

# CONTEMPLATIVE LIFE

AT SAINT BARNABAS ON THE DESERT, SEPTEMBER 2020

## FALL CALENDAR

Online Worship, Sundays, 10:15-11:15. Go to <https://saintbarnabas.org/all-events/worship-online/>.

Quiet Days (on Zoom): Saturdays, September 12, October 9, and November 14, 10:00 am-12:00 pm. To register for access, contact Ann Hott, [ann@saintbarnabas.org](mailto:ann@saintbarnabas.org).

Weekly Centering Prayer groups (all meet on Zoom.): Monday, 7-8:30 pm; Tuesday, 9-10:30 am; Tuesday, 7-8:30 pm, Wednesday, 5:30-6:30 (11th Step); and Friday, 9-10:30 am.

Exploring Poetry as a Spiritual Practice (on Zoom): Thursday, September 17, 9:30-11:00. Contact Mary Stone, [maryspeckerstone@gmail.com](mailto:maryspeckerstone@gmail.com).

Introduction to Centering Prayer (on Zoom): Saturday, October 3, 9:30 am – 1:30 pm, followed by five Tuesday evenings, 7:00-8:30 pm. To register, contact Liza Bell, [lizabell@cox.net](mailto:lizabell@cox.net).

Two-year Spiritual Direction training program through Christian Formation and Direction Ministries of AZ. First retreat, October 15-17. For details, go to <http://www.cfdmarizona.org/>.

Save the Date: An Offering from CFDM AZ: Saturday, November 7. Ignatian Spirituality for the Spiritual Journey with Fr. John Auther, SJ.



## WE ARE ONE BODY, AS EVER

How palpably real, the way Holy Spirit connects us through the technologies we've come to depend on during these months of physical distancing. But of course, as Christians we've connected through spiritual "technology" all along. Why would we be surprised to discover that even online, we are One Body united in prayer, as we always have been, and ever will be.

Saint Barnabas is a nimble body, having shifted shape from the church to which we come to the church that comes to us, virtually overnight. As ever, all are welcome, and all ministries continue, including the marvel of our choral music. Read on to see our many offerings for this autumn season.

Until our diocese decrees that it is once again safe to gather in person, our Quiet Days will continue monthly on Zoom, as will our Centering Prayer Groups. Stay tuned to the Saint Barnabas website (<https://saintbarnabas.org/>) for the most current information. Until then, blessings, and see you online!

# AWAKENING TO GOD'S PRESENCE IN OUR LIVES: INTRODUCTION TO CENTERING PRAYER (ONLINE)

## *Foundations of the Practice*

with Rev. Jim Clark and Liza Bell  
Saturday, October 3, 9:30 am -1:30 pm,

## *Intimacy with God*

Tuesdays, October 6, 13, 20, 27, and  
November 3, 7:00 - 8:30 pm



More than a meditation technique, Centering Prayer is a uniquely Christian practice of consenting to God's presence and action within. During Centering Prayer, we learn to gently return our chattering minds, again and again, to our intention of just allowing God to love us. With consistent practice, we notice a growing sense of presence and peace infusing more of our waking hours. As God does God's patient work within us, we gradually begin to transform habits and behaviors that have limited our ability to be the hands of Christ in the world.

This introductory program is for anyone who wishes to learn the practice of Centering Prayer, as well as for those who wish to renew their practice. Reservations are required; contact Liza Bell, [lizabell@cox.net](mailto:lizabell@cox.net).



## EXPLORING POETRY AS A SPIRITUAL PRACTICE

Thursday, September 17, 9:30 - 11:00 am (Online)

Not a writing workshop, not a book club, we are a circle of poetry lovers into whose midst the guiding presence of the Holy Spirit is invited. Our format is simple: we each share a poem that speaks to us on a spiritual level, taking turns reading our selections and sharing our reflections. Energizing and uplifting conversations emerge and, more often than not, so does a sacred theme that connects our diverse offerings. For more information, or to join the next meeting, contact Mary Stone, [maryspeckerstone@gmail.com](mailto:maryspeckerstone@gmail.com).

Yet it seems that a little below your heart  
There houses in you an unknown self  
Who prefers the patterns of the dark  
And is not persuaded by the eye's affection  
Or caught by the flash of thought.

from John O'Donohue, "For the Unknown Self"

## FIVE WEEKLY CENTERING PRAYER GROUPS (ONLINE)



One of the best ways to stay faithful to your practice is to attend a weekly Centering Prayer group. Saint Barnabas offers five weekly Centering Prayer groups, and all currently meet on Zoom. Contact the facilitator for more information or to obtain Zoom access to a group.

**Monday evenings, 7:00–8:30.** Facilitator: Liza Bell, [lizabell@cox.net](mailto:lizabell@cox.net), 602-527-6161. September 31–October 5: The Contemplative Pathway: A process of self-emptying.

**Tuesday mornings, 9:00–10:30.** Facilitator: Heather Heroldt, [heatherheroldt@msn.com](mailto:heatherheroldt@msn.com), 602-502-0063. Gathering together in silence and friendship.

**Tuesday evenings, 7:00–8:30.** Facilitator: Deb Moore, [deb.j.moore@gmail.com](mailto:deb.j.moore@gmail.com), 508-942-

8953. September 1–22: *Journey to Oneness* with Fr. Thomas Keating. September 29–October 13: Fall break, no meetings.

**Wednesday evenings, 5:30–6:30.** Facilitators: Mary and John Stone, [maryspeckerstone@gmail.com](mailto:maryspeckerstone@gmail.com), 480-993-4507. September 16–October 7: *Divine Therapy and Addiction* by Fr. Thomas Keating. This is an 11th Step Centering Prayer group for members of any 12-step fellowship.

**Friday mornings, 9:00–10:30.** Facilitator: Heather Heroldt, [heatherheroldt@msn.com](mailto:heatherheroldt@msn.com), 602-502-0063. Gathering together in silence and friendship.

## QUIET DAY with the REV. JIM CLARK

Saturday, September 12, 10am - 12:00 pm (Online)

We invite you gather (on Zoom) with our Saint Barnabas contemplative community in this monthly mini-retreat. The day will consist of two cycles of 20-minute conference with Rev. Jim, 10-minute Q & A, and 30 minutes of active or silent prayer. Reservations are required to obtain the Zoom link, which will be sent during the week prior to our Quiet Day gathering. Contact Ann Hott, [ann@saintbarnabas.org](mailto:ann@saintbarnabas.org).



Save the Date: Saturday, November 7

## IGNATIAN SPIRITUALITY FOR THE SPIRITUAL JOURNEY

Christian Formation and Direction Ministries of Arizona (CFDM-AZ), a partner of Saint Barnabas, is offering an all-day workshop on Ignatian spirituality facilitated by Father John Auther, SJ, an Ignatian Retreat Director. Fr. John will lead us through a day of Ignatian spirituality and introduce us to the Ignatian exercises. This is a wonderful opportunity to learn more about the power of discernment in our daily lives. If we cannot meet in person, we will hold the workshop on Zoom. For more information, or to pre-register, contact Joyce Vidal-Thornburg, 602-750-9970, [jvidal460@gmail.com](mailto:jvidal460@gmail.com).



## PRIVATE SPIRITUAL DIRECTION AVAILABLE

The practice of Centering Prayer may lead us into unfamiliar spiritual territory. As we outgrow our old emotional programs for happiness, our image of ourselves and God may begin to change, and the path ahead may be difficult to discern. At this point in the journey, it can be helpful to have a spiritual companion or director to listen with us for God's direction in our lives. Saint Barnabas works with a number of certified Spiritual Directors who offer private spiritual

direction online. For more information, contact Joyce Vidal-Thornburg (see above).

## SPIRITUAL DIRECTOR FORMATION PROGRAM BEGINS OCTOBER 15

CFDM-AZ is now accepting applications for the two-year Spiritual Direction certification program beginning October 15-17. The program is comprised of three retreats per year, with directed study and practicum between retreats. The first year's retreats will be offered online, and the format for the second year's retreats will be determined at a later date. For more information, or to apply to the program, contact Joyce Vidal-Thornburg (see above or go to <http://www.cfdmarizona.org/>).

*The whole purpose of spiritual direction is to penetrate beneath the surface of a person's life, to get behind the face of conventional gestures and attitudes which are presented to the world, and to bring out the person's inner spiritual freedom, his/her inmost truth, which is what we call the likeness of Christ in his/her soul.*

– Thomas Merton

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[https://www.saintbarnabas.org/  
ministries/contemplative-life/](https://www.saintbarnabas.org/ministries/contemplative-life/)



Contemplative Life Ministry Team:  
The Rev. Jim Clark, Liza Bell, Ann  
Hott, Debbie Moore, Mary Stone,  
Patrick Waugh