



Contemplative Times

The Centering Prayer Newsletter
of Contemplative Outreach

Oakland - East Bay Chapter

Letter from the Co-Coordinator

February 2009
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Contemplative Times
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Are you looking for a really high quality dinner out, with good company, entertainment, and all for less than you would pay at those other places? These days, who isn't? We have an invitation for you to our COOEB Community Building Dinner in April. See page 3 for the details. (There's more about the Chef on our new website, described below.) Come, and enjoy!

We have a great new resource and means of communication for Centering Prayer in our area. Marty Badgett and Bill McLennan, have created for us a website that will serve not only the East Bay, but also San Francisco and all of Northern California. The website is at contemplativeoutreach-norcal.org, or conout-norcal.org for short. You can enter either of these in the address line of your browser. There are many wonderful things on the site already, and more will be coming—information on activities and retreats, help locating a prayer support group, and so on. The site looks beautiful. Check it out.

One item on the site is newsletters. In other words, you can find this newsletter on conout-norcal.org. Rather than emailing the newsletter as previously planned, we will use the website as the usual means of making it available. We know some of you want to receive a printed copy, and that will still be done. **See page 5 of this issue.** *This is important, as we will mail a printed copy only to those who request it.* We are suggesting a donation to cover costs, but as with the donation at a Day of Prayer, this one is suggested but not required.

There are many roads up a mountain, and there are many paths to contemplation, many styles of contemplative prayer practice. In 1975 an English Benedictine monk, Fr. John Main, established the first Christian Meditation Centre. That movement has grown about the world, just as the Centering Prayer movement has. Our Annual Conference last fall featured Fr. Laurence Freeman, the successor to Fr. Main as Director of the World Community for Christian Meditation. He's an excellent speaker, and a fine teacher of the spiritual journey. Try to listen to the CDs of the presentations he and Fr. Thomas Keating gave, including their dialogue presentation. As the theme of the conference put it, part of our intention is to foster "Oneness: Unity in Contemplation."

This seems like a very nuts-and-bolts newsletter. Maybe that's because I'm learning a new computer while putting it together. I've had many reminders to "deliberately dismantle the emotional programming of the false self." But God is active in all things, and with His help this issue is getting out. I wish you a blessed Lent, and good centering.

John Neville

Centering Prayer Groups in the East Bay

and their contact persons to call for
meeting times, directions, etc.
All without exception are welcome
to our prayer groups.

All Saints Church, Hayward

Melanie Smith: 510-537-6563
Francis Tanjuatco: 650-678-7739

Christ Church, Alameda

Claudia Lewey: 510-769-1759

Christ the King Church,

Pleasant Hill

(Day and evening groups)

Jodi Runyon (day group):
925-939-0859

Jeanne Pletz: 925-837-6971
Pat Stevens: 925-945-1623

Corpus Christi Church, Fremont

Kathy Lyons: 510-793-3672
Ron Taylor: 510-490-1279

Our Lady of the Rosary Church,

Union City

Gene Aciniaga: 510-471-9496

St. Alban Church, Albany

Judy Ellisen: 510-237-6961

St. Augustine Church, Oakland

Jim Gilman: 510-419-0740

St. Elizabeth Seton Church,

Pleasanton

Art Crosetti: 925-462-2721

St. Perpetua Church, Lafayette

Helen McKennon:
925-977-1872

Carol Weyer: 925-932-1845
Joanne Elgaaen: 925-284-5608

St. Theresa Church, Oakland

(Day group):

Dolores Vasquez
510-530-4081

(Evening group):

Jeanne Lovi: 510-547-2505
John Neville: 510-655-2796
Betty Wharton: 510-531-6124

CONTEMPLATIVE OUTREACH OAKLAND-EAST BAY

LENTEN DAY OF PRAYER

SATURDAY, MARCH 14, 2009

10:00 A.M. – 3:00 P.M.

We will gather in silence.

First sit about 10:10 am.

Christ the King Church, Pleasant Hill

Enter the side entrance of the Ministry Center
(See directions below)

There will be several centering prayer sits.

We will listen to presentations on a

Lenten Theme,

and there will be time for sharing and discussion.

Lunch will be in silence, if in the room.

Conversation outside will be optional.

Bring a brown bag lunch

Snacks and beverages provided

RSVP requested (it makes planning more convenient)
but not required

RSVP Jeanne Pletz 925-837-6971

Suggested donation \$20.00

No one turned away for lack of funds

Directions to the Ministry Center at Christ the King Church in Pleasant Hill.

The church is at the corner of Gregory Lane and Brandon Road.

On **680 northbound**, take the Contra Costa Blvd. exit. After crossing over the freeway, continue about a third of a mile to a left turn onto Gregory Lane.

On **680 southbound**, take the Gregory Lane exit and continue straight on Gregory Lane.

Once on Gregory Lane, go one mile to a left turn onto Brandon Road. Then after the church take the first driveway to the right. The ministry center will be on your left. There is parking there and also further along the driveway.

Days of Prayer will sometimes be in the Oakland-Hayward area, sometimes in the Walnut Creek-I 680 area, but it will not be a rigid alternation. If your group would like to host one, please let us know.

East Bay Contemplative Outreach Community Building Dinner



Date: Sunday, April 26, 2009
Time: 5:00 – 8:00 pm
Where: St Marks Episcopal Church, Berkeley
 (2nd floor Parish Hall)
Cost: \$30/Person in advance / \$35 at the door
Parking: Free in the garage (handicap accessible)

Our first East Bay Contemplative Outreach community dinner will be held to support our growing together in Christ and to build relationships between our Centering Prayer groups. The evening will be a wonderful experience including: time for socializing, a gourmet meal provided by a wonderful bay area chef, Elka Gilmore, entertainment by our friends from Christ the King group; and of course desert to send us home satiated! Social hour will begin at 5:00 pm with a no-host bar, followed by dinner at 6:00 pm.

Our meal will be fresh, seasonal and vegetarian, with wine included, and served family style.

Chef Elka is donating her time to delight our palates! Elka made her debut in the culinary world at the age of eleven, washing dishes at a French restaurant in Austin, Texas. She has been working restaurants ever since, more than 35 years including one of her own in San Francisco known as Elka. In the summer 2008, Elka cooked for an advanced Centering Prayer retreat at St. Benedicts, Snowmass CO.

Location and Parking: St Marks, 2300 Bancroft Way, Berkeley, CA 94704

Parking in the garage is free for the evening. Use the entrance from the corner of Ellsworth and Durant. To enter the building, use the door through the garage, there will be someone there to guide you.

To RSVP and take advantage of early registration (now through April 18th), visit our new website to register at: WWW.CONTEMPLATIVEOUTREACH-NORCAL.ORG. Alternatively, tear off the following and include with your registration. Please make your checks to: COOEB

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 Mail to: Helen McKennon, 408 Timberline Ct., Pleasant Hill CA 94523

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____