



COCFL News

UPCOMING EVENTS

*A Prayer for Living ~
A Prayer for Dying
A Centering Prayer
Retreat Day
with Susan Rush*

Saturday, Feb. 10, 2018

9:00 AM – 3:00 PM

Central Baptist Church
Adams Hall

152 Fairview Avenue
Daytona Beach, Florida
Registration begins at 8:30

Cost: \$35.00

Bring your lunch.

Registration deadline:
February 3, 2018

Introductory Workshop

Saturday, Jan. 20, 2018

8:00 a.m. - Noon

St George's Church

1250 Page Place

Lady Lake, FL 32159

Contact Lelia Mullis

1-423-645-2165

lmullis607@hotmail.com

United in Prayer Day

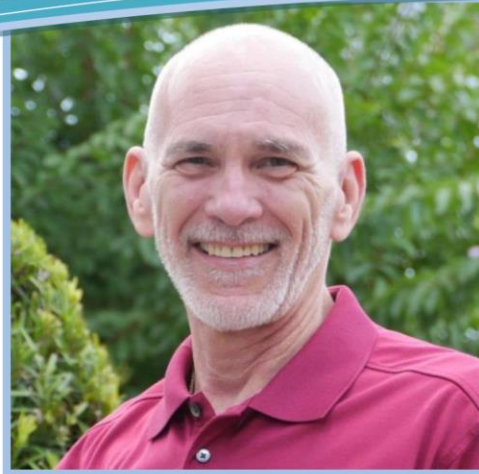
March 17, 2018

Centering Prayer Groups
around the world are
encouraged to join together
for a day of Centering
Prayer and contemplation.

We encourage you
to consider having a United
Day of Prayer with other
Centering Prayer groups
near you.



One 2017 Day of Prayer Group



A Word from Nestor de Armas: Visioning Day

The purpose of COCFL is to support our Centering Prayer groups as we embrace the process of transformation in Christ through the practice of Centering Prayer. Every three years, our Chapter hosts a Visioning Day when the members from all Centering Prayer Groups are invited to come together to discern our service priorities as we seek to live out our purpose. We also discern who will be invited to serve as our new Coordinator or Co-coordinators. On Saturday, October 21, we held another Visioning Day with the facilitation of dear friend, Susan Komis.

After a time of Centering Prayer, we began the process of discernment by celebrating our strengths: our servant leaders, mutual trust, formation opportunities, our Centering Prayer group members, chapter communications (emails, website, and Newsletter), and our scholarships to name a few.

We then named our challenges and from there consolidated our aspirations and selected our priorities for the next three years. (Please see page 3 under *Visioning Day Report* for a list of these challenges, aspirations and priorities.)

Contemplative Outreach of Central Florida

January 2018

COCFL website: www.cocfl.org



Jesse Fox and Dan Wagner

At the end of the day, following another period of Centering Prayer, Dan Wagner and Jesse Fox accepted our discerned invitation to serve as our co-coordinators for the next three years. We left our meeting energized and with a renewed commitment to our work together.

We invite you to join one of our Service Teams. Our invitation is to do something you enjoy doing in an area of service you find appealing. Your commitment is "to serve in a Service Team for one year." At the end of each year you can choose to renew or to step down. Please join us!!

Prayer Group Ideas

The Process of Humility and Centering Prayer Silent Weekend Retreat with Shawn Kafader By Dan Wagner



Tuesday Morning Centering Prayer
Group at Santa Maria del Mar

On December 18, 2017, the members of the Tuesday morning Centering Prayer group at Santa Maria del Mar were blessed to share a Christmas celebration.

After a time of Centering Prayer, sacred sharing and a short Advent video by James Finley, we celebrated by singing “Come Lord Jesus” while symbolically lighting a tree, one light at a time, each one representing our love for and surrender to Christ. We then shared a sumptuous Italian feast prepared by our host, Ellie DeLibero.

Is your Centering Prayer group experiencing or celebrating something that you might share with the COCFL community? Does your group incorporate a special or unique approach to sacred sharing or enrichment times that might benefit other groups?

If so, please contact Sue at gottawrite@earthlink.net



Canterbury Retreat Center, 1601 Alafaya Trail, Oviedo, Florida
December 1-3, 2017

As we started the retreat’s Movement One entitled “Our Authentic Search for God” we reflected on the discovery that God is always with us and within us. This is reflected in Psalm 46:7 and 11. “The Lord of Hosts is with us; the God of Jacob is our refuge.” This was such a profound heartfelt discovery that I marveled at it for a long time when I started Centering Prayer. It made me feel that I was worthy to have Him with me and within me. This makes God our constant companion and the One that we look to for good in situations.

The question is: when we search for God in distant lands, or at retreats and workshops, are we looking for His presence and allowing ourselves to reflect on it? Do we realize that God is our constant companion and that God is all in all? Do we look to gain more of God when we already have His spark in us? Do we realize that God is in our neighbor and that our neighbor has no more of God than we do? Through reading aloud the following sentence our group affirmed that:

God is with me—God is within me—God is with us!

As we go about our daily lives, do we reflect on the fact that God’s will is best for us? God’s will is what we seek, not our own. God is good. He wills that we have good in our life. We trust in God and abandon ourselves to His will. We pray, “Thy will be done.”

In the third part of Movement One, Shawn talked about obedience to God. In the context of this retreat, I took it to mean obedience to the will of God in addition to the commandments. Our obedience is an expression of our love for God. It is also manifested in the Word of God that we affirm by openly listening to it and to the words of others that remind us of His Will. We accept spiritual guidance and in so doing recognize that we do not have all the answers and that we know that we do not know. We are aware of the pitfalls of the false self and desire to live out of the true self. *[continued on page 4]*

Visioning Day Report

Meditations in Gratitude

The following are current aspirations and new priorities that were named during our Visioning Day on Saturday, October 21 with Susan Komis & coordinator Nestor de Armas.

- **Continue Current Aspirations:**
 - Introduction to Centering Prayer Workshops
 - Communications: website, Newsletter, emails and flyers
 - Retreats and events within our geographic footprint
 - Centering Prayer group facilitator support and enrichment
 - Sensitivity to our large geographic footprint
- **Engage New Priorities:**
 - Expand Outreach
 - Ecumenism
 - Expand diversity of membership and cultivate relationships:
 - Young adults
 - 12-Step
 - Prison
 - Senior assisted living
 - Chaplains
 - Clergy
 - Explore New events:
 - Extended (week-long) intensive retreats within our geographical footprint
 - Human condition workshop(s) or retreat
 - Emphasis on Contemplative Living – how we take the Prayer into our ordinary lives
 - Enlarge our current Facilitator Support and Enrichment Service Team



Susan Komis



Nestor de Armas

COCFL Mission:

Support Central Florida Centering Prayer groups and their members to foster transformation in Christ in one another through the practice of Centering Prayer.

*Few are they who by faith touch Him;
multitudes are they who throng about Him.
~Augustine*



Sunrise over Our Lady of Florida Retreat Center, North Palm Beach

From God to Elizabeth

by Elizabeth

As I sit and gaze on the quiet unfolding of the dawn,
that begins with subtle colors and builds into vibrant
splendor,

I thank God for the gift He has given me.

What a love poem unfolds before me

I am with you

I created this for you

Be aware of my goodness today

Watch as the day unfolds

Be mindful of all that I am doing for you

Resolve to meet me again tomorrow at this time

I will share still another love poem with you

God the same today, every day.

Praise Him

The Sea and Me

by Vickey Cheney

I sit in silence like a shore beside the sea.
Receptive to God's waves of loving energy.

And in these moments

When His waves flow over me.

I catch the shells (my thoughts)

and then I let them be.

I won't build a wall of shells.

God's Will is my compliance.

Nor ask why, when no waves break

On my shore of silence.

I've never seen a rope that ties the sea to shore.

Each expands in love and freedom
for now and ever more.

I am thankful to sit in silence by His side.

Catch and drop shells.

And feel the rhythm of His tide.

NEWSLETTER MISSION

Our mission is to increase communication between COCFL Centering Prayer Groups through news, direction to resources, Q&A, personal sharing, in an informal way, creating in the process a stronger connection between all our members. It is the prayer of the Servant Leadership Team that this endeavor will serve as support for better understanding, and an increase in spiritual desire and importance of the Centering Prayer goals.

REFLECTIONS FROM THE GOOD NEWS DAILY

By Nestor De Armas

Saturday, Psalm 144 *Blessed be the Lord, my rock*, (v. 1a)

The sun has yet to breach the sky. The streets are empty. The city sleeps. Gospel music fills the car. Hopeful, joyous rhythms lift my heart. Golden lights on tall street lamps line up like sentinels in the night. Their golden light shimmers off the trees casting shadows on the grass. It occurs to me ... no, I sense ... these shining trees are soaked in God. So are the median, the sidewalk, and the weeds squeezing through the cement's cracks ... even in the garbage cans. I drive on singing loudly. It feels silly. I don't stop. From the asphalt gliding under me to the photons of a thousand twinkling suns that end their journeys in my eyes ... everything around me seems filled with God, pulsing, dancing in the dark. And so am I ... along with those I love and those I hate: friend and foe alike ... we are all embraced and loved in Christ. It seems to me that God is in all there is; and, all there is ... in Christ, is One.

2 Samuel 23:1-17, 13-17; Psalm 137;
Acts 25:13-27; Mark 13:1-13

Weekend Retreat with Shawn Kafader

By Dan Wagner
(Continued from Page 2)



Shawn Kafader

In the fourth and final part of Movement One, we affirm that life's difficulties are our greatest teachers.

“Our biggest failures are often the greatest graces of our lives. To learn to be grateful in such situations brings the deepest peace and contentment that is available in this world.” **Thomas Keating**

We affirm and believe that God will honor our spiritual perseverance. We know and accept that life is difficult and that we should not try to seek escape. We believe that these pains and obstacles are part of the journey that can include the dark night and have a refining quality to them.

My prayer is that you will find the blessings you need right now in these words.

