

COCI February 7, 2010

Present are Chris Frantsvog, Donna Hendrick, Margaret Mostek, Jane Tyler, Meredith Houle, Mary Jo Franklin, Sandi Ward, Steve Melby, Jan Stegeman, Jim Egger, Judy Proksa.

Jane handed out a form describing Servant Leadership; the difference between helping and serving. Attendees discussed how these ideas can be put into practice and the deeper significance of service. Members shared how the focus on service seems to be the noisier of the two. This is a good reminder of why we do what we do to help others.

Chris asked everyone to look at the minutes from last time. No changes were made.

Chris asked everyone to describe how their small groups are doing:

Tuesday evening St. John's (Jim) – 4-6 people attend sits usually. Sometimes downtown people drop in and have as many as 10.

Chris, Thursday morning (7 a.m.) Grace Methodist – usually 2 to 3, as many as 5. This is a brand new group going since Advent.

St. Anne's in Ankeny (Donna) Thursday 7-9, usually have 4 attendees. They are doing the Heartfulness Series at their CP group. Watch video and then discuss. Last day of the month reading Radical Amazement. Do the sit first and then other activities.

Plymouth Congregational (Margaret and Jane) varies 2-3 or even 7-9. Reading Intimacy with God, read for 20-30 minutes and have a 30 minute sit afterwards.

Meredith, noon on Wed. at Covenant Christian; about 6 faithful attendees, sometimes as many as 8. Paul leads it most of the time.

First Christian (Mary Jo) between services. Started with a core group and more people come. Advertised Centering Prayer in the elevator. Wanted it to be a place where people could just come. New person asked "Is this the place where you pray?" 4-6 people

Tues.5:30-6 Collegiate Church in Ames. Sandy. Other groups use the facility so they are limited in time. Usually 4-7 people come.

Steve – Trinity United Methodist, Fridays from 11 -12. Anywhere from 2-6 people usually come. Not everyone who comes has had the CP training. Come for the time out and quiet. Steve sends out an email about the Contemplative life. His pastor is comfortable with Steve doing that. Sometimes Latino people also come. Talked about people who may not have a regular practice and that people come for lots of reasons.

Jan – Faith Lutheran in Clive, Thursday 6:30-7:30 or 8:00. Centering Prayer first and then Lectio. Six regulars now come. Did Lectio once a month and now every week. Three from this congregation and others from another church. Person in charge of young children asked her to talk to the 3<sup>rd</sup> graders.

Members discussed using Centering Prayer with children. There is a real sense of God's presence in the quiet. Just being quiet with a child is good. Sandy shared that she was asked to talk to her confirmation class. The kids thought the sit went fast. Used the book "40 Days to a Closer Walk with God."

Judy Proksa – Oakwood United Methodist. Three faithful attendees with 2 more coming sometimes. Judy usually leads this group.

Saturday at St. Timothy's Episcopal – Jim. Last week had 13 people. Centering and Lectio – taking about an hour. Six or 7 hard-core. 9:00-10:00 a.m.

Friday (noon) at Central Presbyterian has been dwindling. Often has a pastor from Plymouth, and a few other people who have moved.

Catholic Worker house, 2<sup>nd</sup> Friday of the month at 7:30 p.m., 1310 7<sup>th</sup> street. New group. In January there were about 10 people there. Eclectic group.

4. Co-coordinators report – Chris shared about visiting groups and asking groups to share concerns.

5. Groups are doing spiritual studies; Ames – listening to Keating audios, Ankeny doing the Heartfulness videos.

Jan - Loving Search for God – Cloud of Unknowing at Plymouth meets once a month. Opened this study about the Spiritual journey. The Loving Search helps interpret the Cloud. We are studying both books together. We divided into 2 groups most of the time. We do several chapters each month. Probably will end in May.

Need to give some thought to what we should do after the Cloud. Chris asked if anyone had an idea of what they would like to see happen next and if anyone was willing to spearhead that.

1. Jan spoke about the Spiritual journey and the involvement of so many mystics. She thinks it would be interested to explore articles, videos and books about the various mystics. Take a look at the words and experiences of the various mystics. Nice to have variety in the sources we are using. Maybe short books. Influences from the mystics. Would it be hard to structure?  
Committee?
2. Chris - Heartfulness series of videos
3. Donna - Welcoming Prayer

Chris – the next meeting is the week before the Cloud is ending. Chris suggested that a committee look at this. Jane, Jan, Steve, Donna volunteered to meet and discuss how the sessions might look. They will come up with the ideas. Possibly take the summer off and start up in September.

Chris mentioned upcoming events including intro to CP, the March retreat and Prayer Day, April 17 Taize service 7 pm, June 5 Soul of the Prairie.

Chris – we could look at bringing in a speaker, possibly paid, Susan Komis. Try to have a silent Saturday occasionally. We have one in February, but no more scheduled at this time. Linda Christianson and

Mary Jones have labyrinths. Also one at Sandi's Presbyterian Church in Ames. Silent Saturdays are nice to offer. Think about September through November for our next meeting. Jane offered her home as a fall venue for a potluck. Kathy usually does an Advent event in December. Jan mentioned doing a Website review. Look at left side for events. Chris pointed out chapter resources, meeting notes, calendars, and updates that he has sent out – they are archived there.

Next meeting is May 2. This will be a potluck.