

**Contemplative Outreach** is an international and ecumenical spiritual network of individuals and small faith communities committed to renewing the Contemplative dimension of the Gospel in everyday active life.

While we encourage every practice leading to Christian contemplation, our primary focus is to present the method of Centering Prayer.

We develop resources and programs to further the spiritual growth of the Network. A commitment to the regular daily practice of Centering Prayer is the primary expression of belonging to the Network.

We recognize that a mature fruit of Centering Prayer is a deepening caring response to the needs and rights of the human family and an ever-increasing respect for the integrity of all creation.

Centering Prayer is not a withdrawal from a commitment of service, rather it is a spiritual nurturing for those committed to service.

**For more information** on Contemplative Outreach in West Virginia, contact: **Sister Molly Bauer, SSJ** (mbauer@ssjcharitablefund.org; 304-424-6080). Or, visit the center's website: [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org) for more detailed information and articles; schedules of upcoming activities, events, and retreats; and an online bookstore.

(to download this brochure go to: [www.ssjcharitablefund.org](http://www.ssjcharitablefund.org))

## Centering Prayer

*... is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them.*

*It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with Him.*

## Centering Prayer

*... is a daily practice of prayer. It is Trinitarian in its source, Christ-centered in its focus, and ecclesial in its effects; that is, it builds communities of faith.*

*Set aside  
a time for  
silence...*

# Contemplative Outreach in West Virginia

**“Be still and  
know that I am God.”  
Psalm 46:10**



# Contemplative Outreach in WV

## Mid Ohio Valley

### Parkersburg, WV

Monday mornings: 9 a.m. – 10 a.m.  
1815 Park Avenue – across from City Park  
**Contact:** Sister Molly Bauer, CSJ  
304-485-8180 (home) or 304 424-6080 (office)  
mbauer@ssjcharitablefund.org

### Belpre, OH

Sunday evenings: 6:30 p.m.  
Belpre Heights United Methodist Church  
720 Clement Avenue  
**Contact:** Judy Wiblin (740 423-8725)  
rjwiblin@earthlink.net

### Vienna, WV

Monthly (Saturday): 10 a.m.— noon  
St. Michael's Catholic Church  
5501 Fourth Avenue  
**Contact:** Mary Jane Kelly (304 482-1057)  
maryjkelly@suddenlink.net  
or Sr. Molly Bauer [304-424-6080 or 485-8180 (home)]

## Charleston, WV

### First Presbyterian Church—Contemplative Prayer Group

16 Leon Sullivan Way; Charleston, WV 25301  
Wednesday evenings - 8 p.m. - Ruffner Room  
**Contact:** Lyle Sattes (304) 343-1256  
Email: sattes@suddenlink.net

### St. John's Episcopal Church

Quarrier Street and Leon Sullivan Way  
Wednesday afternoons: 12:50—1:45 p.m.  
**Contact:** Olive Meyer (304) 744-9219  
Email: oameyer@suddenlink.net

### West Virginia Institute for Spirituality

1601 Virginia Street, East; Charleston, WV 25311  
Tuesday evenings 7-8 p.m.  
September through May  
**Contact:** Sr. Ritamary Schulz, ASCJ (304) 345-0926  
E-mail: wviscr@aol.com

### St. Matthews Episcopal Church

Corner of Norwood and Bridge Roads; Charleston, WV 25314  
Tuesday mornings— 8:10—8:40 a.m.  
**Contact:** Debbie Jarvis (304) 346-2339  
E-mail: stillwatersmin@aol.com

## Elsewhere in the Region

### Hurricane, WV

#### St. Timothy's-in-the-Valley Episcopal Church

3434 Teays Valley Road; Hurricane WV 25526  
1st and 3rd Sundays / 4 - 5:30 p.m. The Fletcher House  
**Contact:** Kitty Byus (304) 757-0319  
Email: kittybyus@suddenlink.net

### Wheeling, WV

11 Bae Mar Place; Wheeling, WV 26003  
Tuesday afternoons 4:30 – 6 p.m.  
**Contact:** Sister Mary Lou Lisowski (304) 242-0799  
Email: ml4615@verizon.net

### Huttonsville, WV

#### Bishop Hodges Pastoral Center

Monthly; Saturday afternoon.  
(Schedule to be determined.)  
**Contact:** Brother Jim Zabransky (304) 847-5512  
Email: brojim@frontiernet.net

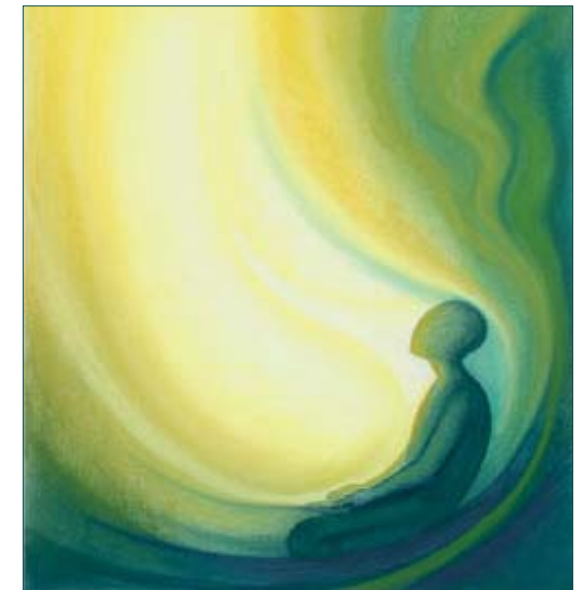


## What is Centering Prayer?

- ☪ a way of cultivating a relationship with God
- ☪ a way to quiet the mind
- ☪ a spiritual journey path of transformation
- ☪ an exercise of faith, hope and selfless love
- ☪ a deepening of faith in God's abiding presence
- ☪ simply resting in God

## What to Expect?

- The practice of Centering Prayer involves
- ... sitting comfortably in silence
  - ... closing your eyes as a symbol of letting go of what is going on around you
  - ... silently introducing into your awareness a sacred symbol of your consent to God's presence and action within.



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Dates, times, and locations may change. Please call the contact person to confirm.