



Silence
Solitude
Solidarity
Service

Contemplative Outreach of Connecticut

“We embrace the process of transformation in Christ, both in ourselves and in others, through the practice of Centering Prayer.”

The Vision of Contemplative Outreach LTD, Butler, NJ

Our mission is to support the Vision of Contemplative Outreach by sharing and teaching the Contemplative Outreach prayer practices and by enhancing the Christian Contemplative Community in the Connecticut area in four primary ways:

- + **Development of Prayer Communities:** that focus on deepening the practice of Centering Prayer at retreat centers, various parishes and church communities, and through workshops and retreats.
- + **Facilitator and Prayer Group support** focusing on facilitator development and online training resources. We list and nurture different prayer groups. Our Ambassador Program encourages members of the Leadership Team to visit and pray with the prayer groups to understand and support their needs.
- + **New Prayer Group formation** that focuses on presenting Introductory Workshops on different Contemplative Outreach Prayer practices. We continue to develop Commissioned Presenters who can present these local workshops.
- + **Communications** that focus on maintaining and updating the co-ct.org web site with current events of local interest, news and various resources. We maintain an email list and send quarterly updates.

As a Contemplative Outreach Chapter, we maintain contact with the Contemplative Outreach, LTD National office in Butler, NJ. We have relationships with the various National Service Teams and other Contemplative Outreach Chapters to carry out our mission of service to our local Christian Contemplative Community.

We send representatives to Contemplative Outreach National Conferences and other events to stay informed of important organizational changes and to provide input to represent the needs of our local area.

Let us know how we can be of assistance to you and your prayer group. We welcome volunteers to become part of the Leadership Team or to serve on a Service Team.

Contact us by email at contact@co-ct.org or through our website with your ideas, thoughts, concerns or questions.

Please visit our website: <http://www.co-ct.org>

We gratefully accept donations to cover our costs. Donations over \$250 are tax deductible.