

Minnesota Contemplative Outreach

was founded in January 2001. It is the result of dozens of volunteers working together to create one cohesive, centering prayer network serving the State of Minnesota.

We are an ecumenical group of men and women ministering together. We exist to nurture the spiritual lives of Minnesota's Centering Prayer practitioners by training teachers, sharing resources, and building community.

This brochure will introduce you to this ancient prayer that is helping people in the 21st Century bond together in friendship, build communities of faith, and lead ordinary lives with extraordinary love.



National Contemplative Outreach

Minnesota Contemplative Outreach is affiliated with Contemplative Outreach, Ltd., which is dedicated to passing on the living tradition of the contemplative Christian heritage through the teachings of Father Thomas Keating, and through programs and offerings that support this way of life.

Contemplative Outreach:

- ❖ serves over 40,000 people;
- ❖ supports over 120 active chapters in 39 countries;
- ❖ supports over 800 prayer groups;
- ❖ teaches workshops to over 15,000 new people in the practice of Centering Prayer and other contemplative practices;
- ❖ publishes and distributes the wisdom teachings of Fr Keating.

For more information, such as events, group listings, resources & contacts, go to minnesotacontemplativeoutreach.org



Centering Prayer

A movement
beyond conversation with Christ
to communion with Him

**Minnesota
Contemplative
Outreach**

“Be still and know that I am God.”

Psalm 46:10

What is Centering Prayer?

It is a form of Christian meditation and method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

It is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and helps move the more active modes of prayer into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.

What are the benefits?

Fr. Thomas Keating, who helped re-introduce this ancient prayer to the modern world, tells us the only way to judge this prayer is by the long-term **fruits** of the practice: whether in daily life we enjoy greater peace, humility and charity.

Having come to deep interior silence, we begin to relate to others beyond the superficial aspects of social status, race, nationality, religion, and personal characteristics.

The fruit of contemplative prayer is to bring back into the routine of daily life not just the thought of God, but the spontaneous awareness of God's abiding Presence in, through, and beyond everything.

In this prayer we confront the most fundamental human question: “Who are you, God?”—and wait for the answer.

Minnesota Contemplative Outreach

We offer many enrichment opportunities each year. More than forty Centering Prayer groups meet regularly to strengthen their practice. We maintain a website to deepen understanding of the practice and provide information of upcoming events, group locations, articles of interest and a link to our national organization.

Examples of ongoing support are:

- ❖ Weekend Retreats (Intro to Centering Prayer, Contemplative prayer through Scripture, Deepening of Centering Prayer)
- ❖ Advanced and post-intensives (5-day, 8-day and 10-day retreats; Formation for Contemplative Outreach teachers)
- ❖ Annual Events (noted speakers, United in Prayer Day)

Who to Contact

Metro: Laurie Erickson, laurieerickson@msn.com (952-457-6396)
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Looking for a Group?

More than 40 Centering Prayer groups are meeting in Minnesota.

If you'd like a list, go to
minnesotacontemplativeoutreach.org