

**Quarterly Steering Committee Meeting
November 6, 2006
Contemplative Outreach of Central Iowa**

Present: Tim Goldman, Steve Melby, Marilyn Musser, Susie Paloma, Kathy Reardon, Nick Tormey, Jane Tyler, Sid Tyler, Paul Witmer

- I. Contemplative Outreach, Ltd. has acknowledged Contemplative Outreach of Central Iowa as a chapter. In their capacities as co-coordinators, Kathy Reardon and Paul Witmer have voting privileges at the annual international conference business meetings.**

- II. Check-in on area groups:**
 - **The Monday meeting at Plymouth remains strong with a core group of 8-10. Their format has recently undergone some slight revision. They continue to do two 20 minute ‘sits’.**
 - **The new Tuesday meeting sponsored by “The Bridge” is meeting at St. John’s Lutheran Church downtown. This meeting has been blessed by a strong start due to the commitment of a committed core group. It has attracted new participants and is building a group identity. They are reading Intimacy with God.**
 - **Ames Tuesday meeting – no representative present.**
 - **Wednesday noon at Covenant Christian Church in Urbandale. Paul Witmer facilitates this meeting.**
 - **Wednesday at 4 PM at Plymouth Church. This group is quite small but those who do attend want the meeting to continue.**
 - **Thursday 5 PM at Faith Lutheran Church in Clive – no representative present.**
 - **Central Presbyterian church’s Friday noon prayer group remains steady and faithful in their attendance.**

- III. Upcoming Introductions to Center Prayer**
 - **Kathy did an Intro at St. Catherine of Siena, November 4th. There were 16 present. The six continuing sessions will be on Tuesdays from November 7 – December 12.**
 - **Collegiate Presbyterian Church in Ames has scheduled an Intro on January 27th with the six continuing sessions beginning Tuesday, January 30th. Kathy and Paul will do the Introduction together with Paul facilitating the continuing sessions.**
 - **Plymouth Congregational will offer an Introduction on Saturday, April 21st. Paul and Kathy will co-present the Introduction and Paul will facilitate the continuing sessions that begin Thursday, April 26th.**

IV. Upcoming Silent Saturdays:

- **December 2 Advent Retreat at Plymouth.**
- **March 17, 2007 – United in Prayer – facilitating by Paul Witmer, Sid Tyler, Tim Goldman, and Steve Melby.**
- **May 19, 2007 – Centering Prayer and the Labyrinth – facilitated by Chris Frantsvog and Linda Christensen.**

V. The following have volunteered to facilitate the Spiritual Journey Series:

- **December 12 – Chris Frantsvog**
- **January 9 – Kathy Bradley**
- **February 13 – Gwen Wells**
- **March 13 – Jane Tyler**
- **April 10 – Kathy Reardon**
- **May 8 – Steve Melby**

VI. Susan Komis and the Welcoming Prayer Enrichment Day, March 31, 2007. Jane reported. The service team is working on logistics around this even, developing an agenda, and designing a flyer. We will invite people who have attended past Introductions to Centering Prayer in the Des Moines area as well as those from Contemplative Outreach of NE Iowa and Nebraska Contemplative Outreach. We hope to have 40-50 in attendance.

VII. Other upcoming events:

- 1) **Saturday, April 14, 2007.** Jane and Sid Tyler will offer a morning of training for all individuals who are involved in any way in the facilitation of Centering Prayer groups in Des Moines and Ames. Jane and Sid attended the formation program for facilitator training sponsored by Contemplative Outreach, Ltd. at St. Meinrad's Abbey in Indiana last summer. Their goal is to teach us facilitation skills that to help our groups become stronger and to offer contemplative service through facilitation. This will be the first in a series of such programs for facilitators.
- 2) **Eight Day Centering Prayer Intensive and Post-Intensive tracts will be offered at the American Martyrs Retreat House in Cedar Falls, IA from June 24-July 1, 2007.** This event will be sponsored by Contemplative Outreach of Northeast Iowa.
- 3) **The Midwest Cluster of Contemplative Outreach (of which Iowa is a part) is sponsoring a "spring fling" in the Chicago area, May 5, 2007.** Gail Fitzpatrick-Hopler, President of Contemplative Outreach, Ltd. will be the featured presenter.

VIII. An invitation was extended to those on the steering committee – as well as any

Other individuals committed to their Centering Prayer practices – who desire to deepen their service to Contemplative Outreach of Central Iowa to consider upcoming formation opportunities. There are programs available through Contemplative Outreach, Ltd. to train presenters of Centering Prayer, facilitators of Centering Prayer groups, and coordinators of chapters.

The next steering committee meeting will be Monday, February 5, 2007 at Plymouth Congregational Church, following 6 PM Centering Prayer.

Minutes prepared by Kathy Reardon, Co-coordinator of Contemplative Outreach of Central Iowa.