

CHRISTIAN MEDITATION ORGANIZATIONS

Many talks on YouTube by these modern figures for a personal retreat!

1. Contemplative Outreach: www.contemplativeoutreach.org. Created by Fr. Thomas Keating, Fr. Carl Arico, many others. Links to personal practice, groups, videos, books, retreats around the world. US based, interdenominational
2. World Community for Christian Meditation: www.wccm.org. Created from the work of John Main, O.S.B., Lawrence Freeman, O.S.B., Benedictine roots, interdenominational. Individual practice, groups, books, seminars. Multinational but London based so time zones and currency may be different.
3. Minnesota Contemplative Outreach: www.minnesotacontemplativeoutreach.org local resources including groups, online events, retreats. Many resources from St. Paul's Monastery and the Benedictine sisters and oblates who did so much to further Centering Prayer in Minnesota, especially Sr. Mary White, Sr. Virginia Matter.
4. Center for Action and Contemplation: www.cac.org. Founded by Franciscan Richard Rohr for the integration of both action and contemplation. Programs, daily meditations, books, podcasts, education, events.
5. Cynthia Bourgeault: www.contemplative.org. Mystic, Episcopal priest, author, trained with Fr. Keating, works with Richard Rohr, founder of The Contemplative Society. Books, events, blog posts.

BOOKS

1. The Cloud of Unknowing. Author unknown, 14th Century
2. John Main: Essential Writings. Lawrence Freeman, O.S.B.
3. Open Mind, Open Heart: The Contemplative Dimension of the Gospel. Thomas Keating. O.C.S.O.
4. Centering Prayer: Renewing an Ancient Christian Prayer Form. M. Basil Pennington. O.C.S.O.
5. A Taste of Silence. Carl Arico. Especially good on the role of Thomas Merton in developing modern contemplative prayer
6. In His Spirit: A Guide to Today's Spirituality. Richard Hauser, S.J. Chosen by Thomas Keating in 1982 as one of three especially helpful spiritual books.
7. The Heart of Centering Prayer. Cynthia Bourgeault