



ABOUT CONTEMPLATIVE OUTREACH

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.

The St. Lawrence Retreat Center is located on 25 beautiful acres in Beacon, NY, just one and one-half hours north of New York City. The center is off Route I-84, and is accessible to Stewart Airport and the Beacon, NY train station. The newly renovated, fully accessible facility has an elevator, wide hallways and flat, easily walkable grounds, ensuring that people of all ages and physical abilities can enjoy this sacred space.

The Center can accommodate up to 26 guests, including handicap accessible rooms and bathrooms. Every room has a private bathroom and individual climate control. The Retreat Center is a ministry of the Capuchin Franciscan Friars.

**Additional information about Course SL #1
St. Lawrence Retreat Center**

Prerequisites:

an established Centering Prayer Practice

Cost: \$2025

Place: *St. Lawrence Retreat Center
Beacon, N. Y.*

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

Monthly Dates:

2012
*Sept 14-16
Nov 2-4
Nov 16-18
Dec 14-16*

2013
*Jan 11-13
Feb 15-17
Mar 8-10
Apr 19-21*

May 10-12, 2013

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 2012 – May 2013

*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 2012 through May 2013, 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.

Presenters for Course SL #1 are Cathy McCarthy and Therese Saulnier

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 with my contemplative community.

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 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