You may find it helpful to bring "quiet time" activities, such as art materials, journals or spiritual reading. You may want to bring an extra sweater or a prayer shawl in case the rooms are cool.

For additional information, please contact Kathy Seubert at 503 910-3085 or Jennifer Butler at 503 851-6786.

SAVE THE DATE: *Annual Facilitators' Luncheon*

A holiday luncheon, recognizing the immense help that facilitators across the state provide Oregon Contemplative Outreach, is scheduled for November 12, 2011, Saturday, at The Madeleine Parish from 11:30 to 1:30 with centering prayer and fellowship. In gratitude, a complimentary book will be given to each facilitator.

Prayer and the Universal Call to Contemplation

Cyprian Consiglio, OSB Cam, a monk, musician, spiritual teacher, internationally known performer, recording artist, and composer, will guide participants in the call to contemplation, based on his book, *Prayer in the Cave of the Heart: The Universal Call to Contemplation*. Come and experience the silence, the music, and prayer in this unique opportunity to learn more about contemplation and how to invite it more into your life.

Presenter: Cyprian Consiglio, a monk of the Camaldolese Congregation. Much of both his music and his teaching revolve around the *Universal Call to Contemplation* through spirituality and the arts. He has five collections of original music recorded and published through OCP Publications, three others released through the Equilibrium label, and two other collections self-published out of Singapore. A student of the writings of Bede Griffiths and Abhishiktananda, Cyprian has a great love for comparative religion, has done work in inter-faith ritual and world music, regularly leads conferences on meditation,

and has been to India and other countries in Asia several times, both studying and teaching. He has written numerous articles and a book, "Prayer in the Cave of the Heart: The Universal Call to Contemplation," for Liturgical Press.

This event will be hosted by Shalom Prayer Center in Mt. Angel.

**September 22, 7:00 p.m. -
Sunday, September 25, 1:00 p.m.**

\$250, \$25 deposit (includes 3 overnight accommodations and 9 meals.)

Start the retreat with Vespers at 5 p.m. followed by dinner at 5:30 p.m.

Check in by 4:30 p.m. Commuter fee for the entire retreat: \$155, includes lunch every day.

Register at Shalom Prayer Center,
Sr. Dorothy Jean Beyer, OSB,
503-845-6773 or shalom@mtangel.net and
register by September 16.

(This is not an OCO sponsored event but it may be of interest to many of you)



We read

LECTIO

*under the eye of
God*

MEDITATIO

*until the heart is
touched*

ORATIO

and leaps to flame

CONTEMPLATIO

DOM MARMION



**Starting a New
Centering Prayer**

Circle:

We welcome
new Circles!

Please contact

Tom Kinzie,

tdkinzie@hotmail.

com or **Patricia**

Hutchinson,

hutchinson.patricia@

gmail.com,

if you wish to

start one.

One of the

Facilitators'

Committee members

could attend the

group the first time,

if you wish, and we

will continue our help

as needed.

Centering Prayer Communities

Portland and Surrounding Cities Day Groups

2nd and 4th Monday - 2:00-3:30 pm.

St. John Baptist, 6300 SW Nicol Rd., Lynn Hingson: 503-598-1254, lynnl@comcast.net

Every Wednesday:

1) **8:30 am**; PSU Spiritual Life Center, Carol Joy Brendlinger: 503-226-7807, caroljoy@pdx.edu

2) **3:30 pm**; Private home (Woodstock area); Mike Zula: 503-772-2095, laslie4719@comcast.net

4th Friday - 10:00-11:30 am

Rockwood UMC, 17805 SE Stark St., Nadine Grogan: 503-807-7246 nadine_snjm@yahoo.com

1st and 3rd Saturday - 9:30-11:00 am

Ascension Church, SE 76th & Yamhill; Natalie: 503-258-0673, quilterchic1@gmail.com

Every Saturday - 10:00-11:30 am

Christ Church Episcopal-Guild Room, 1060 Chandler Rd., Lake Oswego;

Marilyn Depew: 503-697-5586, tmdepew@easystreet.com

Portland and Surrounding Cities Evening Groups

1st, 3rd, 5th Sundays - 7:00-8:30 pm

Private home, Tigard; Lisa Knudsen; 503-590-9891, LisaKnud2002@yahoo.com

1st and 3rd Monday:

1) **6:30-8:00 p.m.**; Christ the King Church- Parish Center, 7414 SE Michael Dr. Milwaukie;

Kay Haberlach: 503-698-7686, clarefrancis37@comcast.net

2) **6:30-8:00 pm**; Christ Church, 5170 NW Five Oaks Dr., Hillsboro;

Anke Brandstater: 503-647- 5176, anke@anamcharafarm.org

3) **6:30-8:00 pm**; St. Andrew (rectory), 806 NE Alberta, Portland;

Bobbie Foster: 503-285-5555, bobbie@theskanner.com

4) **7:00-8:30 p.m.**; St. Michael's House, 1704 NE 43rd Avenue, Portland;

Rob Downer: 503-381-3776, Rob@rosedirection.com

2nd & 4th Monday - 7:00-8:30 pm

Private home; Forest Grove; Kate Flanagan: 503-359-0736, kateflan@comcast.net

1st and 3rd Tuesday:

1) **3:00-4:30 pm**; Private home, Aloha; Carole Hustead: 503-649-8939, carolehustead@hotmail.com

2) **6:30-8:00 pm**; Sharon and Brad Burke 2425 NE 23rd Ave, Portland, 97212

Contact Anne Feeney, 503-335-3115, akfeeney@gmail.com

2nd and 4th Tuesday: 6:30-8:00 pm Private home, West Linn;

Kate Le Blanc: 503-675-3529, centeringprayerk8@msn.com *Please email or call first.*

Every Wednesday: 5:00-6:00 pm; St. Bartholomew's Episcopal Church, 11265 SW Cabot, Beaverton;

Kevin & Janice Holmes: 503-747-2447, takethetrain@yahoo.com

1st and 3rd Thursday: 7:30-8:30 pm; St Pius X Church-Community Center, 1280 NW Saltzman Rd, Pdx

Marilyn McWilliams: 503-646-9895, jonmarilyn@yahoocom

2nd and 4th Thursday: 6:30-7:30 pm; St. Andrews. 806 NE Alberta St. Portl3

Laura Fitzgibbon, llfod1@aol.com or Christie Mason revmillie@comcast.net, 503-280-6361.

Contemplative Outreach Willamette Valley (COWV) Groups

Every Sunday - 9:00 -10:00am or 11:00am-12:00pm;

First Presbyterian Church, 114 SW 8th St., Corvallis; Norman Carlson: 541-754-9945, ndcarlson@msn.com

Every Monday:

1) **1:00-2:00 pm**; St. Mary's Church, 501 NW 25th, Corvallis; Doug Eaton; 541-753-2946,

arancliffs@yahoo.com

2) **7:00-8:30 pm**; Queen of Peace Chapel, 4227 Lone Oak Rd. SE, Salem;

Laban Quimby: 503-917-9432, lquimby@innocent.com

3) **9:00-10:00 am**; Sacred Heart Hospital Chapel, University District, 1255 Hilyard St, Eugene,

Pat McMurray, bpmcmurray@ymail.com

Centering Prayer Communities (cont.)

Third Monday: 4:00 pm,

St Paul's Episcopal Church, Salem, Francine Ott, freeb1322@gmail.com

Every Wednesday 2:30-4:00 pm,

Private home, Corvallis, Charles or Dorothy McGrane: 541-754-2254; dmcgrane@peak.org

Every Tuesday: 7:30-8:00 am

St. Mary's Parish, Mount Angel; Joe Roy: 503-792-4595, JRoy7340@aol.com

Every Wednesday - 5:30-6:30 pm; Sacred Heart Hospital Chapel, Univ. District, 1255 Hilyard St, Eugene, Pat McMurray, bpmcmurray@ymail.com

Oregon Centering Prayer Communities Outside Portland

Astoria: Saturday: 7:20-7:40 p.m. (after Compline); Grace Episcopal Church, 1545 Franklin Ave.;

Rev. Richard Loop: 503-338-0451, fatherdick@pacifier.com

Bend: Contact person: Rita Weick; 541-382-0086, 2weicks@bendbroadband.com

Tuesday: 7:00-8:15 pm; First Presbyterian Church, 230 NE Ninth St.;

Lorraine Stuart: 541-318-0384, ldstuart@bendnet.com

Wednesdays, 12:00 -12:30 and Thursday: 12:00-1:00 pm; First Presbyterian Church,

230 NE Ninth St., Bend; Elizabeth Stephan: 541-382-4401, estephan@bendfp.org

Lafayette: 1st Saturday: 9:00 am-12:00 pm; "Seven Thunders," Brother Mark: 503-852-0107

(Call Wed. or Fri. from 6:00-7:00 pm, when Br. Mark is at the phones), community@trappistabbey.org

La Grande: 1st & 3rd Sunday: 7:00-9:00 pm; Dave Ebel: 541-963-5684, debelmt@uci.net

Lincoln City: Tuesday: 6:00-7:00 pm; St. Augustine Catholic Church, 1139 NW Highway 101;

Gerry Kinneavy: 503-392-5872, gerry@kinneavy.com

Manzanita: Monday: 5:00-5:45 pm; Center for Contemplative Arts;

Lola Sacks: 503-368-6227, lolasacks@nehalem1.net

Washington Groups:

Every Tuesday: 6:45 am; St. Stephen Episcopal Church, 1428 22nd Ave., Longview;

Mother Kathleen Patton: 360-423-5600, kpatton@sslv.org

Every Sunday: 7:00-7:30 pm; Family of Christ Lutheran Church, 3500 NW 129th St., Vancouver;

Linda Marousek: 360-576-4410, lmarousek@comcast.net

Every Tuesday: 6:00-7:00 pm; Church of the Good Shepherd, 805 SE Ellsworth Rd., Vancouver;

Clemmie Perslin: 360-574-6833

Every Thursday: 3:30-4:30 pm; Messiah Lutheran Church, 905 NW 94th St., Vancouver;

Norma Moore: 360-694-8842, nlmoore42@q.com

CENTERING PRAYER GROUP: If you would be interested in gathering for silence, prayer, lectio and dialogue about our practice once a month, join us every third Saturday of each month at Bethlehem Lutheran Church from 9 AM to noon. The fee is just \$40/year, (but can be waived if needed.) Our next gathering is Saturday, Sept. 17. Come once or twice and see if it is a good fit for you. Call Tom Kinzie (503-380-0135) for more information.

What Are You Reading?

The History of God by Karen Armstrong.

It's well-worth the read. Armstrong leads you through time (beginning about 2000 BCE) and cultures showing how our image of God has changed. Though largely a view of western civilization, Armstrong marks the influences of China and India, as our perception of God evolves from the voice of righteousness and jus-

tice to compassion. Armstrong is an Oxford scholar and ex-nun with a passion for religious history and research.

Karen Gatens, Portland OR

We would enjoy hearing what has inspired you, made you think twice, helped your practice and life. Email us what's on your night stand to: tdkinzie@hotmail.com

Centering Prayer Contacts

ASTORIA

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503-325-4691

fatherdick@pacifier.com

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EUGENE

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LINCOLN CITY

Gerry Kinneavy

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GKinneavy@earthlink.net

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TREASURER

Susan Mitchell

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PRAYER GROUP SUPPORT AND

FACILITATOR SUPPORT

Kate Flanagan

503-359-0736

kateflan@frontier.com

INTRODUCTORY WORKSHOP

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w) 503-234-1541, x173

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Restoring Sacred Balance **Richard Rohr**

“Restoring Sacred Balance” Collins Lecture with Fr. Richard Rohr
Wednesday, October 26, 2011 – 7:00 p.m., Sanctuary (*Trinity Episcopal*)

Workshop

Thursday, October 27, 2011 – 9:00 a.m. to 4:00 p.m., Kempton Hall (*Trinity Episcopal*)

Trinity Episcopal Cathedral • 147 NW 19th Avenue, Portland, Oregon

For more information or to order tickets:
Ecumenical Ministries of Oregon 503-221-1054

VISIT OUR WEBSITES

Contemplative Outreach Ltd. websites:
www.contemplativeoutreach.org
www.centeringprayer.com

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