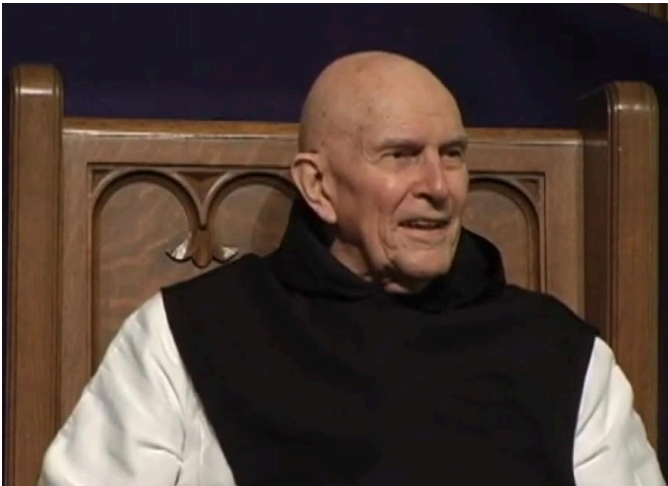




**Intensive Centering Prayer Weekend
May 29 - May 31, 2026
Benedictine Sisters Retreat Center
Cullman, AL**

[Details Here](#)

Journey into Holy Week



Holy Week invites us into the Paschal Mystery - the deepest part of our faith—a journey through surrender, silence, suffering, and resurrection. As contemplatives, we are not merely observers of these events; we are participants, entering inwardly into Christ's path.

Living the Paschal Mystery means daily integrating Christ's passion, death, and resurrection into our lives by embracing sacrifice, surrendering our false selves and trusting in the new life. It's everyday, practical spirituality - not just a Lenten concept - that transforms suffering and mundane moments into opportunities for

love, growth, and divine encounter.

Watch the video at the link below, "Living the Paschal Mystery", with Fr. Thomas Keating and Gail Fitzpatrick-Hopler (Austin TX 2007). It's deep, engaging, and full of whimsical moments as only Fr. Keating can create. If you don't have time for the whole video, 25:21 would be a good starting point.

[Living the Paschal Mystery](#)



Holy Week chronicles the final days of Jesus's life, beginning with his triumphal entry into Jerusalem on Palm Sunday and ending with his resurrection on Easter Sunday. Key events include the cleansing of the temple, the Last Supper, and the crucifixion on Good Friday, and his rest in the tomb on Holy Saturday.

CONTEMPLATIVE
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ANNUAL
CONFERENCE

Many of us are still experiencing the afterglow of our Annual Conference at St. Stephens Episcopal Church last week. Ed Bacon, interim rector at All Saints Episcopal and principal conference speaker, kept us spellbound through his compelling life journey from his own life's ordinary procession into the contemplative dimension of Christian faith. It was a wonderful experience of prayer, reflection, and insight into our next steps as a contemplative community. And best of all, Ed left us his "Powerpoints"! See them [HERE](#). Re-experience some magic of the Conference.

Upcoming Events Local, Regional-South, National



Walking Together

SE-Interspiritual Sanctuary - Craig Cecil
2nd Saturday
April 11, 2026
10:00am -12:00pm
St. Stephens Episcopal Church
Vestavia Hills, Alabama

[More Information](#)



The weather's getting warmer?!? Let's get some exercise walking the Labyrinth at St. Stephens.

If you would like more information about our labyrinth, please reach out to the [Rev. Mary Bea Sullivan](#).



A spiritual labyrinth is a single, winding path to a center. It is used for meditation, prayer, and spiritual reflection. Walking it is an ancient contemplative practice for grounding, letting go of worries, or discerning next steps, and there is no single "right" way to walk it.



The Center for Spiritual Direction at Holy Family Passionist Retreat Center

Rooted in the Catholic identity and Passionist charism of Holy Family Passionist Retreat Center, the Center for Spiritual Direction was launched in 2024. **There are lots of Zoom activities to get involved in at the link below.**

[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

Held in Love: A Contemplative Journey into Consent, Belonging, and Communion continues on Saturdays, April 11 and May 9, inviting participants to rest more fully in the Love that holds us.

Event 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.](#)