

Contemplative Outreach Chapters

A Contemplative Outreach chapter is a contemplative community initially formed by a small group of people interested in sharing Centering Prayer. Once three or more Centering Prayer groups are established in an area, volunteers are encouraged to work together to form a chapter with a coordinating team and a coordinator.

The purpose of a Chapter is to:

- Offer the Centering Prayer Introductory Program,
- Form Centering Prayer groups, and
- Provide support to local Centering Prayer groups and facilitators.

Each chapter operates according to the CO Vision, Theological Principles and Guidelines for Contemplative Outreach Service. The coordinating team along with the facilitators and prayer group members experience a sense of community that is interactive, interconnected, interdependent and dynamic. A chapter aspires to function without a hierarchical structure and is designed to share Centering Prayer and its contemplative vision as widely as possible. The documents, “Starting a New Chapter”, and “The Role of a Contemplative Outreach Chapter Coordinator/Coordinating Team” can be found on the Contemplative Outreach website under Resources>Volunteer Resources.

A mentor from the Chapter Support Team is available to assist in getting started.

Contemplative Outreach Service Teams

The Contemplative Outreach Service Teams provide programs to support and enrich the practice of Centering Prayer

Chapter Support

Centering Prayer
Introductory Program

Lectio Divina

Welcoming Prayer

Centering Prayer Group
Facilitator Support

Presenter Formation

Intensive and Post Intensive Retreats

12 Step Outreach

Living Flame



Contemplative Outreach Chapter Support

A service team of
Contemplative Outreach, Ltd.
For information and resources:
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Contemplative Outreach Volunteer Services



*There are different kinds of spiritual gifts
but the same spirit; there are different
forms of service, but the same Lord; there
are different workings but the same God
who produces all of them in everyone.*

1 Corinthians 12:4-6

Chapter Support Services

Contemplative Outreach is a network of communities and individuals seeking the inspiration and guidance of the Holy Spirit and the renewal of the Christian contemplative tradition through the practice of Centering Prayer. Theological principle #1

The purpose of Contemplative Outreach is to provide programs and resources for on-going support, not only for Centering Prayer, but for the structure of the organism, which holds the commitment to continue to share Centering Prayer.

The Chapter Support Team is available to:

Mentor Coordinators, Contact Persons, and Centering Prayer practitioners.

Assist in forming new Chapters with a coordinating team in a collaborative model.

Provide information and resources to support the growth and development of its members residing in the United States and in our English speaking countries.

International support is also available. Visit the Community section our website for a complete listing of International contacts.



Chapter Planning and Prayerful Discernment

Planning for the future and raising up new servant leaders are essential functions of a chapter. It is suggested that chapters go through this prayerful planning process every three years for both short-term and long-term planning.

The program includes:

- Celebrating chapter strengths
- Identifying chapter needs
- Prioritizing chapter needs
- Discerning future servant leaders.

There are two components of the program:

- Chapter Planning
- Prayerful Discernment

The program is a versatile resource that can be modified to meet the chapter/area's needs. The program can be found on the Contemplative Outreach website under Resources>Volunteer resources. A mentor from the Chapter Support Team is available to answer questions and offer support.

Expanding Our Centering Prayer Practice: Renewed Vision-Renewed Energy

This program based on The Method of Centering Prayer and The Vision of Contemplative Outreach may include:

- Centering Prayer sessions
- Contemplative community gatherings
- Storytelling
- Role playing
- Sharing resources

Sample materials, slide presentations, video clips, and schedules are available. This flexible program provides an opportunity for participants to assist in the planning to:

- Deepen the practice,
- Absorb the Vision,
- Identify their gifts,
- Connect the community,
- Appreciate the fruits of Centering Prayer.

The Contemplative Outreach Chapter Support Team is available to help you tailor this program to fit various timelines, group sizes and needs.