



# CONTEMPLATIVE OUTREACH OF MAINE

Spring 2021

**Our Mission Statement:** Contemplative Outreach is a network of communities and individuals seeking the inspiration and guidance of the Holy Spirit to contribute to the renewal of the Christian contemplative tradition through the practice of Centering Prayer.

**Who We Are:** Contemplative Outreach of Maine is a newly formed Maine chapter of Contemplative Outreach. Contemplative Outreach was founded by Abbot Thomas Keating with the help of a small group of Christians practicing Centering Prayer in 1984. It has been growing worldwide ever since. We are a network of Maine Centering Prayer practitioners who want to offer support, information and programming for all those interested in Centering Prayer here in Maine. We have formed a small coordinating committee under the leadership of Deacon Darrell Blackwell including Paula Hastings, Ruth Oakley, Suzanne Robinson, Suzanne Roy, and Eric Vaughan..

This quarterly newsletter is meant to advise you of events, prayer groups and resources as well as to offer a forum for questions and suggestions. We would like to plan a Morning of Centering Prayer and an Introductory Workshop for Mainers wanting to learn Centering Prayer. We ask you to please let us know of anyone you know who may be interested. Please contact Paula Hastings at [paulaoh.ph@gmail.com](mailto:paulaoh.ph@gmail.com) with your comments.

## **Centering Prayer Groups:**

- Saint Ann's Episcopal Church, Kennebunkport (6/22-9/14) Tuesdays 9:30-11:00 am. In Person at the rectory. Contact Suzanne Robinson [opraise@his.com](mailto:opraise@his.com) or Eric Vaughan [ecv3227@gmail.com](mailto:ecv3227@gmail.com). Saint David's (October-June) Kennebunk. Tuesdays 9:30-11am. In Person. Contact Suzanne Robinson [opraise@his.com](mailto:opraise@his.com) or Eric Vaughan [ecv3227@gmail.com](mailto:ecv3227@gmail.com).
- Saint Philip's, Auburn. 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 6pm. Contact Ruth Oakley 207-210-1089
- Saint Charles, Brunswick. On Zoom. Every other Monday at 5:30pm. Contact Paula Hastings [paulaoh.ph@gmail.com](mailto:paulaoh.ph@gmail.com).
- St. Martha's Church, Holy Spirit Parish, Wells/Kennebunk. On Zoom. Mondays 6pm. Contact Deacon Darrell Blackwell [darrellblackwell357@gmail.com](mailto:darrellblackwell357@gmail.com).

During Covid restrictions, zoom meeting IDs can be gotten from contact people.

**Upcoming Event:** Centering Prayer Retreat at Marie Joseph Spiritual Center, Biddeford. "Come Away with Me: An Intensive Centering Prayer Experience" with Fr. Bill Sheehan, OMI. Monday, July 5, 2021 3pm through Saturday, July 10, 2021 10am. To register online: <https://apps.mariejosephspiritual.org/week-long-retreats?EV=199>.

**Resources:** Virtual Centering Prayer opportunities are available through [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)>Meditation Chapel. This website also offers information on retreats and online programs.