

Contemplative Living Experience

Course Overview

This course, referred to as Contemplative Living Experience, focuses on living contemplatively in the context of ordinary daily life. It provides the guidance and formation needed to move into a more contemplative lifestyle. Based on a foundation of Centering Prayer, following are the other contemplative practices included in the course:

- ☐ The Welcoming Prayer
- ☐ The Active Prayer and Logging
- ☐ Lectio Divina and Spiritual Reading
- ☐ Rest, Sabbath-Keeping
- ☐ Discernment
- ☐ The Forgiveness Prayer
- ☐ Group Spiritual Direction
- ☐ Contemplative Service

In the process of the course, community support and spiritual enrichment are offered to participants to help integrate the practices into daily life, and to nurture the contemplative dimensions of a changed lifestyle.

Course Prerequisites:

- A regular practice of Centering Prayer
- A commitment to attend all sessions
- An interview with a Course Presenter

The Weekend

Each weekend includes the following:

- ☐ Centering Prayer
- ☐ Review previous month's practices
- ☐ Conferences
- ☐ Sharing
- ☐ Holy Listening Circles
- ☐ Silence

The course participants meet one weekend a month beginning in September and ending in May. The weekend begins on Friday evening (5:30 PM – 9:00 PM) and ends on Saturday (8:30 AM - 4:00 PM).

Utilizing our Center for Contemplative Living as a retreat venue, the weekend takes place in a setting that is conducive to prayer, privacy and rest.

Course Presenters

A team of the Contemplative Outreach staff presents the course. The presenters are faithful to daily Centering Prayer and to living a contemplative lifestyle. The concepts and practices taught by the presenters are based on the teachings of Fr. Thomas Keating and Contemplative Outreach.

Themes and Practices

First Month

Theme: Awareness of God's Presence & Action
Practices: Spiritual Reading, Logging, Holy Listening

Second Month

Theme: Intention & Consent in Relating to God
Practices: Lectio Divina, Active Prayer

Third Month

Theme: Letting Go and Receiving True Life
Practice: Welcoming Prayer

Fourth Month

Theme: Resting in God and from Activity
Practices: Rest, Sabbath-Keeping

Fifth Month

Theme: Contemplative Discernment
Practice: Discernment Process

Sixth Month

Theme: Detachment
Practice: Discernment of Addictions

Seventh Month

Theme: Forgiveness in Relationships
Practice: Prayer of Forgiveness

Eighth Month

Theme: Spiritual Commitment and Service
Practice: Creating a Contemplative Lifestyle

Ninth Month

Theme: Community
Celebration and Closure

2022

September 9 & 10

October 14 & 15

November 4 & 5

December 9 & 10

2023

January 6 & 7

February 3 & 4

March 3 & 4

April 14 & 15

May 5 & 6

Cost: \$950 (installments available)

To Apply:

<https://www.centeringprayer.net/cle>

If you have any questions, contact:

Julie Saad – jasaad@icloud.com

303-619-4426 or

Pat Wittkopf –

staff@centeringprayer.net

303-698-7729

Applications must be completed by
July 1, 2022.

What participants say ...

You are guaranteed to grow spiritually and learn exponentially if you are willing!
Cindy B.

This course offers a friendly space to grow spiritually. In community together, we find strength and grace.
Brent H.

The integration of a spiritual practice each month helped me to deepen the practice and to integrate it into my daily life rather than looking at it as a class assignment to finish and go on to the next thing. I can't do the spiritual journey alone and CLE affirmed the gift, grace and importance of being in community. The Holy Listening Circles helped me to integrate listening as a sacred practice to bring into my everyday relationships.
Kathleen H.

If you are looking for an experience that can transform your life...and are willing to commit a little time, energy, and God's work in you...this is for you!
Rita C.

The Contemplative Living Experience course is a well-mapped journey into a rich world of contemplative practices. While the nine-month commitment may, at first, give pause, the outcome of the journey is well worth the time, effort, and commitment. It is an opening of the door to infinite grace.
Gary S.

The community aspects of CLE were my favorite. Most weekends I came early for a bit of quiet reflection time. Watching everyone arrive brought with it a sense of having a contemplative community to be in formation with.
Anonymous

The disciplines taught me how to be still, get in touch with my body and invite God into my moment to moment life journey. It is a process and the beginning of a continued way I choose to live in the moment with God – in ordinary life – for the rest of my days.
Anonymous

“Let us go off by ourselves to some place where we will be alone and your love can blossom.” Mark 6:31



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September 2022-May 2023

Presented by

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