



# *Contemplative Outreach Birmingham*

## *Quarterly Newsletter*

*October 2024*

Dear Contemplative Outreach Birmingham Community,

As you may know, Beverly Brasell who has been the coordinator of Contemplative Outreach Birmingham (COB), has stepped down. We owe her much gratitude and thanks. She has provided us with steady spirit-filled, kind and compassionate guidance and will continue to be a part of COB.

We have developed a new team approach to leadership. I am serving as a coordinator and nine others have taken responsibility for given areas. We had our first meeting on September 21 at All Saints Church in Birmingham. The meeting was well attended and there was real excitement for the year ahead.

We already have two introductions to Centering Prayer scheduled. We will continue to participate with the Diocese of Alabama's Commission on Spirituality. An eight-day prayer retreat is being planned for the Spring of 2025 in Cullman. The Program Committee brought us an exceptional list of possible speakers for a Spring 2025 conference.

This Newsletter will be going out quarterly to keep us all informed about coming events both in Alabama and our surrounding area. If you know of something in your area, please let George Van Kirk know so that he can include it.

Michael Morrissey is keeping our website updated. It has a new look and has expanded. Please give it a visit at [contemplativeoutreachbirmingham.org](http://contemplativeoutreachbirmingham.org). The website will keep current on upcoming events, and has information on all active groups and links to nearby networks.

David Smith is coordinating introductions to Centering Prayer. Please let him know if anyone is interested in hosting an event. He can arrange speakers.

Jane Cooper is heading up the program committee. Don't hesitate to let her know if you have ideas for a speaker.

I look forward to all the joys and possibilities a new year offers us.

Peace,  
Bryson Waldo

### Leadership Contacts

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David Smith. Introduction to Centering Prayer. [David.j.smith2717@gmail.com](mailto:David.j.smith2717@gmail.com)

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Michael Morrissey. Webmaster. [Mmorrissey4@gmail.com](mailto:Mmorrissey4@gmail.com)

Jane Cooper. Program Committee chair. [janecooper1@gmail.com](mailto:janecooper1@gmail.com)

Sheila Roche. Hospitality Committee chair. [proche1857@charter.net](mailto:proche1857@charter.net)

## Upcoming Events Local, Regional-South, National



**The 2nd Saturday Group** began again in September - opportunities to learn about other faith traditions by honoring the differences and celebrating the similarities. We do this through learning and contemplative action.

[More Information](#)

### **October 12:**

St Stephens: (9am)

Short teaching followed by meditation / contemplation.

Planning session for the following November meeting.

### **November 20:** (6pm)

St Stephen's

Interspiritual Evening of Gratitude.

Set Up: 5:15 pm

6 pm: 1-1.5 hrs of interspiritual expressions of gratitude followed by a period of meditation.

Discussion with snacks afterwards.

### **December** (date to be determined; hint it will not be on a Saturday):

Rabbi Steven Henkin

Temple Beth El.

Teaching and discussion on Judaism.



### **Prayers For Our Nation**

Join Contemplative Outreach of Birmingham (COB) on November 2 at 9:00 AM via ZOOM for 20 minutes of Centering Prayer and closing prayers for unity and peace.

A zoom link will be provided for this gathering. If you are interested in participating, please contact Jane Cooper at [janecooper1@gmail.com](mailto:janecooper1@gmail.com) no later than October 29.



### **Praying the Hours through Advent**

November 16 | 9:00 am – 1:00 pm

St. Stephens Episcopal Church

3775 Crosshaven Drive, Vestavia Hills, AL

The Fall 2024 Commission on Spirituality Retreat will feature Shelley Szoka as our guide to creating an individual Book of Hours to use for prayer during the Advent season.

Click [Here](#) to register

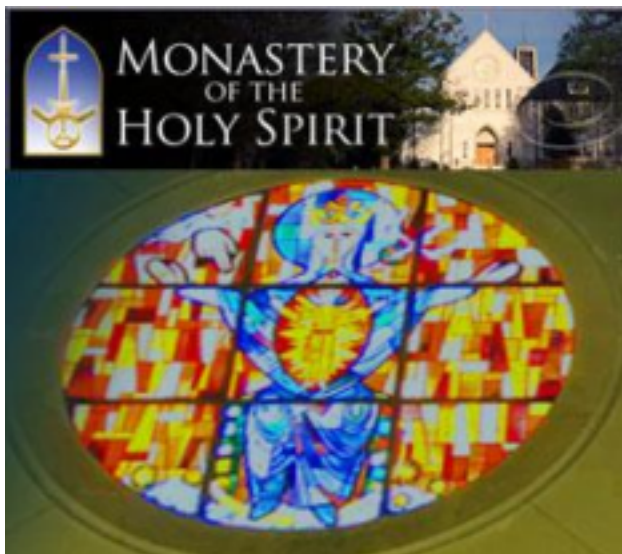


## Introduction to Centering Prayer

Contemplative Outreach Birmingham presents an **Introduction to Centering Prayer** at

Southminster Presbyterian Church  
1124 Montgomery Highway  
Vestavia, AL. 35216  
Saturday, November 9, 2024  
9:00 A. M. – Noon

To register, email or call Betsy Murphy:  
[betsy@southminsterpcusa.org](mailto:betsy@southminsterpcusa.org) 205-822-1124 Ext. 304



## 3-Day Intro to Centering Prayer Retreat

October 28, 2pm - 30 12 pm  
Holy Spirit Monastery Conyers GA  
**Columbia Seminary** Joanna Brunson - Presenter

[More Information](#)



## Centering Prayer and Guard of the Heart Weekend Retreat

Thursday, December 12, 2024 5:00 PM  
Sunday, December 15, 2024 3:00 PM  
St. Mary's Sewanee  
770 Saint Marys Lane Sewanee, TN, 37375

[More Information](#)



## Advent Day of Retreat and Practice

December 7 8:30 - 4:30 (ET)

Holy Family Retreat Center, West Harford, CT -

In-person and **Online via Zoom**

Frank Pendola and **Mike Smoolca**

[More Information](#)



## Younger Contemplatives Read This!

There is a whole world of events and activities going on in Contemplative Outreach for younger people. The Spiritual Journey series is currently ongoing, you can join anytime without registering.

Colleen Y. Thomas is the Contemplative Outreach Coordinator for this program.

For more information go [here](#).

## About COB/Important Links

*Since the early 1990s, **Contemplative Outreach Birmingham** has been an active chapter of Contemplative Outreach, LTD. We embrace the process of transformation in Christ, both in ourselves and in others through the practice of Centering Prayer. Our mission supports 25 prayer groups in the Central and North Alabama areas. All our work is provided by volunteers who generously donate their time and talents. Your donations in any amount help us to continue this work. Thank you!*

[Donate Here.](#)

*New to Centering Prayer?*

[Begin Here.](#)

*Need a Centering Prayer Group?*

[Find One Here.](#)

*Looking for Inspiration?*

*The Contemplative Outreach National website is a great source of inspiration including the Open Minds Open Hearts podcast and the Spiritual Journey series. Go to “Programs” at the link below.*

[\*Find Resources Here.\*](#)

*We’d love to hear what you think - what do you want to know more about? How can we support your Centering Prayer practice?*

*To provide feedback (or unsubscribe), send an email to [contemp.outreach.bhm@gmail.com](mailto:contemp.outreach.bhm@gmail.com)*