



The Contemplative Journey

CONTEMPLATIVE OUTREACH SA WESTERN CAPE

SILENCE • SOLITUDE • SOLIDARITY • SERVICE

August 2022



Come away by yourselves to a deserted place and rest a while.

Mark 6:31

Have you ever experienced a few moments of interior silence? How would you describe it? Is there not a sense of a very deep, all-pervading peace, a sense of well-being, and a delicate joy, all at once? The repeated experience of interior silence is a need that everyone has in order to be fully human. The traditional term for the way in which we cultivate interior silence is contemplative prayer. Contemplative prayer allows our hunger and thirst for God to well up. In the words of Jesus, ‘‘If anyone thirsts, let them come to me and drink. Out of them will flow rivers of living water.’’ (John 7:37–38)

Everyone needs some kind of practice in order to accomplish this vocation to oneness with the Father, Son and Holy Spirit—a certain amount of time every day for prayer and spiritual reading. Also perhaps one may dedicate a day every month, and a week every year to being alone with the Lord ...

Thomas Keating

Excerpts from The Daily Reader for Contemplative Living

After a while on the spiritual journey most of us discover that our way of praying changes, that there is less ‘praying hard’ and more silence. [Praying this way] simply becomes a way of being, a way of seeing in the ordinary events of our lives, practicing a contemplative presence whereby we approach every encounter, every activity, every meeting from a contemplative stance, trusting that God is already at work in people’s lives, listening to the Holy Spirit ... watching for the signs of God’s grace, paying attention to every experience, and exploring our sense of God’s presence and the shape of God’s invitation to growth.

Martina Lehane Sheehan,

Seeing Anew – Awakening to Life’s Lessons

Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability—and that it may take a very long time.

And so I think it is with you; your ideas mature gradually—let them grow, let them shape themselves, without undue haste ... Give our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

Pierre Teilhard de Chardin

You are invited to a Centering Prayer Silent Retreat

CHRISTIAN BROTHERS CENTRE, 1 PARADYSKLOOF ROAD, STELLENBOSCH

Friday 14 – Sunday 16 October 2022

Theme: *Peace in a troubled world*

Retreat facilitators: Barbara Harris and Jacqueline-Ann Pienaar

This retreat offers time away in silence and solitude with immersion in Centering Prayer and Lectio Divina.

To attend, a centering prayer practice is recommended.

Cost: R1700 per person.

Accommodation is single room with private bathroom. Each room has a kitchenette (fridge, microwave, kettle) and linen and towels are provided. All meals will be catered.

Check-in will be from 3pm on Friday afternoon, 14th, and the retreat will end after lunch on Sunday 16th October.

Sponsorship is available – email Linda (linda.nicolson@gmail.com) to request financial assistance.

Registration forms are available from Linda, linda.nicolson@gmail.com

A 50% deposit is required to confirm your booking with the balance to be paid by 1st October 2022.

Winnie Thomson RIP †

We recently heard of the passing of Winnie Thomson, an active member of Contemplative Outreach in the Western Cape. We share here some memories of Winnie's life.

From Johan du Toit:

I remember Winnie from my days as a member of the COSA WC Steering Committee during the first decade of 2000s when she was an active member, always contributing to the discussions about the content of the quarterly newsletter, when I was the editor. She gave valuable input not only about the contents, but she applied her language teaching skills and helped with proofreading, grammar and spell-checking where I felt I came very short.

She was a devout Catholic and contributed many articles to the newsletter and sourced content from a Catholic perspective to the Contemplative Outreach community.

I visited Winnie on several occasions in her quant cottage in Observatory and we had delightful conversations about life in general and I enjoyed her sharp wit and dry sense of humour. She was a wonderful soul who enriched my life.

May her soul rest in peace.

From Brian Podesta:

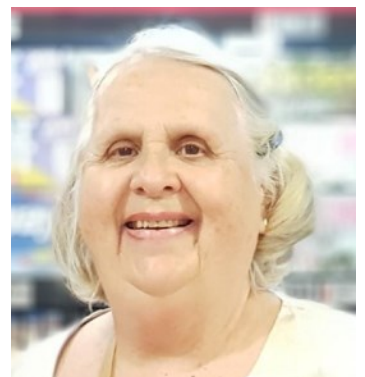
Winnie Thomson led a centering prayer small group that met in Rondebosch once a month from 2005 to 2015. Her facilitation included inviting people to address and enrich her group, I remember giving a talk on Lectio Divina. She would also provide them with material she discovered through her reading and research.

She did a stint as secretary for the Steering Committee from 2013 - 2014.

She was an English teacher and insisted that both the written and spoken word should be correct and accurate. Winnie was her own person, held strong views which she was not afraid to express but was always open to persuasion and willing to change.

Winnie was deeply committed to living the contemplative life and was a unique gift to Contemplative Outreach, Western Cape.

She now enjoys the total presence of the Divine, whose presence she lived and shared in her life.



SMALL GROUPS

Find a small group in your area.

CONSTANTIA Michele Bowes mmbowes@iafrica.com
CONSTANTIA Paul Palmer paulrai@lantic.net
DURBANVILLE Cherry Wolf cherrywolf45@gmail.com
DURBANVILLE John Philogene john@philogene.co.za
EDGEMEAD Linda Nicolson linda.nicolson@gmail.com
FAR SOUTH Barbara Centurier-Harris bmc.harris@gmail.com (Zoom)
FISH HOEK Rosemary Melnick rosemary.melnick@gmail.com
HERMANUS Pam Delpport pfdelpport@telkomsa.net
MILNERTON Tembeka Mpako-Ntusi mpakontusi@gmail.com
OUDTSHOORN/MOSSEL BAY Marianne Spies m.spies@mweb.co.za
PAARL Cedric Williams williamscew123@gmail.com
PLETTENBERG BAY Derek Oppenshaw derek@methodist.co.za
SILVERMINE Wendy Sheen wendy.sheen@gmail.com
SOMERSET WEST Dawn Geiges dawngs@iafrica.com
SOMERSET WEST Janie Potgieter janipotgieter01@gmail.com
STELLENBOSCH Cornelia Kirsten cornelia@wam.co.za
TABLEVIEW Brian Podesta bpodesta0@gmail.com

STEERING COMMITTEE

Coordinator—Linda Nicolson linda.nicolson@gmail.com 072 149 4185
Communications—Alain Lolliot amlolliot@gmail.com
Treasurer—Tony Butcher tbutcher@vodamail.co.za
Literature—Elizabeth Nel enelctza@gmail.com
Secretary—Penny Oosthuizen p66craig@gmail.com
WEBSITE—<https://centering.co.za/>

CONCEPTUAL BACKGROUND RESOURCES

Books, CDs and DVDs—available to buy or borrow from our library and shop.
Open at all Mornings of Enrichment (see Calendar).

The Spiritual Journey Programme— <https://www.contemplativeoutreach.org/spiritual-journey-program> (Free—streaming or download)

Word of the Week—a weekly email exploring the contemplative dimension of the gospel and daily life. Sign up at <https://www.contemplativeoutreach.org/word-of-the-week-subscription/> (Free or a donation)

CO on You Tube—<https://www.youtube.com/user/coutreach>

Online Prayer chapels: <https://www.contemplativeoutreach.org/online-meditation-chapel/>