



ABOUT CONTEMPLATIVE OUREACH

Contemplative Outreach of Orange County is a regional chapter of Contemplative Outreach, Ltd whose purpose is to teach the Centering Prayer Method by offering Introductory Workshops, Centering Prayer Retreats and the formation of weekly Centering Prayer groups. Any parish or group wishing to deepen their relationship with God through the Method of Centering Prayer is invited to contact Cathy McCarthy, Coordinator.

Centering Prayer furthers the development of contemplative prayer by preparing our faculties to cooperate with this gift. Centering Prayer is at the same time a relationship with God and a discipline to foster that relationship. It is Trinitarian in its source, Christ-centered in its focus, and ecclesial in its effects; that is, it builds communities of faith and bonds the members together in charity.

Bethany Spirituality Center is located at the foot of the Catskills, an hour from New York City and 5minutes from Harriman Exit 16 on the New York State Thruway and Woodbury Commons Outlets. It's beautiful 78 acre property borders Lake Cromwell, and offers a quiet, peaceful place to deepen one's relationship with God.

Bethany accommodates 30 guests in single rooms, in addition to a small lake front cottage and to lakefront hermitages. The property is an ecological treasure that invites guests to ponder the beauty and wonder of the Divine Creator.

**Additional information about Course #3
Bethany Spirituality Center**

Prerequisites:

an established Centering Prayer Practice

Cost: \$2125 (deposit \$625)

Place: *Bethany Spirituality Center
Highland Mills, NY*

Contact: *Cathy McCarthy—845 534-5180
Email—cmccarthy001@hvc.rr.com*

Monthly Dates:

2009	2010
<i>Sept 18-20</i>	<i>Jan 15-17</i>
<i>Oct 30-Nov 1</i>	<i>Feb 19-21</i>
<i>Nov 20-22</i>	<i>Mar 26-28</i>
<i>Dec 18-20</i>	<i>Apr 23-25</i>
	<i>May 21-23</i>

Please send a Course Application to:

Name: _____

Address: _____

Telephone No. _____

Email address: _____



*THE
PRACTICE
AND
DEEPENING
OF
CONTEMPLATIVE
LIVING*

*Presented by
Nine Month Course Staff*

September 2009 – May 2010

*Contemplative Outreach of Orange County
PO Box 208
Cornwall, NY 12518
(845) 534-5180*

E-mail: cmccarthy001@hvc.rr.com

www.centeringprayernys.org



Nine Month Course: The Practice and Deepening of Contemplative Living

This Nine-Month Course enables one to practice contemplative living according to one's own lifestyle. Formation is offered in contemplative prayer, lifestyle and activity through:

- ◆ *Deepening our experience of Centering Prayer, Lectio Divina, the Active Prayer, Logging, the "Welcoming Prayer" Practice and Spiritual Reading*
- ◆ *Nurturing the contemplative dimension of one's lifestyle by exercising discernment, simplicity, forgiveness, integrity and commitment.*

The ongoing process of the Course provides an environment in which to integrate contemplative practices into one's life. This integration is accomplished, in part, by opening to God as a community and consenting to God's presence and action individually and communally.

The Course meets one weekend a month from September 2009 through May 2010, and is presented by Nine Month Course staff.

Each weekend includes a review of the previous month's practice(s), soul-friending, Centering Prayer, conferences, sharing and rest. Each month's theme is supported by a Spiritual Counsel and Prayer Practice(s).

First Month

*Awareness of God's Presence and Action
Practices: Spiritual Reading and Logging*

Second Month

*Intention and Consent in Relating to God
Practices: Lectio Divina and the Active Prayer*

Third Month

*Letting To and Receiving True Life
Practice: The Welcoming Prayer*

Fourth Month

*Resting in God and from the Activity of the False Self
Practice: Review Dynamics of Centering Prayer*

Fifth Month

*Contemplative Discernment
Practice: Contemplative Discernment Process*

Sixth Month

*Detachment and Simplicity
Practice: Discernment of Attachments*

Seventh Month

*Forgiveness in Relationships
Practice: Prayer of Forgiveness*

Eighth Month

*Spiritual Commitment
Practice: Creating Individual Contemplative Lifestyle*

Ninth Month

Celebration and Closure

About the Staff.....

A Presenter of this Course is one who has completed the Nine Month Course for at least three years, and is faithful to living a contemplative lifestyle (integration of the Prayer Practices into their daily lives).

All staff must have completed the Formation for Contemplative Outreach Service and be faithful practitioners of Centering Prayer as presented by Contemplative Outreach, Ltd.

The Nine Month Course Staff includes Cathy McCarthy, Charlie McGovern, Therese Saulnier and Steve Standiford

What Course People Say..

A month's time between the Course weekends is just right...that's how long it took for me to be ready for the next step in building a contemplative lifestyle. By the time the weekend approached, I knew I needed to be back at St. Andrew's. *L.V., Course #10*

To my mind, one of the richest experiences of the Course has been the sharing and support of my fellow Course members. The bonding and the group dynamics were as meaningful to me as the Course content and conferences by the staff. *D.T., Course #7*

Returning to St. Andrew's each month was like coming home...to my room, my place in the prayer room, the wonderful food prepared by the Sisters, and to my friends...my fellow travelers on the spiritual journey.

J.B., Course #4