

# CONTEMPLATIVE LIFE

AT SAINT BARNABAS ON THE DESERT, OCTOBER 2019

## FALL CALENDAR

Contemplative Worship Service with Healing Prayer and Holy Eucharist, Sundays at 10:21 am in the Music Building.

Quiet Days in the Sanctuary, Saturdays, November 9, December 14, and January 11.

Weekly Centering Prayer groups. (All meet in the Chapel.): Monday evenings, 7-8:30 pm; Tuesday mornings, 9-10:30 am; Tuesday evenings, 7-8:30 pm; Wednesday evenings, 11<sup>th</sup> Step, 5:30-7:00 pm.

Fall Intensive Silent Retreat, November 14-17, Tucson. Registration now open.

Fr. Michael Fish, OSB, "All About the Heart," October 26, 9:00-3:00, Shepherd of the Hills UCC, [www.contemplativeoutreach-phoenix.org](http://www.contemplativeoutreach-phoenix.org)

Two-year Spiritual Direction training program through Christian Formation and Direction Ministries of AZ begins in Scottsdale in October of 2020. Now accepting applications, <http://www.cfdmarizona.org/>



## WORSHIP *On The Quieter Side*

Sundays at 10:21 in the Music Center

The 10:21 Contemplative Worship service at Saint Barnabas blends conventional liturgical elements with interludes of meditative silence and peaceful music on cello and keyboard. Taize chants are sung in gorgeous harmonies. This quiet celebration includes Holy Eucharist, Prayer for Healing, and a shared sermon with the 10:15 service.

Guest musicians in October will feature harpist Karen Miller on October 13 and the Andante and Allegro Children's Choirs on October 27 (Mission Festival Sunday).

If you've been longing for a quieter, more contemplative worship experience, the 10:21 might be just what you're looking for. The Music Center is located across from the Chapel at the front (west side) of the Saint Barnabas campus. Look for signs and greeters to direct you to the 10:21. All are welcome.

## Weekly Centering Prayer Group Schedules

One of the best ways to stay faithful to your practice is to attend a weekly Centering Prayer group. Saint Barnabas offers four weekly Centering Prayer groups, and all meet in the Chapel on the south side of the Sanctuary. Hearing assistance devices are available upon request. Contact the facilitator for more information.



**Monday evenings, 7:00–8:30.** Facilitator: Liza Bell, [lizabell@cox.net](mailto:lizabell@cox.net), 602-527-6161. October 14–November 25: *Following the Mystics through the Narrow Gate* with Fr. Richard Rohr and James Finley.

**Tuesday mornings, 9:00–10:30.** Facilitator: Suzy Dodds, [suzydodds@gmail.com](mailto:suzydodds@gmail.com), 480-390-4364. October 8–December 10: *Transformation* with Fr. Richard Rohr, Rev. angel Kyodo williams, Mirabai Starr, and Ken Wilber.

**Tuesday evenings, 7:00–8:30.** Facilitator: Deb Moore, [deb.j.moore@gmail.com](mailto:deb.j.moore@gmail.com), 508-942-8953. October 15: *Invitation from God* with Fr. Thomas Keating and Gail

Fitzpatrick-Hopler. October 22: *Centering Prayer: A Way of Life* with Fr. Carl Arico. October 29: *Eternal Now* with Fr. Thomas Keating. November 5: *Basic Core of Goodness* with Gail Fitzpatrick-Hopler. November 12: *Entering the Mind of Christ: Learning to Live a More Contemplative Way of Life* with James Finley. November 19: *Fr. Thomas Keating: An interview with Tami Simon*.

**Wednesday afternoons, 5:30–7:00.** Facilitators: John and Mary Stone, [johnf.stone@cox.net](mailto:johnf.stone@cox.net), 480-296-8978. An 11<sup>th</sup> Step Centering Prayer group for people with experience in any 12-Step recovery program. Centering Prayer from 5:30–6:00 and 6:30–7:00, with program and sharing in between. Through October 30: *Centering Prayer Meditations* with David Frenette. This group will be on hiatus during November and December.

### The Real Work

It may be that when we no longer know what to do  
We have come to our real work,

And that when we no longer know which way to go  
We have come to our real journey.

The mind that is not baffled is not employed.

The impeded stream is the one that sings.

Wendell Berry

### Exploring Poetry as a Spiritual Practice Thursday, October 17, 9:30 – 11:30 Sean's Place, Saint Barnabas

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 bring a poem that speaks to us on a spiritual level, with enough copies for everyone in the circle (usually 6-7). We take turns reading our selections and sharing our reflections. Energizing and uplifting conversations emerge and, more often than not, so does a theme that connects our diverse offerings. For more information, contact Mary Stone, 480-993-4507, [maryspeckerstone@gmail.com](mailto:maryspeckerstone@gmail.com).

## Registration Now Open for Fall Intensive Silent Retreat, November 14 -17 in Tucson

Saint Barnabas will again be offering three silent retreats at the Redemptorist Renewal Center outside of Tucson. Due to the overwhelming interest in these retreats and our desire to make sure everyone who wishes to participate can do so, we ask this year that you register only for your first-choice retreat. You may request placement on a wait list for your second- and third-choice retreats if you wish, and you'll be notified four weeks in advance if there is space available. For detailed information about each retreat, please go to <https://saintbarnabas.org/retreats> or contact Deb Moore, [deb.j.moore@gmail.com](mailto:deb.j.moore@gmail.com), 508-942-8953.



November 14-17, 2019: *Fall Intensive Silent Retreat*. Solitude and silence in community. Registration is open.

March 19-22, 2020: *Spring Silent Directed Retreat* with Rev. Jim Clark. Registration opens January 23, 2020.

May 7-10, 2020: *Spring Centering Prayer Retreat* with Liza Bell. Registration opens on March 12, 2020.



### Spiritual Direction: Prayerful Listening To the One Who Directs Us

*There is only one problem on which all my existence, my peace and my happiness depend: to discover myself in discovering God. If I find Him, I will find myself, and if I find my true self, I will find Him. -- Thomas Merton*

The practice of Centering Prayer, of inviting ourselves to abide in God's indwelling silence and co-creative presence, eventually 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 guide or director to listen with us for God's direction in our lives. As one director, Susan Phillips, puts it, "I listen for prayer...I listen for how the holy penetrates lives...I am there to help people discover the ways their lives are imbued with spirituality."

Saint Barnabas offers spiritual direction on our Scottsdale campus by appointment. Directors usually meet with directees once a month in a private, one-on-one setting. Spiritual direction is also offered on Saint Barnabas silent retreats. All our directors are certified in spiritual direction and are required to be in supervision. Their fees and areas of specialization vary.

For more information about spiritual direction, contact Joyce Vidal-Thornburg, 602-750-9970, [jvidal460@gmail.com](mailto:jvidal460@gmail.com). If you are interested in becoming a spiritual director, see the Christian Formation and Direction Ministries of Arizona (CFDM-AZ) website, <http://www.cfdmarizona.org/>. CFDM-AZ, a partner of Saint Barnabas, is now accepting applications for the 2-year certification program beginning in October 2020.



*Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

John 15:4-5

Saint Barnabas on the Desert  
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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, Susan Pietzsch, Mary  
Stone, Joyce Vidal-Thornburg, Patrick  
Waugh