

Introducing
THE CONTEMPLATIVE LIFE PROGRAM:
Study and Practice in Community

What does it mean to be a contemplative in the world today? How do we deepen our relationship with God in a world obsessed with consumerism, efficiency, production, speed, entertainment, war, terrorism, the politics of power . . . in a world where everything is chaotic and “too much”? How do we allow the transforming Indwelling Presence to permeate our everyday lives? How do we focus on what is Real, eternal, sustaining, Life-giving?

The Contemplative Life Program is aimed at addressing these questions in the context of Christian community . . . the Contemplative Outreach global network of practitioners. The intention of the program is to provide the tools, teachings and support necessary to actually live the contemplative dimension of the Gospel in everyday life.

The call for those in the Contemplative Outreach network is to move deeper into our commitment to transformation . . . to become real practitioners of the contemplative life . . . to consent on ever deepening levels to the presence and action of the Holy Spirit throughout each day. The Contemplative Life Program provides the ongoing teaching and community support in order to move ever deeper together in the contemplative dimension of Life, knowing there are others living and practicing with the same aim.

*. . . You were called to the one God and Father of all,
who is over all and through all and in all . . . To build
up the body of Christ until we all attain to the unity of
faith and knowledge of the Son of God . . . so that we
may no longer be tossed by waves and swept along by
every wind . . . Rather, living the truth in love, we grow
in every way into Him who is the head, Christ, from
whom the whole body, joined and held together by
every supporting ligament, . . . brings about the body's
growth and builds itself up in love.*

~Ephesians 4:4, 6, 12-16

THE PROGRAM

The Contemplative Life Program offers a series of nine, 40-day contemplative teachings and practices each year. The topics selected for the 2005 curriculum are:

Centering Prayer
Welcoming Prayer
Lectio Divina
Active Prayer
Spirituality of contemplative service
Spirituality of money
Forgiveness
Attention / intention
Contemplative discernment

A package of materials will be mailed to subscribers at the beginning of each 40-day cycle, beginning in January. The package will contain materials to guide your individual exploration of the current topic, including a study guide with teachings from Father Thomas Keating; exercises to actively engage the practice during the 40 days; a list of suggested additional readings or tapes on the topic; and a beautiful bookmark or reminder of the practice to carry with you or to place in a visible spot in your home.

The cost of the program is \$180.00 U.S. . . . \$20 for each 40-day practice. Gift subscriptions are available if you would also like to share this program with someone else.

Join together with others in the Contemplative Outreach network in exploring what it means to live the contemplative dimension of the Gospel in everyday life . . . in deepening your commitment to your own transformation . . . in participating in the transformation of the world.

*Enter into the Holy Temple of your soul,
Converse with the Beloved in sweet communion.
Blessings of the Great Silence
Be with you as you help to rebuild
The heart of the world with love!*

-Psalm 132
From Nan Merrill's Psalms for Praying