



CONTEMPLATIVE OUTREACH ONTARIO

SILENCE SOLITUDE SOLIDARITY SERVICE

OUR NEWSLETTER



SPRING - SUMMER 2014 - N°2

A word from the Editor

First and foremost I would like to thank profusely all of you who took the time to email me after Our Newsletter No. 1 came out. It was clear from your comments that this publication is filling a genuine need. We must indeed keep the communication channels open if we want to be a real “community.” (First Theological Principle)

Here now is our second issue. We are still struggling to “find our footing” and line up our roster of contributors, but I have no doubt that, with time, patience and dedication, we will succeed.

After a long and brutal winter, the “green thumb” among us are now feverishly planting their gardens as they exercise their God-given talent to make things grow. Spring is a truly miraculous season, symbolizing renewal and rebirth. It is the season that reminds us most forcefully that Christ is risen indeed. Life has returned following the rigours of the cold season. I am especially fond of the expression “new growth” when referring to trees. This new growth is particularly beautiful and evident in the case of evergreen trees, where its lighter hue stands out in contrast to the “old growth.” My hope is that each and every one of us will experience this new growth in our own lives. Let us take the time to appreciate the colourful flowers, the singing of the birds, the longer days and all the other blessings offered by spring.

And speaking of longer days, I would like to suggest that we spend more time than usual in contemplation this summer. “Silence is not just that which is around words and underneath images and events. It has a life of its own. It is a being in itself to which you can relate.” (Richard Rohr in chapter one of his latest book *Silent Compassion*) Let us be open to what is new – to all those things and experiences that are waiting to be discovered by us.

In a different vein, we are currently experiencing a few difficulties with the management of the Contemplative Outreach Ontario (COO) website, so this issue has an updated list of the Centering Prayer groups in the three regions of Ontario: South Western, Central and Eastern. If you spot any errors, please, email the corrections to me at logos302@sympatico.ca. Thank you very much for your cooperation.

Have a safe and warm season. Drive carefully, always respecting those you’re sharing the road with. I look forward to seeing you again towards the end of the year – which will be here before we know it! In the meantime, enjoy the gift of the great outdoors that summer brings us!

Marie-Noëlle Maillard
logos302@sympatico.ca

Theological Principles

3. Listening to the word of God in Scripture through the practice of *Lectio Divina* is encouraged, particularly its movement into contemplative prayer, which a daily practice of Centering Prayer facilitates.
4. The source of Centering Prayer is the Indwelling Trinity. Its practice consists of responding to the call of the Holy Spirit to consent to the Divine presence and action within.

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Upcoming Event

Contemplative Outreach International: Annual Conference at Miami Beach, Florida, in September 2014

The Annual Conference will be held at the Deauville Beach Resort in Miami, Florida, from **September 25-28, 2014 (Thursday to Sunday)**, as we *Celebrate Thirty Years of Grace and Gratitude!*

For more information and to register on line, go to www.contemplativeoutreach.org/2014conference. It would be great to have a significant Ontarian (and Canadian) delegation. Let us know if you are able to attend in order to plan shared accommodation if needed. Don't wait until the last minute. This is the thirtieth anniversary of Contemplative Outreach.

Regional Spotlights

SOUTH WESTERN

Southwestern Ontario Chapter of Contemplative Outreach (SWOCCO) continues to evolve and grow in the Spiritual Journey, in the groups and in the Service Team as we reach the milestone of ten years.

Service Team

Over the past couple of years the Service Team has been looking at the issue of Servant Leadership in our area. The present members have been on the Service Team for five to ten years now and there is a need to consider the issue of recruitment of new members, and the future of SWOCCO. After a period of discernment, reflection and prayer we have developed some guidelines in the recent months to facilitate transitions to and from the Service Team and to offer opportunities for members of our area to volunteer on the Service Team.

One of the first tasks was to find a replacement for the position of Facilitator Trainer, which was held by Marlene Kolotylo. We are pleased that Deacon Debbie Wilson-Safa has accepted the position. She will be attending the Formation Retreat held in St. Louis in July 2014. The facilitators meet twice a year (in the fall and in the spring) and we look forward to our meeting in the fall under the capable leadership of Debbie. Debbie will also serve as a member of the Service Team.

The Service Team is very grateful for the Handbook on Servant Leadership, which was updated by Contemplative Outreach Ontario in October 2013. The guidelines and the prerequisites were especially helpful in our process.

At this time our Service Team is comprised of five members, each of whom is responsible for one area of service as well

as the general responsibilities of the team.

Each person on the Service Team now has a defined term of three years, renewable once—unless there are extenuating circumstances, which may require exceptions.

We are also pleased that Rev. Kevin Steeper (London) has generously volunteered to be a member of the Service Team beginning this fall. We look forward to working together in our area as we continue to respond to the needs of the members of the network.

The events held since Jan. 2014:
The Lenten Day of Reflection was well attended in Windsor, as was the World Day of Prayer. The feedback from the 17 people who made the Weekend Centering Prayer Retreat in Oxley indicated that it was very positive experience. The weather was beautiful for the end of April on Lake Erie! --- also a blessing which added to the experience.

The events for 2014- 2015

Introductory Workshop: Saturday, September 20, 2014 at St. Francis Hall, Our Lady of Atonement Church, 2940 Forest Glade Drive, Windsor. Other Introductory Workshops as requested.

Advent Reflection Day (includes Lectio Divina): Saturday, November 29, 2014 at Church of the Ascension, 1385 University Avenue West, Windsor

Lenten Reflection Day: Saturday, February 21, 2015 at Church of the Ascension, as above.

World Day of Prayer: March 21, 2015 at Church of the Ascension

Weekend Centering Prayer Retreat at Oxley: May 1-3, 2015 at Holy Family Retreat Center, Oxley.

The events provide an opportunity for members from all the groups to come

together for a day of prayer. They are usually very well attended and a truly grace-filled time of prayer, support and sharing.

We are looking forward to the summer months and continue to hold each other in love and prayer. Happy summer to each of you!

Centering Prayer Groups in SWOCCO

Amherstburg. At St. John Baptist Church. Jeannie Garinger (519) 736-0014, garingean12@gmail.com

Kingsville. At St. John de Brébeuf. Debbie Wilson-Safa (519) 326-2027, Deborah.wilson-safa@sympatico.ca

Leamington At St. Michael's on Monday mornings. Marlene Kelly-Kolotylo (519) 324-0118, kolkel@sympatico.ca

Leamington. At St. Michael's on Tuesday evenings. Brigitte Lalonde (519) 687-6258, brigitte53@live.ca

London. Doreen Kraemer, CSJ (519) 473-4318, dorkrae@sympatico.ca and Sarah Lucier (519) 472-2451, slucier39@hotmail.com

London. At Elmwood Presbyterian Church. Rev. Kevin Steeper (519) 438-3492, ksteeper@rogers.com and Helen Downie (519) 472-6577

Windsor. At Marie-Rose's on Randolph Street. Thérèse Ladouceur, SNJM (519) 253-7616, mcqnsnjm@mnsi.net, and Joseph Quinn, CSB (519) 985-1171, quinnjoe@hotmail.com

Windsor. At Church of the Ascension. Fred Eldridge (519) 258-9170, fredeldridge@excite.com

Windor East. At St. Joseph's Center. Sr. Yvonne Parent, CSJ (519) 974-3753, ycparent@hotmail.ca

Windor East. At Our Lady of the
Atonement Church on Forest Glade Drive.
Sr. Yvonne Parent, CSJ (519) 974-3753,
ycparent@hotmail.ca

Marlene Kelly-Kolotylo, Coordinator
Email: kolkel@sympatico.ca

CENTRAL

United-in-Prayer Day

On March 15, 2014, we had a United-in-Prayer Day with 42 participants. One of them volunteered to write the following report.

Celebrating Unity

A day dedicated to Fr. Thomas Keating's talk, silent reflection, centering prayer meditation and small group sharing marked the "United in Prayer Day" on March 15, 2014 at St. Michael's Cathedral Parish Hall. The gathering was a celebration of Contemplative Outreach's thirtieth anniversary in the United States, organized by the Central Ontario group. It featured Fr. Keating's DVD presentation on "Falling into the Hands of the Living God" as the event's centrepiece.

A discussion followed the presentation, which focused on the mystery of God, evolution and science, the games God plays with us and the story of forgiveness. In the afternoon, divided into small groups, the audience also shared experiences and insights on Fr. Keating's talk.

Attendees were asked to evaluate the event.

They were unanimous in praising Fr. Keating. Comments ranged from "wonderful", "most helpful", "timely and loving" to "an introduction to new ways of thinking of this earthly life to get to eternal life."



A recurring theme in the thread of comments touched on an appreciation for the organizers' good planning in terms of the place, time, content which included the prayer periods, the DVD, and group discussions, among others.

The gathering was described as informative, enlightening, inspiring, a good time for sharing. Various descriptions as great, wholesome, tasty and plentiful were the snacks, beverage and lunch. The credit belongs to Johnson Ling and Marilyn Brandon who planned and organized the event, and to Marie-Noëlle Maillard and Olga Kolisnyk who prepared the food.

In general, participants were united in expressing gratitude for the loving and supportive spirit in the group. The outcome was a rewarding, enriching experience that allowed them to know one another better, with the hope that another similar event would follow. In one participant's words, it was "a wonderful day full of God's love and grace" while another added that: "Sharing and listening was a powerful experience." And another wrote "Always good to have a cause to assemble."



Contemplative Outreach Ontario (COO) exists with great support from Carolyn Gratton who initiated it. In her brief closing remark, she recalled how Centering prayer was started in Ontario through a chance meeting with Fr. Thomas Keating in Pittsburg, Pennsylvania. Then a professor at Duquesne University in that city, Carolyn was asked, on the spur of the moment, to drive Fr. Keating to the airport after his talk at Duquesne, around 1994. That was their first meeting. The beginnings of Contemplative Outreach Ontario were the offshoot of that conversation. The organization has now expanded to 44 groups across the province.

Milagros Santiago
mseditorial07@gmail.com

Photo Credit: Johnson Ling
Photo Choice: Mila Santiago

The Central Region, Contemplative Outreach Central Ontario (COCO) accounts for 24 groups. Below is a listing of these groups along with the contact information. If your group is missing, please provide the editor with the details.

Barrie. June Campbell (705) 726-1773,
dnc@mcw.net

Beeton. Marilyn Brandon (905) 729-3923,
brandon3923@sympatico.ca

Brampton. Tom Manley (905) 453-1645,
barb-manley@rogers.com

Burlington. At St. Luke's, with Rev. Stuart Pike (905) 634-1826, pikes123@sympatico.ca

Kitchener. Ken Hull (519) 579-8335,
krhull@uwaterloo.ca

Markdale. Lynn Wyvill (519) 986-3707,
lynnwyvill@everus.ca

Markham-Unionville. Johnson Ling 416-495-1067, jr.ling@rogers.com

Midland-Penetang. Teresa Marchildon (705) 549-9470, ext. 3057,
Teresa.Marchildon@yahoo.com

Newmarket. Lisa Des Vignes 416-543-6140,
lisadesvignes@yahoo.ca

Oakville-Burlington. Joan Vinall-Cox (905) 845-4620, joan.vinallcox@gmail.com, and
Michella Poetz (905) 827-6195,
michellapoetz@gmail.com

Oakville-Bronte. At Walton Memorial United Church, with Cathy Wynn (905) 847-8972, cowinn@cogeco.ca

Orillia. Centering Prayer (afternoons).
George Sanders (705) 325-4001,
gsanders@sympatico.ca

Toronto-Don Mills. At St. Andrew Kim,*
with John Shin (905) 709-0414,
kangshin@gmail.com

Toronto East Scarborough. Kathy Murtha 416-261-7135,
kmurtha@scarboromissions.ca

Toronto East at St. John's. With Ellen Herie 416-698-1358, elherie_40@yahoo.ca

Toronto East at St. Saviour's. Shelley McVea 416-694-4516,
shelleymcvea@gmail.com

Toronto Midtown (afternoons). Mary Alice O'Connor-Hayes 416-493-8521,
maryalice1@bell.net

Toronto North at St. Clement's (Wednesday at 1:30 p.m.). Martha Dvorak 416-482-9290, dvorakmartha@gmail.com, and Freda Perry 416-482-0975, dfperry@bell.net

Toronto North at St. Leonard's (Monday night). Peter Catt 416-484-9620, ppetercatt@gmail.com

Toronto North at St. Leonard's (Saturday morning). Peter Catt 416-484-9620, ppetercatt@gmail.com

Toronto North at St. Leonard's (Tuesday morning). Peter Catt 416-484-9620, ppetercatt@gmail.com

Toronto South at St. Michael's Cathedral. Marg Baker 416-864-0828, margiebaker@bell.net

Toronto West at Islington United Church (Thursday 7:00 to 9:00 p.m.). Marie-Noëlle Maillard 416-769-6278, logos302@sympatico.ca, and Olga Kolisnyk 416-767-4542, olga.kolisnyk@bell.net

Toronto West at Sacred Heart*. Gregory Lee 416-620-0479; gregdhl@hotmail.com

*Korean Language Groups

Upcoming Events:

Annual Summer Potluck Dinner, Saturday, August 9, 2014, from 5:30 p.m. As last year, Marie-Noëlle Maillard will host this tradition in her home, 302 Pacific Avenue, Toronto, 416-769-6278 (logos302@sympatico.ca). Details on how to participate been circulated separately. Or just call or send an email.

Facilitators' Day on Saturday, September 20, 2014. Once again, Freda Perry has kindly agreed to host in her home this event scheduled for 9 a.m. to 3 p.m. More information will follow as the program develops.

Day of Ecumenical Prayer. The tentative details are 15 November, from 9:00 a.m. to approximately 2:00 p.m. at St. John's Anglican Church, York Mills, 19 Don Ridge Drive, Toronto. The participants would be from various groups who practice contemplative prayer such as Contemplative Outreach, Christian Meditation and Contemplative Fire. We will meet various representatives in September to plan for this ecumenical event.

Retreats at Bethany Retreat Center Frenchville, Pennsylvania, USA

As COCO will not host any retreats in the foreseeable future, we urge you to visit the Bethany Retreat Center web at bethanyretreatcenter.org. It provides details of the following upcoming contemplative prayer retreats at its location.

8-Day Post-Intensive Contemplative Prayer Retreat

August 3-10, 2014 (Sunday to Sunday), with Sr. Therese Dush, Sr. Rita Panciera and Fr. Philip Billotte

The purpose of the retreat is to assist the participants in entering into a more intimate silence in a nurturing, supportive environment that combines both solitude and community. The Post-Intensive is a next step into a profound silence and stillness in order to facilitate a more intimate union with God.

Arrival: 5:00 p.m. and Supper at 6:00 p.m.
\$375 for semi-private room
\$425 for private room (limited space)
Deposit: \$150

Welcoming Prayer Retreat

August 22-24, 2014 (Friday to Sunday at 1:00 p.m.), with Sr. Therese Dush, Presenter

Arrival: 5:00 p.m. and Supper at 6:00 p.m.
Offering: \$175
Deposit: \$50 by August 18.

Theological Background of Contemplative Prayer & Meditation, September 12-14, 2014

Formation for Contemplative Outreach Service, Including Presenter's Training, dates TBA

8-Day Intensive Contemplative Prayer Retreat on "Heartfulness." Dates TBA

Holy Week Triduum Retreat, April 2-5, 2015.

Please make arrangements for any retreat at Bethany Retreat Center as directed by their web site. A car-pooling could be organized if several people decide to go to the same retreat. Peter Donovan will act as an information point for possible car-pooling. Please email peterdonovan@rogers.com if you are looking for a ride or if you can provide a car lift. Bethany is within driving distance of Toronto (about five hours).

EASTERN

'It is our life in God, in relationship with Christ Jesus and the Holy Spirit that we are being transformed into His image that "this mystery which is Christ in you will be glorified" (2 Corinthians 3:18).'

We are pleased to have completed an incredible nine months beginning last September with the introduction of the Pilgrim's Way series. The steering committee facilitated six enrichment days over the course of the year covering topics such as the Welcoming Prayer, Forgiveness Practice, and Lectio Divina. The events were held at three different parishes, with space for silence, prayer and punctuated with beautiful liturgy and music. All were well attended.

Our annual Lenten Silent Retreat was led by Father Carl Arico from New Jersey on the theme of "Discernment." Father Carl's deep wisdom and great sense of humour

made for a rich experience of being alone with God, together. We explored the work of St. Ignatius and learned the practice of discernment amidst a deep silence, many periods of prayer, and great food and friendship!

A community is being nurtured and we are meeting to vision the 2014-2015 season. We have already booked 15 *poustinias** for an Advent retreat and are pleased to announce our Lenten 4-day silent retreat at the Galilee Centre, February 26 to March 1, 2015 will be led by the **Reverend Tom Ward** from Tennessee on the topic of "The Indwelling Trinity."

Much gratitude to our wonderful steering committee who have lifted up Contemplative Outreach to a new chapter here in Eastern Ontario: Tim and Susan Kehoe, Christine Jannasch, John Zegers, Wes Maultsaid and Hélène Goulet.

Gregor Sneddon, Coordinator
gregorsneddon@gmail.com

*A Russian word for a small cabin or room where one goes to pray in the presence of God. (Editor's Note)

Centering Prayer Groups Eastern Ontario and Western Quebec

February 2014

Eastern Ontario (nine groups)

Carp – St. James Anglican Church (Parish Hall) 3774 Carp Road, Wednesdays, 1:00-2:30 p.m.; Centering Prayer and informal discussion. Contact: Carol Bruce (613) 839-3499

Kanata – St. John's Anglican Church—325 Sandhill Road; Wednesdays, 9:00-10:00 a.m.; Centering Prayer for 30 minutes, then social time. Contact: Phyllis Paryas (613) 592-5813 (pmparyas@hotmail.com)

Kingston – St. George's Cathedral (Dean's Office (enter by Wellington Street door by

5:20 p. m.); 270 King Street East; 2nd and 4th Wednesdays of each month, 5:30-6:00 p. m.; Centering Prayer only. Contact: Carolyn Pratt (613) 530-3523

Kingston – Hôtel Dieu Hospital Chapel, 166 Brock St. (enter off Sydenham Street); mixed church group, most are parishioners of St. James Anglican Church; Sundays, 4:00-4:45 p. m.; short reading or reflection, Centering Prayer for 30 minutes, Taize song. Contact: Gill McLean (613) 531-8487

Ottawa-Centre – Church of the Ascension, 253 Echo Drive; Thursdays, 10:00 a.m.-12:00 p. m. Lectio Divina and Eucharist. Contact: Wes Maultsaid (613) 730-6940 (wesdeb@cyberus.ca)

Ottawa-Centre – St. John the Evangelist Anglican Church, 154 Somerset West. Mondays, 5:30-7:00 p. m.; Centering Prayer for 25 min.; viewing of segment from one of Father Keating's DVDs and discussion. Contact: John Zegers (613) 746-6594 (jzegers@rogers.com)

Ottawa Centre – St. Luke's Anglican Church (Green Room)--760 Somerset West, Mondays, 5:30-7:00 p. m.; 20 minutes of Centering Prayer and Variety: video, Lectio Divina, reading spiritual poetry. Contact: John Price (613) 724-3846 (john.price@sympatico.ca)

Ottawa Centre – St Luke's Anglican Church II: (Labyrinth) – 760 Somerset West; Wednesdays, 5:30 – 6:30 p.m.; Two periods of Centering Prayer with contemplative walk. Contact: Susan Kehoe (613) 725-9878 (smkehoe@rogers.com)

Renfrew – Trinity-St. Andrew's United Church, 291 Plaunt Street South. Tuesdays, 3:00-4:30 p. m.; Centering Prayer for 30 minutes and Lectio Divina for 30 minutes. Contact: Felicite Stairs (613) 432-5583 (felicite.stairs@gmail.com)

N. B. The language of communication for all the above groups is English.

Western Quebec (four groups)

Responsable de la région : Denis Paquette (denispaquette5@gmail.com)

Groupe d'Aylmer – Manoir Bruyère, 7, rue du Couvent, Gatineau ; mardi de 19 h à 20 h 30. Facilitatrice : Hélène Goulet (goulet.h@gmail.com)

Groupe de Gatineau – Maison Alonzo Wright, 2425A, rue St-Louis, Gatineau; lundi de 19 h à 20 h 30. Facilitateurs : Denis Paquette (denispaquette5@gmail.com) et Sylvie Laflamme (laflammesylvie2@gmail.com)

Groupe de Hull – Maison des Servantes de Jésus Marie, 210, rue Laurier, Gatineau ; lundi de 19 h à 20 h 30. Facilitatrices : Christiane Lampron (c.lampron@videotron.ca) et Mariette Chauvette (m.chauvette@videotron.ca)

Groupe de Masson Angers – Maison de Prière Béthel, 1 rue St-Donat, Gatineau; jeudi de 19 h à 20 h 30. Facilitateur : Denis Paquette (denispaquette5@gmail.com)

N. B. Pour les quatre groupes ci-dessus, le français est la langue de communication.

Carlo Carretto on Contemplation

But through the grace of God, contemplation—true contemplation—does not depend on you. You are not the dawn, you are the land that awaits the dawn.

Your God is the dawn, and later he is full daylight, and later still high noon.

You are the land that waits for the light, the blackboard that waits for the white chalk of the draughtsman who walks towards you with that chalk in his hand. Sit down and try to be still; sit still and try

to hope. Leave behind you time, space, number, thought, reason, culture, and look ahead.

Look beyond yourself, beyond your helplessness and your limitations, and wait.

Your heart has been tried by suffering and darkness; now allow it to stop relying on the earth it is leaving.

Let your tears flow, to water the arid land of your faith.

Persevere.

Do not think of anything else. God is before you.

God is coming to you.

Contemplation is not a matter of watching but of being watched, and he is there watching you.

And if he is watching you, he loves you, and in loving you, he gives you what you are looking for: Himself.

What other gift could there be for one who had searched so hard?

Our heart is so hard to satisfy. God alone can fill it. Things never can.

Carlo Carretto, *In Search of Beyond* (London: Darton, Longman & Todd, 1975) p. 81

New Publications / Nouveautés

Richard Rohr: *Silent Compassion - Finding God in Contemplation* © 2014. Published by Franciscan Media, Cincinnati, Ohio

Thomas Keating : La condition spirituelle de l'être humain, traduction française de *The Human Condition*. Publiée chez Actes Sud.

Coming as soon as we can (still looking for a publisher): French translation of *Intimacy with God* – *Dans l'intimité de Dieu*

This newsletter is being sent to all facilitators. Facilitators, please forward this newsletter, in turn, to all members of your groups. Group members, please feel free to forward this newsletter to interested friends. If for any reason you wish to receive future newsletters directly, please contact the editor.

Wherever you are in Ontario, if you want to share something with other members of COO, such as a reading or a book, or contribute to Our Newsletter in any way, please contact the editor.

Many thanks. Merci beaucoup.