

# Days of Enrichment

## Heartfulness: Transformation in Christ

A DVD Series on the Spiritual Journey  
With Fr. Thomas Keating & Betty Sue Flowers

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 nine essential areas for study, reflection and spiritual growth for our time.

Captured over a two day period in nine hours of interview sessions, Fr. Thomas guides the viewer toward a profound understanding of the contemplative dimension of the Gospel and its extraordinary implications and applications for personal freedom and global peace.

He explains that the inherent human quest for happiness is itself the greatest proof of God's existence. Two years in the making, the Heartfulness series was prepared with much prayer and blessing. Fr. Thomas and the editors offer you our prayerful support as you consent to a deeper relationship with God.

May you be transformed in Christ for the greater good of all humanity in the one Body of Christ.

One Saturday a Month	August 2010 thru March 2011
The Pursuit of Happiness	August 7, 2010
The Human Condition	September 4, 2010
Centering Prayer; Sin	October 2, 2010
Suffering; Redemption	November 6, 2010
Love and the Trinity	December 4, 2010
Divine Indwelling	February 5, 2011
Divine Transformation	March 5, 2011

<b>Staff:</b>	Cathy McCarthy & Sr. Peggy Murphy
<b>Where:</b>	National Shrine of Our Lady of Mt. Carmel, Middletown, New York
<b>Time:</b>	9:30 AM - Registration and coffee 10:00 AM - 4:00 PM Please bring a brown bag lunch.
<b>Contact:</b>	Cathy McCarthy - 845-534-5180
<b>Format:</b>	Day includes Centering Prayer, DVD Presentation, and Group Processing

### **Contemplative Outreach of Orange County**

Phone 845-534-5180, Email [cmccarthy001@hvc.rr.com](mailto:cmccarthy001@hvc.rr.com)  
Website [www.centeringprayernys.org](http://www.centeringprayernys.org)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address (please print clearly): \_\_\_\_\_

I am registering for: Aug 7 \_\_\_\_\_ Sept 4 \_\_\_\_\_ Oct 2 \_\_\_\_\_ Nov 6 \_\_\_\_\_ Dec 4 \_\_\_\_\_  
Feb 5 \_\_\_\_\_ Mar 5 \_\_\_\_\_ All Seven Sessions \_\_\_\_\_

Donation enclosed \$20/each day \_\_\_\_\_ Will make free will offering \_\_\_\_\_

Please make checks payable to **Contemplative Outreach of Orange County**.  
Mail to: Contemplative Outreach of Orange County, PO Box 208, Cornwall, NY 12518  
For additional information: Call or Email  
Cathy McCarthy - 845-534-5180 or [cmccarthy001@hvc.rr.com](mailto:cmccarthy001@hvc.rr.com)