



**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 20 guests, including handicap accessible rooms and bathrooms. Every room has a private bathroom and individual climate control. St. Lawrence Retreat Center is a ministry of the Capuchin Franciscan Friars.

**Additional information about Course SL #6  
St. Lawrence Retreat Center**

**Prerequisites:**

*an established Centering Prayer Practice*

**Cost:** \$2675 non-refundable deposit \$725

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

**Contact:** *Cathy McCarthy—845 534-5180  
Email—cmccarthy574@gmail.com*

**Monthly Dates:**

**2019-** *Sept 27-29; Nov 8-10; Dec 13-15;*

**2020 -** *Jan 10-12; Feb 14-16; March 13-15;  
April 17-19; May 1-3; June 12-14;*

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**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 2019 – June 2020*

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

*E-mail: cmccarthy574@gmail.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 2019 through June 2020, 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 Go 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 #5 are Cathy McCarthy, Therese Saulnier and Sr. Peggy Murphy

## **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*