



Contemplative Outreach of Colorado

Upcoming Spiritual Classes and Events



"The season of Advent means there is something on the horizon the likes of which we have never seen before ... What is possible is to not see it, to miss it, to turn just as it brushes past you. And you begin to grasp what it was you missed, like Moses in the cleft of the rock, watching God's [back] fade in the distance. So stay. Sit. Linger. Tarry. Ponder. Wait. Behold. Wonder. There will be time enough for running. For rushing. For worrying. For pushing. For now, stay. Wait. Something is on the horizon." - Jan L. Richardson

[Visit Our Website at Centeringprayer.net](http://Centeringprayer.net)

News from the Interim Coordinator Team (ICT)

In this season of Advent, we are reminded of Fr. Thomas' words, that Advent is the heart of something much bigger. It is the outpouring of Divine Life, Light and Love into the human experience as a gratuitous gift. May we all carry this Divine light and love to our friends and family throughout our holidays and into the new year ahead.

The ICT is happy to announce that Julie Saad's new book *Contemplative Life: Discovering Our Path into the Heart of God* has been published and will soon be available for purchase. The Center has ordered a number of copies in anticipation of a book-signing event that will take place on January 22, 2022. [READ MORE](#)

Exploring the Four Consents

This month we are sharing our third installment in our focus on J.S. Dunne's, "Four Consents." This is a paradigm of the Spiritual Journey that, as Father Keating says, "sheds a great deal of light on grace, which not only heals the emotional damage of a lifetime, but also empowers us to enter on the path of unconditional love, even from the beginning of our conversation." [READ MORE](#)

FEATURED EVENTS

*Spiritual Journey Classes, Core Practice Workshops, Speaker Events
and Prayer Communities*



Annual Conference with Cynthia Bourgeault March 26, 2022

The annual conference is scheduled for March 26, 2022, featuring Cynthia Bourgeault. This will be a hybrid conference at the Center. Cynthia's talk will be on "Thomas Keating: The Last Thirty Years," in which she will explore his life as he passed through two significant stages of the journey - The Dark Night of the Spirit and the gradual awakening to the Unitive.

SAVE THE DATE - Details to Follow



Introduction to Centering Prayer

January 15 at 9:00 am MT

Are you looking for a way to explore or deepen your relationship with God? Join us for a free online workshop to learn the basics of Centering Prayer.

[READ MORE](#)



12 Step Intro to Centering Prayer

January 15 at 9:30 am MT

Learn how Centering Prayer can support your 11th Step Practice. Join us for a free online workshop on the basics of Centering Prayer.

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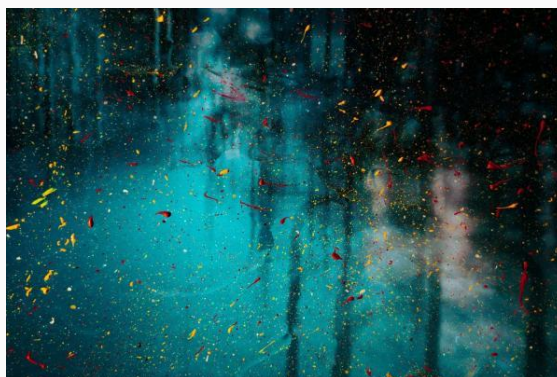


Basic Centering Prayer

Starts January 18th or 19th

Course 1 in the Spiritual Journey series. This 6 week online course provides a foundation to expand your Centering Prayer practice.

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Spirituality in Everyday Life

Starts January 18th or 19th

Course 3 in the Spiritual Journey series. In this 6 week online course, Fr. Keating continues to expand on the human condition.

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GOD is LOVE

*A Journey into the
Heart of All Creation*

God is Love

February 3rd - March 31st

Course 8 in the Spiritual Journey Series. It is a masterful overview of how we can grow and deepen our relationship with God . This is a 9-week online series in which Fr. Thomas builds upon the concepts of the Spiritual Journey classes and their relationship to our everyday lives.

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[Click Here to Learn About the Spiritual Journey Series of](#)
[Classes](#)

Reminder - You can retake Spiritual Journey classes at a 50% discount. Send a message to staff@centeringprayer.net to receive your discount code.



The Welcoming Prayer

January 29, 2022 at 9:00 am MT

This online workshop introduces the Welcoming Prayer practice as a way of letting go into the present moment in the ordinary routines of daily life. It is used when your needs for security, affection and control are frustrated or gratified and cause emotional reactions. It is a way of turning everything over to God ...” Thomas Keating, Open Mind, Open Heart

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Centering Prayer Communities

Opportunities to Pray in Community



Intentional Prayer Community

Online

We invite you to join our online community for an hour of prayer on Tuesday mornings from 9:00 am – 10:00 am Mountain Time.

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Centering Prayer Immersion

At the Center

The Centering Prayer Immersion Experience includes six, thirty-minute periods of Centering Prayer, separated by meditative walks in the Center Chapel.

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Half Day of Prayer

At the Center

Come “rest awhile with the Lord” and enjoy a morning of silence with periods of Centering Prayer and Lectio Divina in the Center Chapel.

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Contemplative
Outreach



Contemplative Outreach

The Contemplative Outreach Ltd., Website provides a wealth of information, events and resources to support your contemplative practices.

Visit their website and [LEARN MORE!](#)

CALENDAR OF EVENTS

Events to look forward to

- ✓ **Introduction to Centering Prayer** - January 15, 2022
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 - ✓ **12 Step Introduction to Centering Prayer** - January 15. 2022
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 - ✓ **Basic Centering Prayer** - Starting Tuesday Jan. 18 or Wednesday Jan. 19
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 - ✓ **Human Condition** - Starting Tuesday, Mar. 1 or Wed., Mar. 2, 2022
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 - ✓ **Spirituality in Everyday Life** - Tues., Jan. 18 or Wed. Jan. 19, 2022
[LEARN MORE](#)
 - ✓ **Divine Therapy** - Tues., March 1 or Wed., March 2, 2022
[LEARN MORE](#)
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- ✓ **God is Love** -.Thursdays, Feb. 3 - March 31, 2022
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- ✓ **Centering Prayer Immersion** - January 22, 2022

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- ✓ **Half Day of Prayer** - December 11, 2021

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About Us

Contemplative Outreach of Colorado is an organization that was founded in 1987 under the Auspices of the Archdiocese of Denver to promote the practice of Centering Prayer. The national organization, Contemplative Outreach Ltd., was founded by Father Thomas Keating in 1984.

Contemplative Outreach Colorado

3650 Yates St
Denver, CO
303-698-7729
staff@centeringprayer.net

www.centeringprayer.net