

OREGON CONTEMPLATIVE OUTREACH



Cynthia Bourgeault Comes to Portland

Mark your calendars for two events with Cynthia Bourgeault. The Rev. Cynthia Bourgeault, Ph.D., is a retreat and conference leader, teacher of prayer, writer on the spiritual life, and Episcopal priest. She is passionately committed to the recovery of the Christian contemplative path and has worked closely with Fr. Thomas Keating as a teacher of Centering Prayer.

Public talk: Wednesday, March 26, 2008, 7:00–9:00 pm. \$15 Advanced ticket sale. Portland area. More information will be in the January newsletter.

Retreat: *The Cloud of Unknowing*.

Date: March 27–31, 2008.

Place: Menucha Retreat Center located in the Columbia River Gorge, 30 minutes from

Portland, www.menucha.org. Airport and Amtrak pick up are available.

Cost is \$550 per person, double occupancy with private baths. Please register early as this retreat is expected to fill quickly. A deposit of \$100 is required by October 15, 2007, with final payment due by December 20, 2007. The early deadline for our final deposit is set by the retreat center. Deposits and payments are transferable but non-refundable. Contact Faye Ellingson to make alternate payment arrangements or to request triple occupancy discounts or scholarships.

Send registrations to Mary Wirtz at 2814 13th Pl., Forest Grove OR 97116. Make checks payable to OCO. For more information, contact Faye Ellingson at 503-307-4481, or fayeellingson@hotmail.com.

AUTUMN
2007



Judgment and the Spiritual Journey

by Tom Kinzie

Most of us have had the experience of seeing a photo of our parents or someone else from that generation and suddenly realizing that those loved ones were considerably younger in the photo, perhaps, than we are now who hold the photo. There is a kind of shock to this awareness. We become more aware that time holds us, all of us, in its inexorable hands. We may also become gentler in our assessment of those who were so important to in our first “becomings” of who we are (and of who we are still becoming). That is to say, we sense at that moment of holding the photograph that they, the photographed (and I am not talking about those tragic instances of adult abuse of children) did what they could, caught up as we are all in failed dreams, fears and anxieties, and yet in the genuine faithfulness and hope of their lives as they then understood it. This is a kind of mercy and gratitude we can bestow on those who have loved us.

The gradual detachment from judgment of

others is one of the great gifts of the spiritual journey. As our prayer life develops this judgment of others simply becomes less interesting and certainly less urgent. There is a wonderful story from the desert tradition that speaks to this:

A certain brother came to Abba Poeman and said: “What ought I to do, Father? I am in great sadness.”

The elder said to him: “Never despise anybody, never speak evil of anyone, and the Lord will give you peace.”

The spiritual journey also teaches a similar release – but for some of us much harder to live out – from the need to judge ourselves. We begin to realize that the transformation of our lives is a long project and always far from complete. And we begin to rest with this knowledge, even while starting to understand that this healing is happening at a level that is not always immediately clear to ourselves or others. We sense that

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*We should go to
God with great
freedom . . .*

*Prayer is
not designed
to change God
but to change us.*

FR. THOMAS KEATING

Oregon Contemplative Outreach

8-Day or 10-Day Intensive/Post Intensive Dual Track Retreat

This retreat is offered for those who wish to make either an Intensive or a Post-Intensive Retreat. 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 Series on the human condition and an immersion in Centering Prayer. The Post-Intensive Retreat participants extend their time of Centering Prayer, do not view any video conferences, and enter Grand Silence with no eye contact, to deepen their practice of Centering Prayer.

Except for opening and closing times, silence will be observed throughout the retreat, including at meals. Soul-friending time is available daily with the retreat leaders.

8 Day Intensive/Post Intensive Retreat

Full—Waiting List

October 24–31, 2007

Our Lady of Guadalupe Trappist Abbey
Lafayette OR

Cost: \$575

Deposit: \$100 (\$20 nonrefundable)

8 Day Intensive/Post Intensive Retreat

April 18–25, 2008

Our Lady of Guadalupe Trappist Abbey
Lafayette OR

Cost: \$575

Deposit: \$100 (\$20 nonrefundable)

8 Day Intensive/Post Intensive Retreat

October 24–31, 2008

Our Lady of Guadalupe Trappist Abbey
Lafayette OR

Cost: \$575

Deposit: \$100 (\$20 nonrefundable)

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. 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.

Registration:

Norman Carlson

541-754-9945 or ndcarlson@msn.com

2910 NW Angelica Pl., Corvallis OR 97330

Centering Prayer Introductory Workshops

Saturday, September 22, 2007, 9 am–4 pm at the First Presbyterian Church of Portland, 1200 SW Alder, Portland OR 97205 (Entrance: 610 SW 13th Ave.). For more information or to pre-register, contact Michelle La Croix at 503-228-7331 or michelle.lacroix@fpcpx.org.

Contact Faye Ellingson, 503-307-4481 or fayeellingson@hotmail.com for additional workshops scheduled after publication of this newsletter.

Welcoming Prayer Workshops

The Welcoming Prayer is the practice of attending, letting go, and surrendering to God in the present moment of daily life. It is an experiential workshop as the prayer is to be used while experiencing upsetting emotions. It addresses the values of the false-self system on both conscious and unconscious levels.

October 13, 2007; Salem/Corvallis area; \$35 donation, BYO lunch. Registration and information: Kathy Seubert kathyseub@earthlink.net

October 6, 2007; Paulist Center, St. Philip Neri Parish, NE 16th and Division, Portland. \$35 donation, BYO lunch. Information or brochure: Sister Shirley, 503-201-4161 or shirleysnjm@comcast.net. Registration: Margaret Peeples, 910 SE 37th Ave., #209, Portland 97214.



*It is not so much
what we do but
what we are
that allows Christ
to live in the world.*
FR. THOMAS KEATING

Forgiveness Prayer Weekend Retreat 11th Step

November 2, 3, and 4, 2007, Portland area; estimated cost: \$175, \$125 for commuters; scholarships available.

Contact Sister Shirley, 503-201-4161 or shirleysnjm@comcast.net.

This Retreat focuses on many aspects of forgiveness. It offers deep healing and forgiveness of self and others.

New 11th-Step Centering Prayer Meeting for anyone in any 12-step program. Meeting will start with 20 minutes of Centering Prayer, followed by a regular meeting on a spirituality topic from any "big" book. First and third Thursdays, 6:30 - 7:45 pm, near Lloyd Center. Contact Shirley at 503-201-4161 or shirleysnjm@comcast.net for more details and meeting site.

Scheduling Contemplative Outreach Programs and Workshops *Presenters are available to bring the following workshops to your area: Centering Prayer, Lectio Divina, Forgiveness Prayer, Welcoming Prayer and 11th Step workshops. Please call Faye Ellingson, 503-307-4481 or fayeellingson@hotmail.com for information and scheduling.*

Pacific Northwest Cluster Retreat Schedule - 2007-2008

Oregon

Intensive/Post-Intensive; Oct. 24–31, 2007; Trappist Abbey, Lafayette OR
Norman Carlson ndcarlson@msn.com
541-754-9945

Cynthia Bourgeault; March 27–31, 2008, Menucha Retreat Center, Columbia River Gorge OR
Faye Ellingson fayeellingson@hotmail.com
503-307-4481

Intensive/Post-Intensive; April 18–25, 2008; Trappist Abbey, Lafayette OR
Norman Carlson ndcarlson@msn.com
541-754-9945

Intensive/Post-Intensive, Oct. 24–31, 2008
Trappist Abbey, Lafayette OR
Norman Carlson ndcarlson@msn.com
541-754-9945

Idaho

Introduction to Centering Prayer; October 26–28, 2007; Monastery of St Gertrude, Cottonwood ID
retreat@stgertrudes.org
208-962-3224

Intensive; May 16–23, 2008; Monastery of St Gertrude, Cottonwood ID
retreat@stgertrudes.org
208-962-3224

British Columbia

Welcoming Prayer/Centering Prayer; October 11–14, 2007; Rosemary Heights Retreat Center, Surrey BC
Anne Larochelle marlan2@telus.net

April 20–26, 2008
Intensive
Rivendell Retreat Centre, Bowen Island BC
Anne Larochelle marlan2@telus.net

Washington

Intensive/Post-Intensive; September 8-14, 2007; Camp Brotherhood, Mt. Vernon WA
Anita Boyd avboyd@telus.net

Intensive; February 14–18, 2008; St. Andrews on Hood Canal, WA
Diane Haavik dhaavik@yahoo.com

Intensive/Post-Intensive; June 12–19, 2008; St. Andrews on Hood Canal, WA
Diane Haavik dhaavik@yahoo.com

Three Day Retreat - Washington

Weekend Silent Centering Prayer Retreat; Nov 2-4, 2007; St Placid Priory, Olympia WA; 1 1/2 hrs north of Portland; \$170 with a single room; There will be Centering Prayer, silence and opportunities to share liturgy with the Sisters; spiritualityctr@stplacid.org or 360-438-2595.



Father, forgive them, for they know not what they do; Father, forgive me, for I know not what I do; Father, help me to forgive; help me to open my heart. Help me to bear all thing in love, through You. Amen.

Central Oregon Update

Over the next 6 months OCO will be supporting the Central Oregon CP groups by commissioning Rita Weick as our third Coordinator. She will be supporting the four known groups in the Bend area and reaching out to neighboring communities as they seek CP Intro Workshops. If you practice CP alone or are in a CP group not listed in this newsletter, please call Rita to let her know you are in our network of silent pray-ers. Call if you'd like her to present an Introductory Workshop to your community: 541-382-0086 or jrweick@bendnet.com

Welcome to the new Bend network of OCO as we all watch and listen for the movement of the Spirit..

Contemplative Outreach of the Willamette Valley

This past year, we at Contemplative Outreach of the Willamette Valley (COWV), have been learning to become a Contemplative Outreach chapter. The Salem, Mt Angel and Corvallis groups hosted our 3 Saturday prayer days. On November 17, Queen of Peace Church in Salem hosts another day of prayer. Everyone is welcome to come pray, eat (bring a lunch) and mingle.

In March our Leadership Team had training in the ministry of group facilitation and holding a sacred space.

Five of us went to Olympia in April to attend "Together in Silence: Transforming the World." We enjoyed talks given by Fr. Thomas Keating and three others from the Sikh, Buddhist, and Jewish contemplative traditions. We met in Seattle for the Northwest CO cluster meeting with leaders from OR, WA, Alaska and British Columbia. Father Keating gave a talk and anointed our heads and hands with frankincense and myrrh.

Laban Quimby attended the 5-day Formation for Contemplative Outreach Service Training in Twin Falls, ID. He is now certified to offer the 7-session CP Introductory Workshop. Please call if you would like a workshop in your community. Contact Kathy Seubert at 503-910-3085 or kathyseub@earthlink.net.

Southwest Washington Prayer Communities

This year Introductory Workshops in Centering Prayer have been sponsored by Lady of Lourdes Parish in Vancouver, Friends Quaker Church in Camas, Family of Christ Lutheran Church in Felida and Messiah Lutheran Church in Hazel Dell. Centering Prayer Communities have begun at each of these churches. Anyone interested in hosting a workshop or joining a prayer group may contact Norma Moore at 360-694-8842. All are welcome.

Annual Conference: Contemplative Vision with Richard Rohr and Thomas Keating

It is time to make plans to attend our Annual Conference, which this year will be held September 26 through September 30, 2007, in Houston, Texas, at the Omni Westside Hotel.

The theme for our Conference is Contemplative Vision: Awakening to Beauty, Truth and Goodness. The program will continue the work we began at our conference in St. Louis. We will revisit our revised Vision Statement and Theological Principles of Contemplative Outreach. There will be an opportunity to meet and network with Fr. Thomas and Gail Fitzpatrick-Hopler, our Board of Trustees, the Resource Faculty members, the CRCS (formerly known as the CCC, Coordinator Communication Committee) and staff from the International Resource Center.

This year we will have a well known guest presenter, Fr. Richard Rohr, from the Center for Action and Contemplation. For those of you who have attended our conferences, you know the value of coming together—for Centering Prayer, to meet others on the journey, to gain more knowledge, to share resources and to be able to take back what we experienced to our local chapters.

For registration and information, visit our website www.contemplativeoutreach.org, or contact the CO International Resource Center at 943-838-3384.



Either we acknowledge that God is in all things or we have lost the basis for seeing God in anything.

RICHARD ROHR, OFM

The Journey Continues . . . in 2007 through 2008

For three years many of us have gathered on one Saturday morning a month as a way of enhancing and reinforcing our practice of Centering Prayer. We call these gatherings "The Journey Continues. . ." This monthly Saturday morning gathering has become a wonderful way of journeying to a greater depth, to that place where silence is also an encounter with that which is sacred within and among us all. Our usual practice is to begin with Centering Prayer, followed by lectio divina, and then some form of teaching about the spiritual path, via a CD or a DVD, which is followed by a discussion of how this teaching makes sense in our lives. But this year notice that in several sessions the teaching will be done live, including

September 15, 2007	CP, Lectio, Teaching & Discussion, CP, Closing Prayer
October 20, 2007	Poetry as Prayer with Tom Kinzie
November 17, 2007	CP, Lectio, Teaching & Discussion, CP, Closing Prayer
December 15, 2007	Journaling as Spiritual Enrichment with Christi Krug
January 19, 2008	Supporting our Prayer Practice with Sr. Shirley Krueger, SNJM
February 16, 2008	Supporting our Prayer Practice with Sr. Shirley Krueger, SNJM
March 17, 2008	United in Prayer Day with a new DVD Presentation by Fr. Thomas Keating, OSCO
April 19, 2008	Benedictine Teachers and Teachings with Sr. Gertrude Feick, OSB
May 17, 2008	Benedictine Teachers and Teachings with Sr. Gertrude Feick, OSB
June 13-14, 2008	Closing Retreat at Shalom Prayer Center in Mt. Angel

If you have any questions or want to discuss scholarships or payment options, please contact Tom Kinzie at 503-380-0135 or (w) 503-234-1541 or at tdkinzie@hotmail.com.

Judgment and the Spiritual Journey

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we too are held in Love's hands in the great mystery of time, day by day, sit by sit. Knowing this of ourselves, how can we judge anyone else?

Like all thoughts in our practice, we are learning that we do not so much resist judgmental thoughts as to let them be. They will come and we will let them go. We notice them and then we let them pass by. Some days these various accusations against self or others pound on the door of our consciousness like an angry and

two presentations by Sr. Gertrude Feick, OSB, a Benedictine from Mt. Angel. (The topics listed below are only the ones that have been arranged as of this writing and we hope for more.)

Except for the closing retreat all sessions begin at 9 am and end by 12:30 pm, this way only part of a Saturday is occupied. We meet at Bethlehem Lutheran Church which is very easily reached at the intersection of SE 39th Ave. and I-84 in Portland. Most of the gatherings are on the third Saturday of the month.

The cost for the gatherings is \$75.00 (which does not include the cost of the optional closing retreat at Shalom Prayer Center in Mt. Angel). Scholarships and payment plans are available.

Centering Prayer Contacts

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marie-gumpel@asante.org

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503-325-4691
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jrweick@bendnet.com

CORVALLIS
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LINCOLN CITY
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PORTLAND
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kateflan@comcast.net

SALEM
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kathyseubert@earthlink.net

LA GRANDE
Dave Ebel
541-963-5684
debeltmt@uci.net

OCO COORDINATOR
Gini Graham
503-889-6642
giniwg@comcast.net

(The poet is R.S. Thomas, who is quoted in my new favorite book on prayer, Into the Silent Land by Martin Laird)

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CONTEMPLATIVE OUTREACH VISION STATEMENT

Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel in everyday life through the practice of Centering Prayer. The contemplative dimension of the Gospel manifests itself in an ever-deepening union with the living Christ and the practical caring for others that flows from that relationship.



Our purpose is to share the method of Centering Prayer and its immediate conceptual background. We also encourage the practice of *Lectio Divina*, particularly, its movement into *Contemplative Prayer*, which a regular and established practice of *Centering Prayer* facilitates.

We identify with the Christian contemplative heritage. While we are formed by our respective denominations, we are united in our common search for God and the experience of the living Christ through Centering Prayer. We affirm our solidarity with the contemplative dimension of other religions and sacred traditions, with the needs and rights of the whole human family, and with all creation.

VISIT OUR WEBSITES

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

To remove your name from this mailing list, or to receive email newsletters rather than hard copies, please contact Laban Quimby, lquimby@innocent.com or 503-917-9432.