



## CONTEMPLATIVE OUTREACH OF MARYLAND AND WASHINGTON

### **OVERNIGHT FACILITATING WORKSHOP**

May 20 – 21, 2022

#### **Our Workshop**

National Contemplative Outreach (CO Ltd.) presenters, along with COMW's service team, offer this special event to encourage and enrich the experience of being a Centering Prayer group Facilitator. It's the first of its kind in our area.

Our mission aims to help attendees: 1) recognize their calling more clearly, 2) encourage more meaningful group Centering Prayer 3) deepen faith in the contemplative path and 4) become savvy about CO Ltd.'s many resources.

#### **Content**

We'll emphasize things spiritual: Our Presenters will explore how facilitators are both called and sustained, as well as how their Centering groups may change and evolve spiritually. But there's also the practical: One session examines a four-part deepening of ability to listen compassionately. Another fine-tunes awareness of how groups can go off track. Both large and small group discussions and exercises help develop these skills.

The workshop includes three Centering Prayer periods.

### **Who should come?**

Present Facilitators of Centering Prayer groups, anyone wanting to be a Facilitator or who is curious, but undecided, would benefit from this workshop.

### **Details on cost, venue etc.**

The fee for this evening and next-day workshop is **\$185** which includes a comfortable, private room with bathroom and linens. Showers are nearby.

Dinner, breakfast, lunch and snacks are included.

*For safety, CDC health precautions in effect next May will be followed at this workshop!*

Our Lady of Bethesda is an inviting, peaceful oasis tucked within Washington, D.C. suburbs. Places exist indoors and out for private Centering.

### **Upcoming Registration**

Our space is currently limited to 25 attendees, and it's best that you send your **\$45** non-refundable deposit early on to reserve your place.

**To register online, visit:** [tinyurl.com/COMWregistration](https://tinyurl.com/COMWregistration)

Once registered, mail your deposit to COMW Treasurer:

Kathleen Blank Riether, 5265 Winter View Dr., Alexandria, VA, 22312-3912.

**We can accept checks or money orders only, made out to "COMW."**

Reservations are taken in the order received. We'll notify you, after we get your deposit, that you're on our roster.

The remaining payment of **\$140 is due by May 1, 2022.**

We offer some partial scholarships. For questions on scholarships or funding, please contact Kathleen Blank Riether ([Kathblankriether@gmail.com](mailto:Kathblankriether@gmail.com))

Our workshop begins with Friday dinner at 6 p.m.

Workshop attendees may arrive as early as 3 p.m.

### **Questions on the workshop?**

Contact Marjorie Centofanti ([mcentofanti43@gmail.com](mailto:mcentofanti43@gmail.com))

## About our Presenters

**Bob Mischke**, Leader, Support and Enrichment Service Team, Contemplative Outreach Ltd.

My Centering Prayer journey began in 1993 when I read *The Cloud of Unknowing* while on a spiritual retreat in South America. I had just left my medical practice as an ear surgeon to pursue what I felt would be a deeper form of healing. I knew that was what I truly sought. I looked up Fr. Thomas Keating and his work and have been involved in Centering Prayer with Denver's Center for Contemplative Living ever since.

Five years ago, following Servant Leadership training in St. Louis, I joined Contemplative Outreach's Facilitator Service Team. There, I've worked with Susan Komis and Nestor deArmas to expand that team's Level I and Level II facilitator workshops. Centering Prayer groups, of course, are the heart of the work. Yet our facilitators are its keepers: They expose us gently to the contemplative teachings and model how to work Centering Prayer into our lives.

I currently serve on the Center for Contemplative Living Circle of Service. I present Introductory Workshops, Welcoming Prayer, Guard of the Heart and our 9-month course called the Contemplative Living Experience program. For the past 25 years, contemplative retreats at St. Benedict's monastery have sustained me.

Recently, my lovely wife Genca and I (she also serves in Centering Prayer) celebrated our 54th wedding anniversary. We are blessed to have our son and daughter's families with our two grandchildren here, where I live, in Colorado.

### **Eileen McCaffrey Schuman**

Facilitator Support and Enrichment Service Team, Contemplative Outreach Ltd.

Hello to all of you considering this workshop!

Shortly after leaving work in publishing, I found Centering Prayer. I've been practicing it now for 28 years. As co-facilitator of the group with whom I'm grateful to practice, I've come to realize that facilitating is an art. In my search for more training opportunities, I found Contemplative Outreach's Facilitator Support and Enrichment Service Team. I am grateful to be part of this group. It has been a joy and privilege to participate in Level I and II facilitator workshops offered by Nestor deArmas, Susan Komis, and the team.

I am a commissioned presenter of CO Ltd.'s Introductory Workshop and, as of February 2021, the coordinator of Contemplative Outreach of New Jersey. I've been a retreat co-planner and have participated in 8-day "intensives" at centers on the New Jersey shore, as well as in multiple retreats at the Garrison Institute in New York and Mother Boniface Spirituality Center in Philadelphia.

My dear husband Evan and I have been married for 33 years and live in northern New Jersey. Our daughter is now 24.