



COB Leadership and Facilitator Gathering

Contemplative Outreach Birmingham is hosting an Enrichment Gathering for Facilitators at the Benedictine Sisters of Cullman on Thursday, September 24 from 9-12 followed by lunch. You are invited!!! And it is FREE!!!

You may be a facilitator, a co/assistant facilitator, or a member of a group who helps out at times or is interested in leadership. This is an opportunity for facilitators, assistants and future facilitators and leaders to meet and share and learn. ***It would be marvelous to have all of our prayer groups represented.***

Contact Beverly Brasell, brasellbj@bellsouth.net, for more information.



Ordinary Time, Extraordinary Growth!

As summer winds down and a new school year begins, many of us look ahead with a mixture of excitement, anticipation, and perhaps a little anxiety. There are new teachers, new classmates, new responsibilities, and lots of new opportunities await. It is easy to think that God is most present during life's biggest moments, but the Church reminds us through Ordinary Time that God is also

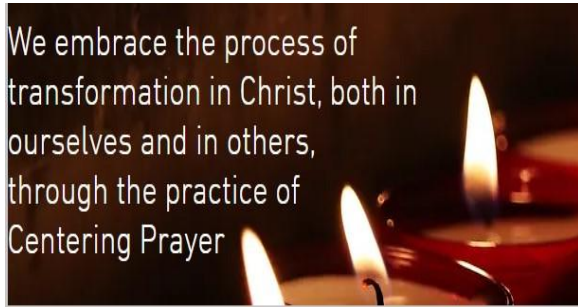
at work in all our everyday routines.

Jesus himself experienced the ordinary rhythm of growing up. Before His public ministry, He spent many years learning, working, listening, and obeying. Luke tells us that He "grew in wisdom." Wisdom is more than gaining knowledge; it is learning to see life through God's eyes. Call it the "art" of godly living! Every lesson learned in school, every friendship formed, every challenge faced, and every act of compassion can become part of our growth in wisdom.

A new school year offers fresh beginnings. It is an opportunity to ask God to shape not only our minds but also our hearts. Success is measured not only by grades or achievements but by becoming more patient, more generous, more honest, and more Christ-like each day.

Whether you are a student, teacher, parent, grandparent, or school staff member, remember that God walks with you into every classroom, hallway, meeting, and conversation. No ordinary day is ever ordinary when it is lived with Jesus Christ.

Upcoming Events Local, Regional-South, National



Introductory Workshops for Centering Prayer This Month

Come Join Us for upcoming CP Workshops In Huntsville, Woodlawn, and Sheffield!!

This is always a time of great discovery for new folks and a welcomed refreshment for old timers.

September 12th, 9am to noon, at St. Thomas Episcopal Church in Huntsville, Alabama

September 19th, 9am to noon, at Grace Episcopal Church in Sheffield, Alabama

September 26th, 8am to noon, at Grace Episcopal Church in Woodlawn, Alabama

There is no cost for these workshops. Call the church offices for more information.



Walking Together - Exploring Our Spiritual Journeys with Craig Cecil

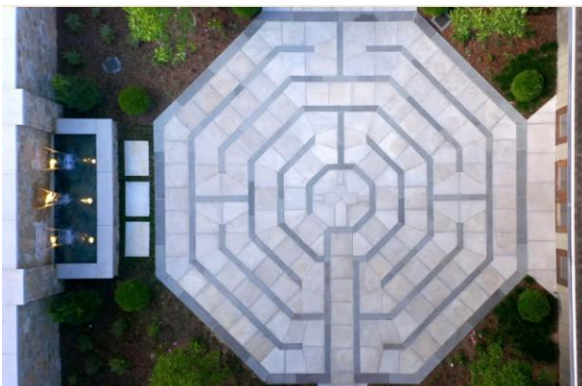
From Craig -

I want to thank everyone who participated in our book study and discussion over the last few months. Each session was powerful and spiritual and some were spirited! We all enjoyed the discussion with Frank on the last day. We were very fortunate that he could meet us in person.

Our next 2nd Saturday meeting is September 12 @ 3 pm in room 228 at St. Stephens Episcopal Church in Vestavia (Cahaba Heights), Alabama. Everyone is welcomed!

Hey! It's hot out there!! So let's get up early and get some exercise and quiet time walking the Labyrinth at St. Stephens.

If you would like more information about our labyrinth, call the office at St. Stephens Episcopal Church - (205) 967-8786.





IN VIA LUMEN (In the way of Light)

Is an informational hub and web portal founded by **Mike Smoolca** to support contemplative life and events.

Here is an event on October 24th that caught my eye:
The Good Eye Opens: An Introduction to Contemplative Photography. A Zoom connection is available for remote attendance.

[More Information](#)

Younger Contemplatives Read This!



You are invited to participate in an hour of practice, teaching, fellowship and faith-sharing. The teaching series is the legacy of Fr. Thomas Keating called the Spiritual Journey.

These sessions are open, drop-in session, Zoom meetings, no pre-registration is required. For more information go [here](#).



Closer Than Breath - Online Community **Keith Kristich - Founder** **Contemplative Community, Practice, and** **Education for the Spiritual Seeker**

An Online Contemplative Hub offering programs to deepen your spiritual journey.

Contemplative Enneagram Summit
26-27 September, 2026

Signup for Keith's weekly newsletter.

Details [Here](#)

[About COB/Important Links](#) [Donate Here](#)

*Since the early 1990s, **Contemplative Outreach Birmingham** has been an active chapter of Contemplative Outreach, LTD. We embrace the process of transformation in Christ, both in ourselves and in others through the practice of Centering Prayer. Our mission supports 25 prayer groups in the Central and North Alabama areas. All our work is provided by volunteers who generously donate their time and talents. Your donations in any amount help us to continue this work. Thank you!*

New to Centering Prayer?

[Begin Here.](#)

Need a Centering Prayer Group?

[Find One Here.](#)

Looking for Inspiration?

*The Contemplative Outreach national website is a great source of inspiration including the **Opening Minds, Opening Hearts Podcast** and the **Spiritual Journey Series**. Go to “Programs” at the link below.*

[Find Inspiration Here.](#)