



CONTEMPLATIVE OUTREACH NORTHERN CALIFORNIA

Centering Prayer Newsletter # 4--Bay Area June, 2009

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Please Note: You are receiving this newsletter because you have attended an event, talk, or retreat sponsored by Contemplative Outreach of San Francisco. The contents of this newsletter describe future Centering Prayer events which will occur during the remainder of 2009.

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Article 1: Prison Ministry Need for Centering Prayer Books

In northern California, Contemplative Outreach volunteers visit prisons and other correctional facilities every week, bringing the quiet of Centering Prayer instruction and meditation to the constantly noisy lives of inmates. This well regarded ministry has been nurtured by volunteers for many years, and has been blessed with visits by Thomas Keating to several of the prisons where Centering Prayer groups occur. Although volunteers are able to hold Centering Prayer instruction and prayerful practice with inmates, there remains an identified need throughout the system for Centering Prayer books that can be checked out and read by inmates. It is the intent of Contemplative Outreach of San Francisco to establish a small contemplative prayer library in each of these prison facilities.

There are half dozen titles in both Spanish and English that are appropriate to this population and ministry, as well as enrichment Centering Prayer DVDs and Videos as relevant and practical resources for the prison groups. Costs of these materials range from \$15-25 per item.

Are you willing to donate \$15-25 to purchase one Centering Prayer book or DVD for inmates' use in Chapel libraries?

Every dollar donation will be used to purchase and distribute Centering Prayer books and DVDs to the chapel libraries of a dozen prisons and correctional facilities. If you feel called to help, please make a check out to Contemplative Outreach of SF, with a notation of "prison books" and mail check to Mary Wyman, Coordinator, Contemplative Outreach at 202 Roosevelt Way, San Francisco, CA. 94114. Your prayerful discernment of this request will be deeply appreciated by

inmates and volunteers alike.

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Article 2: Facilitator Training to be held in East Bay on July 18

Facilitators of small Centering Prayer groups throughout northern California are warmly invited to attend a day of prayer, fellowship and training in the East Bay. Lunch will be provided. There is no registration fee but donations will be gratefully accepted. This is jointly sponsored by Eileen Halliburton and John Neville, Co-Coordinator of East Bay and Mary Wyman, Coordinator of San Francisco.

Arrival time (coffee and bagels) between 8:30am and 9:00am. Activities will begin with Centering Prayer at 9:00am and end at 4:00pm. Training topics will include a) The Facilitator as Servant Leader; b) Applying Contemplative Outreach Theological Principles to the Dynamic of the Small Group; c) Deepening the Spirituality of the Group and d) Various Formats for Prayer Meetings.

Please acknowledge your attendance by emailing mary.wyman@yahoo.com, giving your name, county, where and when your prayer group meets. Return directions will be provided by email. Deadline: July 10, 2009

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Article 3: Introduction to Centering Prayer Workshops

Contemplative Outreach of northern California offers Introduction to Centering Prayer workshops to churches, prisons, schools and other organizations where

individuals desire to learn about contemplative prayer and its method of practice. A dozen ecumenical introductory workshops have been given in the first half of 2009, and the following remain:

First Presbyterian Church in Monterey---June 27, 2009---8:30am to 1:00pm---For information, call (831) 596-8299.

Most Holy Redeemer Catholic Church---San Francisco--Aug. 1, 2009---9:30am to 3:00pm---call Sr. Cathy @ (415) 553-8776.

San Quentin---closed sessions--Summer & Fall, 2009

Mercy Center---Burlingame, CA---September 27, 2009---To register, call (650) 340-7474.

If you are interested in learning more about how to sponsor an Introductory Workshop, email mary.wyman@yahoo.com.

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Article 4: Centering Prayer Retreats coming up in 2009

If you have made a Centering Prayer retreat, you know the extraordinary deepening of your personal practice through the multiple sittings occurring through the days. Consider one of the following opportunities remaining in 2009 to join a local, silent retreat and renew and deepen your practice.

4-Day Centering Prayer Retreat---Mercy Center, Burlingame, CA August 6-9, 2009 To register, call: (650) 340-7474.

Prison Retreat---Mercy Center, Burlingame, CA

August 7-9, 2009 For information, call Mary Wyman @ 415-431-8590.

Centering Prayer for Korean Community--Aug. 7-9--San Damiano Center, Danville, CA Email: myounghwankim@hotmail.com.

Centering Prayer as the 11th Step--(12 Step Program)--Mercy Center--Oct. 30-Nov.1---To register, call (650) 340-7474.

4-Day Centering Prayer Retreat---San Damiano Center, Danville, CA--Dec. 10-13, 2009 To register, call (925) 837-9141.

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Article 5: Update on Spiritual Engagement Centering Prayer Project

Many Centering Prayer practitioners in the Greater Bay Area are participating in the one-year Centering Prayer study conducted by the Mind Body Medicine Research Group located at the California Pacific Medical Center Research Institute in San Francisco.

The Mind Body Research Group is approximately half-way completed with collecting information from Centering Prayer practitioners, along with other spiritual practitioners, for the Spiritual Engagement Project, a research study on how engagement in spiritual practices and community influences health and wellbeing. Participants have been wonderfully committed to completing the myriad tasks for this project, including online questionnaires, two eight-day periods of daily telephone surveys, forms and emails. The Institute deeply appreciates this cooperation from all the northern California Centering Prayer practitioners who are participating in the Spiritual Engagement Project and

expect to share the findings of this study with our community. They expect to finish collecting data in December of 2009 and will continue with the analysis phase of the study into 2010.

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Article 6: Father Terry Ryan to speak on Julian of Norwich on October 24

Old St. Mary's Catholic Church
Paulist Book Store--Chinatown
Corner of California & Grant Avenue
San Francisco

Saturday, October 24, 2009
9:30am to 1:00pm

Freewill Offering

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