

Contemplative Outreach of Central Iowa
Steering Committee
Monday, August 6, 2012 - 7:00 p.m.
Plymouth Congregational UCC, Center for Spiritual Growth

Present: Darla Ewalt, Cheri Grauer, Roz Gunnink, Jill Flyr, Chris Frantsvog, Margaret Mostek, Judy Proksa, Paul Witmer.

1. Welcome
2. Receive meeting notes from May 7, 2012.
3. July Welcoming Prayer/Visioning event.

42 people attended, about half stayed for visioning.

Paul shared about several leadership changes and additions following the July 21 Visioning/Discernment event that Susan Komis facilitated for Contemplative Outreach of Central Iowa:

Paul Witmer will be stepping down as Co-Coordinator after the November 5, 2012 Steering Committee meeting.

Cheri Grauer will be beginning a 3-year term as Co-Coordinator, effective November 5, 2012. Chris will remain as Co-Coordinator as well.

Further, Danelda Allen has agreed to serve as Contact Person for Ames, IA. Prayer groups in Ames will continue to be a part of Contemplative Outreach of Central Iowa, but it will be very good to have a Contact Person specifically for that community.

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4. This message will go out to the entire email list:

Welcoming Prayer and Day of Discernment Highlights

Thanks to all who shared their time and energy with us for another productive day with Susan Komis of Contemplative Outreach LTD. We had 42 for the day with Susan, all of whom enjoyed her excellent presentation of the Welcoming Prayer as a companion practice to centering prayer. Most stayed for lunch and fellowship, and about half stayed for the afternoon portion of Visioning and Prayerful Discernment.

The day of Visioning yielded lots of helpful insights:

A. We've accomplished a lot since Susan's visit 2 years ago:

- Website development

- Streamlined and improved electronic communications
- Online registration for events and paypal donation capabilities
- Two weekend retreats and one 6-day intensive cp retreat
- Transition of leadership and Leadership Team development
- Leadership Formation for contemplative service
- Ongoing centering prayer groups meeting every day of the week
- Developing a 12-Step outreach service, offering two introductory workshops (cp as an 11th step practice), meets every other Thursday
- Lots of opportunities for enrichment for the practice of centering prayer
- Newly formed outreach and service team (TOAST)

B. As a result of these accomplishments we have fewer challenges facing us today, but set ourselves to work on the following:

- Increase and improve volunteerism within the chapter
- Strengthen the centering prayer groups
- Broaden the outreach through introductory workshops beyond traditional church settings

Susan Komis: Hopefully volunteers can feel they are able to do one thing for one year.

Cheri Grauer: Seek nothing, refuse nothing.

C. The Prayerful Discernment Process

This again proved to be a very spiritual and deeply moving experience for all involved. It was refreshing and affirming to hear everyone share their commitment to the practice and the chapter. Through prayerful discernment we were able to identify a gifted and called person to serve as new co-coordinator with Chris Frantsvog as Paul Witmer steps down later this year: Cheri Grauer. The November 5 Steering Committee will be Paul's last official meeting as Co-Coordinator. Paul, Chris and Cheri are meeting together now to form a smooth transition of leadership.

(At 7:45 Chris arrived and spilled his tea all over the table.) :-)

5. These activities are identified for the 2012-2013 Contemplative Year:

Tentative Schedule:

- Ongoing: Spiritual Journey Heartfulness Series on the 2nd Tuesday, 6:30 - 8 p.m. will begin on Sept. 11, 2012. Janet and Drey is coordinating this offering. Conflicts in February (meeting space) and April (retreat) with the 2nd Tuesday.
- Sept. 22: Intro in Ames and Collegiate Presbyterian (Kathy Reardon) contact Sandy Ward, 291-2177, Swards6@gmail.com
- Sept. 30: Taize at First Christian Church, (Des Moines) 6:30 p.m. contact:

- Oct. 13: Jim Autry Poetry Retreat at Covenant Christian Church, 9:00 a.m. - 3:00 p.m. Contact Paul Witmer (paulwitmer@msn.com)
- Nov. 9-10 The Transformative Path of Contemplative Dialog at Covenant Christian Church (Friday 9 a.m. - 3:30 and Saturday 9 a.m. to 12:30 p.m.) Contact Paul Witmer (paulwitmer@msn.com)
- Dec. 1, 2012 - Advent Retreat, Plymouth UCC 9-noon. Contact Plymouth Church at 255-3149.
- Jan. 19, 2013: Day of Enrichment 8:30-1:30/2:00 at First Christian Church (Des Moines), snow date January 26. All centering prayer participants are encouraged to attend, lunch provided. Contact: Chris Frantsvog
- Feb. 9: Lectio Divina Workshop, praying with scripture (Tim Goldman) at Covenant Christian, 9am-3pm, lunch included. Contact Paul Witmer (paulwitmer@msn.com)
- Feb. 16: Centering Prayer Intro - 12 step practice. Contact Paul Witmer (paulwitmer@msn.com)

(Chris returned to the meeting about 8 pm with his water in a sippy cup.)

- March 16: United in Prayer Day (place TBA)
- April 6-14: Centering Prayer 8-Day Retreat: Saturday the 6th one-day event, 8 day retreat runs from 7-14. (Planning team, Chris, Paul, Stephanie, Jan, Darla, Judy)
- May 10-11: Praying with the Black Madonna (Co-sponsored Event). Friday, Movie Night 7pm, "The Secret Life of Bees," movie and discussion. Saturday, Retreat 9 am - 3 pm. Sunday, worship 10 a.m. Contact Paul Witmer (paulwitmer@msn.com)
- June: considering options

Judy will flush out the details for each event so the information can be put onto the website and Susie Paloma will be contacted to put it in print form.

Next meeting: November 5, 2012.