

Contemplative Outreach Westchester County, New York

**SPECIAL
POINTS OF
INTEREST:**

- Steve Standiford
- Metta Prayer
- Saints Come Alive
- Centering Prayer Retreat at Maariandale
- Dismantling the False Self

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**A MESSAGE FROM THE COORDINATOR...
DIANE HARKIN**

I pray that you are able to and enjoy it as it is. Acceptance of journey. By learning to accept change, maneuver or control them, the most challenging situations.

In his June newsletter, Thomas greatest treasure. In powerlessness embrace it rather than trying to get "My grace is sufficient for you, weakness." (2 Cor: 12:9).

Thomas emphasized that only through difficulties that thoroughly. St. Paul was trans- and he brags about it: "I will weaknesses so that the power of Christ may dwell in me." (2 Cor. 12:9.)

Transformation does not require great spiritual experiences, says Thomas. It is in coming to terms with our ordinary human weaknesses as we experience them, that we are purified. Usually, it is through the pains of the "dark nights of the soul"-- that feeling of alienation or separation from God, of being confused and ungrounded, of being in a state of total helplessness that we are made new. This disposition of utter dependence on God--of being emptied, brings ultimate surrender and the fullness of grace. In time we can even welcome our weakness as the alchemical vessel through which we discover the gold in ourselves.

We are looking forward to a new year of spiritual growth and renewal. Steve Standiford came to our Sept 13th Prayer Day at St Patrick's. His spiritual presentation invited us to go deeper into our understanding of who we are in Him. Also on this day Frank Jelenek, the author of the children's book on Centering Prayer, is coming and will be available for book signing.

On Oct 11, Fr. Quinn is going to present the Introduction to Metta Prayer, A Prayer of Compassion. This prayer is powerful and will open our minds to a new awareness of kindness and understanding.

We are blessed to have Rosemary Camas on November 8. She will do a special presentation on the saints. Through her gifted acting skills, the saints will come alive in a unique way. Rosemary has asked us to think about a modern day saint in our life and come prepared to share how they have touched us.

On Dec. 13, Fr Bill Sheehan is giving a one day Centering Prayer Retreat at Mariandale. Space is limited so we invite you to register early.



Diane Harkin, Coordinator

embrace the beauty of the moment reality is a key factor in our spiritual things as they are without trying to we can find peace even in the midst of

explains that powerlessness is our we discover God's grace. Let us rid of it:

for power is made perfect in

from God's perspective, it is we are cleansed deeply and formed through his weakness *boast all the more gladly of my*

*** Frank Squitteri, facilitator of the Wednesday night Centering Prayer group at Our Lady of Sorrows in White Plains, passed away peacefully on Sept 26. Frank was a gifted and insightful writer whose article "Toward a Beloved Community" will be published in the March/April 2015 issue of Emmanuel Magazine. We are grateful for his faithful service.

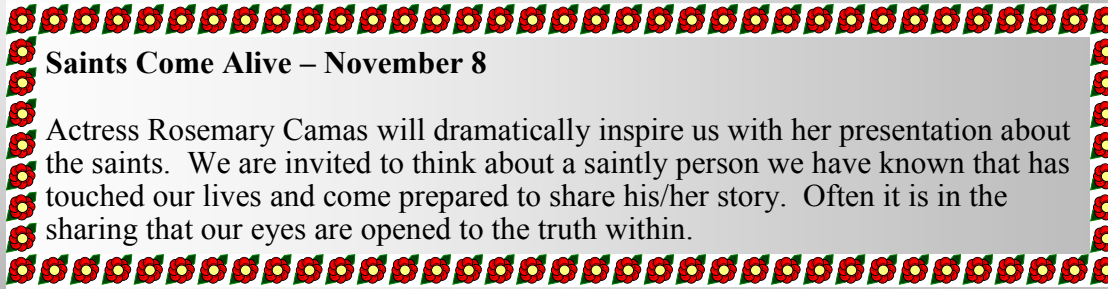
Jesus, Freud and the Human Condition – September 13

Steve Standiford explored the modern understanding of the Human Condition, the unconscious and the parallel processes of psychotherapy and meditation as part of the spiritual path. In particular, he focused on the obstacles to spiritual growth, including Jesus' teaching about blindness and Freud's view of the unconscious conflicts.



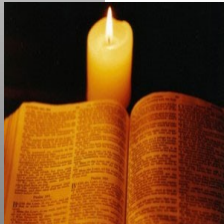
Metta Prayer – October 11

Metta Prayer often gives us a greater ability to see goodness in others as well as ourselves and leads to a deeper connection with all that is around us. Fr. Quinn will present the background of Metta Prayer and the dynamics of how it works. There will be time to experience this prayer and share our reactions.



Saints Come Alive – November 8

Actress Rosemary Camas will dramatically inspire us with her presentation about the saints. We are invited to think about a saintly person we have known that has touched our lives and come prepared to share his/her story. Often it is in the sharing that our eyes are opened to the truth within.



Centering Prayer Retreat at Mariandale – December 13

This Advent Centering Prayer Retreat is new for us and the timing is perfect as we prepare our hearts to receive the blessings of Christmas. Fr. Bill is looking forward to sharing his insights and wisdom during this special time of the year. Our day will begin at 9am and end at 7pm which includes Sunday liturgy. For more information, contact di-harkin@aol.com or call 914-423-4888.

Dismantling the False Self – January 10

Carol Piscatelli will share her insights and wisdom about the false self and how Centering Prayer sets off the dynamics of the purification process. She will explain the release of the undigested psychological material within which allows the false self to die so that the true self can be born.



Saturday Prayer Day Calendar 2014-2015	All monthly meetings (except retreats) are held at St. Patrick's Parish, 29 Cox Ave., Armonk, NY 10504
September 13 – <i>Becoming Fully Human</i> - Steve Standiford	February 14 – <i>Images That Accompany My Prayer</i> – Fr. Joseph Boyle
October 11—Fr. Quinn—Introduction to Metta Prayer/ Prayer of Compassion	March 14 – <i>United in Prayer Day</i> Thomas Keating – DVD Presentation
November 8 – Scripture Reading—Rosemary Cama	April 16-20 – <i>Holy Week Retreat</i> – Fr. Carl Arico Divine Compassion Center, White Plains, NY
December 13 – Centering Prayer Retreat—Fr Bill Sheehan – Mariandale (no meeting at St Pat's in Dec)	May 9 – <i>Facilitator Recognition Day</i> Diane Harkin
January 10 – Dismantling the False Self – Carol Piscatelli	June 13 – <i>Visioning Day</i> Diane Harkin
<i>Centering Prayer is a way of life, a commitment to become the true self which is God's idea of who we are.</i>	<i>The desire for happiness is itself an infallible sign of God's presence... That there is something more, a deeper meaning in life.</i>



Centering Prayer Groups

Sharing the experience of Centering Prayer with others within a group encourages us to be faithful to the practice and gives us the needed support.



<p>ARMONK: St. Patrick's - Chapel 29 Cox Avenue, Armonk, NY 10504 Tuesday: 9:30 am—Our Lady's Chapel</p> <p>Contact: Gina Shea 914-767-9096 E-mail: gmshea1236@gmail.com</p>	<p>Mahopac: St. John the Evangelist Church – Msgr. Power's Room 221 E. Lake Blvd, Mahopac NY 10541 Wednesdays: 12:30pm (after the 12 noon mass)</p> <p>Contact: Minny & Jake Lugay 845-628-5378 E-mail: jlugay@msn.com</p>
<p>CROTON-ON-HUDSON—Holy Name of Mary Parish Center Lobby 114 Grand Street, Croton-on-Hudson, NY 10520 Thursdays: 7:30 pm</p> <p>Contact: John Lally 914-271-5628 Email: jllc@verizon.net</p>	<p>Pocantico Hills: Church of the Magdalene 525 Bedford Rd., Pocantico Hills, NY 10591 Mondays: 7-8:30 pm</p> <p>Contact: Judy Blanchard Young 914-588-2846 Email: none</p>
<p>CROTON FALLS – St. Joseph's Church 95 Plum Brook Rd., Somers, NY 10589 Wednesdays: 3:30 p. m. - meeting room \$1</p> <p>Contact: Marie Gilmore 914-277-4686 Email: Mariecg@optonline.net Contact: Bill Montuori 914-276-4213 Email:noranbill@gmail.com</p>	<p>RYE – Christ's Church – Chapel 2 Rectory Street, Rye, NY 10580 Wednesdays: 10:30 am (No meetings July and August)</p> <p>Contact: Emilie Murphy 914-921-3913 Email: emilieinrye@gmail.com</p>
<p>DOBBS FERRY—South Presbyterian Church 343 Broadway, Dobbs Ferry, NY 10522 Thursdays: 7:30PM (not first Thursday but all other Thursday except Holidays)</p> <p>Contact: Rev. Dr. Jane Ann Groom 914-693-3591 Email: jagSouthChurch@aol.com</p>	<p>SCARSDALE – Our Lady of Fatima Church or Rectory 5 Strathmore Road, Scarsdale NY 10583 Tuesdays: 10:00 am</p> <p>Contact: Ellie Cioti 914-961-8609 Email: Ecioti@optonline.net</p>
<p>GARRISON – Graymoor at the 6th Floor Chapel 40 Franciscan Way, Garrison, NY (enter from outside the chapel in the back) Wednesdays: 7:00 p.m.</p> <p>Contact: Patricia Breen 914-456-1548 Email: centering2002@yahoo.com</p>	<p>SCARSDALE-Immaculate Heart of Mary Library 8 Carman Road, Scarsdale NY 10583 Wednesday: 10AM—11AM (No Meetings July/August)</p> <p>Contact: Elise Kuhn 914-725-4728 Email: truthpower@aol.com</p>
<p>GREENWICH, CT –St. Paul's Church – Parish Office 84 Sherwood Avenue, Greenwich, CT First Wednesday of Every Month: 7:00 pm</p> <p>Contact: Judi Mastoloni 203-531-6038 Email: judimasto@optonline.net</p>	<p>WHITE PLAINS—Our Lady of Sorrows 888 Mamaroneck Ave., White Plains, NY ('Cry Room') Wednesdays—after 9:00 a.m. Mass</p> <p>Contact: Peg Cataldo 914-428-1997 Contact: Pauline Pascale 914-761-2552 Email: paulinepascale@gmail.com</p>
<p>HARTSDALE – Sacred Heart Church Rectory Basement 10 Lawton Avenue, Hartsdale, NY Tuesdays: 7:00 pm</p> <p>Contact: Vincent Curcuru 914-723-9351 Email: shorefront@aol.com</p>	<p>WHITE PLAINS—Our Lady of Sorrows 888 Mamaroneck Ave., White Plains, NY ('Cry Room') Wednesdays: 7:30 p.m.</p> <p>Contact: Frank Squitteri 914-472-3238 Email: frankkit@optonline.net</p>
<p>IRVINGTON –Immaculate Conception Church 16 N. Broadway, Irvington, NY ('Cry Room' at side) Mondays: 7:30 pm</p>	<p>Contact: Jane Byrne 914-591-3073 Email: janespeace@aol.com Contact: Steve Standiford 914-478-7801 Email: stevenstandiford@aol.com</p>

Please consider joining a weekly group. We suggest you confirm meeting time and location with the designated contact person.

Service Team	Lead Person	Email	Contact #
Coordinator	Diane Harkin	diharkin@aol.com	914-423-4888
Newsletter	Tom McCarthy	tmcc9755@aol.com	914-693-3389
Publicity	Rosemary Camas	rosemarycamas@gmail.com	914-725-1553
Finances	Elise Kuhn	truthpower@aol.com	914-725-4728
Hospitality	Marie Gilmore Evelyn Foley	mariecg@optonline.net evelynfo8@aol.com	914-277-4686 914-318-5180
Books	Pauline Pascale Peg Cataldo	paulinepascale@gmail.com Not available	914-761-2552 914-428-1997
Intro Workshop	Diane Harkin	diharkin@aol.com	914-423-4888
Retreats	Carol Piscatelli Diane Harkin	clpiscit@att.net diharkin@aol.com	203-912-7119 914-423-4888
Website	Pauline Pascale	paulinepascale@gmail.com	914-761-2552

**Contemplative Outreach of Westchester
 P.O. Box 154
 Hastings-on-Hudson, NY 10706**

Return Service Requested

**ALL ARE INVITED to these
 2014 and 2015 events:**

October 11, 2014: *Metta Prayer*
November 8, 2014: *Saints Come Alive*
December 13, 2014: *CP Retreat at Mariandale*
January 10, 2015: *Dismantling the Self*