



The Centering Prayer logo has been seen in several ancient locations — on an ancient church in the land of Uz where Job resided, in old Jerusalem near the original stairs to the Temple; on the Southern Wall of the Old City near the Huldah Gates; and at a church in Galilee. The logo is taken from the monogram of Job's Redeemer, a symbol of patient waiting.

Centering Prayer Network Australia exists to promote the contemplative practice of Centering Prayer as taught by Fr Thomas Keating, an American Trappist monk at St Benedict's Abbey in Snowmass, Colorado, USA. We are part of a worldwide spiritual network of individuals and small faith communities committed to renewing the contemplative dimension of the Gospel in everyday life through the practice of Centering Prayer.

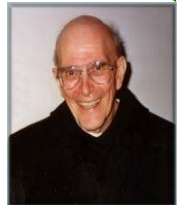
The contemplative dimension of the Gospel manifests itself in an ever deepening union with the living Christ and the practical caring for others that flows from that relationship.

# Centering Prayer Network Australia Newsletter

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## *Centering Prayer Network (Australia) National Meeting 5-7 March 2010 and Centering Prayer Retreat 7-12 March 2010*



### **2010 Conference Theme: 'What is the Spirit Saying' 5-7 March 2010**

An invitation to attend the 2nd International Conference Meeting of the Centering Prayer Network (Australia and New Zealand).

- A time to meditate and pray together.
- An opportunity to meet with people who are interested in promoting the growth of Centering Prayer in Australia and New Zealand.
- An opportunity to discuss the future of a Centering Prayer Network in Australia

and NZ.

### **Special Guest Visitor from Contemplative Outreach Interna- tional:**

Thomas H. Connolly—Emeritus Professor in Medieval Music, University of Pennsylvania.

Residential places are limited. (20 maximum) NOTE: Residential places will be allocated in the order application forms are received. Preference will be given to interstate and international participants and persons with special needs. Confirmation of residential places will be advised upon being received.

### **Registration costs:**

Live-in—\$175;  
Live-out—\$125

### **Concession Card**

#### **Holders:**

Live-in \$120;  
Live-out \$100

**Residential Bookings  
are essential: Please  
forward completed  
booking form to  
Stewart Sharlow at  
[ssharlow@bigpond.net.au](mailto:ssharlow@bigpond.net.au)**

### **Conference Venue:**

Janssen Spirituality Centre, 22 Woodvale Road,  
Boronia Victoria 3155  
Tel: 03 9762 6625,

E-mail:

[ssharlow@bigpond.net.au](mailto:ssharlow@bigpond.net.au)

Web: [www.janssencentre.org](http://www.janssencentre.org)

**2010 Centering  
Prayer Retreat**  
Theme: 'The Way to  
Galilee: Finding  
Oneness in Christ'  
5pm Sun 7 Mar 2010 –  
3.30pm Fri 12 Mar 2010

*"He is going ahead of you to Galilee; that is where you will see him, just as he told you."*  
– (Mark 16:7)

Two groups will make this intensive silent retreat, following the same general schedule but adapted for the differing needs of each group.

The first group will be in service-formation for presenting workshops in centering prayer as promoted by Contemplative Outreach. The other group will be deepening their personal practice of centering prayer.

Both groups will participate together in several periods of centering prayer, in one period of *lectio divina*, and in daily Eucharist. Some preliminary materials will be made available ahead of time via email; these will be helpful, but not at all necessary to making the retreat.

The Formation Group will watch and discuss recent video presentations of workshops by Gail Fitzpatrick-Hopler, Fr. Carl Arico, and Fr. Thomas Keating; they will study and discuss instructional materials related to the offering of such workshops; and they will make individual presentations of practice-workshops to others in the group. The workshops will follow the four-session model promoted by Contemplative Outreach:

1. Prayer as Relationship.
2. The Method of Centering Prayer.
3. Thoughts and Use of the Sacred Word.
4. Deepening Our Relationship with God.

The Personal Retreat Group will observe and discuss some of the same videos as the Formation Group. But instead of the sessions devoted to discussion of printed materials, and the practicum sessions, they will participate in additional periods of centering prayer.

There will be opportunities for individual consultation during the week.

**Retreat Leader:** Thomas H. Connolly—Emeritus Professor from the University of Pennsylvania, Special Guest Visitor from Contemplative Outreach International.

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**Residential Bookings essential: booking forms to be forwarded to: Stewart Sharlow at**  
ssharrow@bigpond.net.au

5-Day Retreat Registration Donation:  
Live-In: \$325; Live-Out: \$240

Concession Card Holder: Senior, Pensioner or Student:

Live-in: \$295; Live-out: \$190

### *Centering Prayer Guidelines*

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts\*, return ever-so gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

\* Thoughts include body sensations, feelings, images, concepts and reflections.

### **WHAT CENTERING PRAYER IS NOT:**

- It is not a technique.
- It is not a form of self-hypnosis.
- It is not a relaxation exercise.
- It is not limited to the "felt" presence of God.
- It is not a charismatic gift.
- It is not discursive meditation or affective prayer.

### **CENTERING PRAYER IS:**

- a way of praying contemplatively.
- opening of mind and heart - our whole being - to God, the Ultimate Mystery, beyond thoughts, words and emotions.
- opening our awareness to God whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing -

