



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com



CONTEMPLATIVE OUTREACH

SILENCE
SOLITUDE
SERVICE

of Northern Virginia

2010-2011

Date	Event	Location	Time	Contact
September 11 th 2010	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
October 9 th 2010	Morning of CP with presentation about St Teresa of Avila – Sr Brenda Cattell	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
October 16 th 2010	CP Intro with Bob Gullo	Sacred Heart, Manassas, VA	9:30-4:30 (+6 sessions)	Bob
October 23 rd 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
October 30 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 13 th 2010	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
November 20 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
November 27 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Follow up session of the Introduction to Centering Prayer Workshop	Sacred Heart, Manassas, VA	9:30-11:00	Bob
December 11 th 2010	Morning of CP with presentation about Merton, With Jerry Donovan	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Phil
January 8 th 2011	Morning of Centering Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
February 12 th 2011	Father William Meninger OCSO	Andrew Chapel United Methodist Church Vienna, VA	9:00-3:00	Lynn, Isabelle
March 19 th 2011	United Day of Prayer	Andrew Chapel United Methodist Church Vienna, VA	9:00-12:00	Lynn, Isabelle
April 9 th 2011	Lectio Divina workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-4:30	Bob

April 16th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 23rd 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
April 30th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 14th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle
May 21stth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
May 28thth 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 4th 2011	Follow up session of the Introduction to Lectio Workshop	Andrew Chapel United Methodist Church Vienna, VA	9:30-11:00	Bob
June 11th 2011	Morning of CP	Andrew Chapel United Methodist Church Vienna, VA	9:00-11:30	Lynn, Isabelle

Blue: 2nd Saturdays of Centering Prayer/ Andrew Chapel United Methodist Church
1301 Trap Rd, Vienna, VA

Orange: Centering Prayer Introductory Workshop and follow up sessions / Sacred Heart, 12975 Purcell Road, Manassas, VA

Green: Special Events

Red: Lectio Divina workshop and follow up sessions

Contacts:

Bob Gullo at bobrag@gmail.com

Lynn Heathon at sassyfive@comcast.net

Isabelle Robinson at imjrobinson@yahoo.com