



### Vision Statement:

The intent of Contemplative Outreach of Northern Virginia is to foster the process of transformation in Christ in one another through the practice of Centering Prayer

### Mission Statement:

The mission of Contemplative Outreach of Northern Virginia is to teach the practice of Centering Prayer, help establish and support local centering prayer groups, and organize centrally located events designed to enhance the contemplative spiritual journey. Our purpose is to help build a vibrant contemplative community centered in Northern Virginia.

### Contacts:

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## DIRECTIONS

### From the South

I-495 N/CAPITAL BELTWAY via EXIT 170B toward TYSONS CORNER.  
Merge onto VA-267 W via EXIT 45 on the LEFT toward DULLES AIRPORT  
Merge onto LEESBURG PIKE/VA-7 W via EXIT 16 toward LEESBURG.  
Turn LEFT onto TRAP RD.  
The church will be immediately on your left

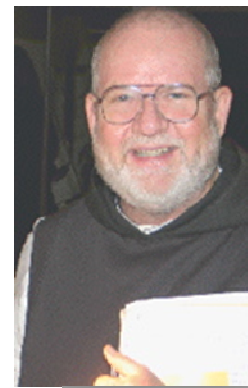
### From the North:

I-95 S  
I-495 W/CAPITAL BELTWAY via EXIT 27 toward SILVER SPRING (Crossing into VIRGINIA).  
Merge onto VA-267 W via EXIT 45A toward DULLES AIRPORT  
Merge onto LEESBURG PIKE/VA-7 W via EXIT 16 toward LEESBURG.  
Turn LEFT onto TRAP RD.  
The church will be immediately on your left

### From Washington DC

I-66 W (Crossing into VIRGINIA).  
Merge onto VA-267 W via EXIT 67 toward I-495 N/DULLES AIRPORT/BALTIMORE  
Merge onto LEESBURG PIKE/VA-7 W via EXIT 16 toward LEESBURG  
Turn LEFT onto TRAP RD.  
The church will be immediately on your left

## Fr. William Meninger OCSO



May 26th 2012 from 10:00am till 4:45pm  
Registration, Book sales, Breakfast begin at 9:00am  
***Forgiveness***

Sunday 27th 2012 from 1:30 till 5:30  
Registration begins at 1:00pm  
***A Monastic Approach to The Psalms***

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**Andrew Chapel United Methodist Church**  
1301 Trap Rd, Vienna, VA

**Offered by**  
Contemplative Outreach of Northern Virginia  
<http://conova.org>

## Biography

Father William Meninger OCSO is a well-known and beloved retreat director and author. He has been involved in teaching contemplative prayer since 1974. Fr. William has served in the Diocese of Yakima, Washington, St. Joseph's Abbey in Spencer Massachusetts, and taught at the Trappist Monastery of Latroun in Israel. He currently resides at St. Benedict's Monastery in Snowmass, Colorado.

Fr. Meninger is the author of a number of books including: *A Joyful Noise: A Monastic Approach to the Psalms*, *The Loving Search for God Contemplative Prayer and The Cloud of Unknowing*; *The Process of Forgiveness*; *Bringing the Imitation of Christ into the 21st Century*; *The Committed Life An Adaptation of the Introduction to the Devout Life by St. Francis De Sales*; *Julian of Norwich*, *A Mystic for Today*

## Saturday's Conference:

### *Forgiveness*

God loves us unconditionally. We are called to do the same. Forgiveness is simply love repaired. If we really know what love is, forgiveness is never impossible. We need to learn what forgiveness is so we can learn how to do it.

## Sunday's Conference:

### *A Monastic Approach to the Psalms.*

The psalms are prayers written for us by God. They express the entire gamut of human emotions, desires, and conflicts. They teach us a wisdom that penetrates into the very depths of the heart of God and our own hearts, which are made in God's image and likeness.

More about Father Meninger:  
<http://www.contemplativeprayer.net/>

## **Reservations are Required:**

### **Saturday, May 26<sup>th</sup> 2012**

*\_\_\_ Forgiveness*

Cost: \$55 (including lunch)

### **Box Lunch Choices:**

Portobello Vegetarian \_\_\_\_\_

Turkey Club \_\_\_\_\_

### **Sunday, May 27<sup>th</sup> 2012**

*\_\_\_ A Monastic Approach to the Psalms*

Cost: \$30

### **Location: Andrew Chapel United Methodist Church**

1301 Trap Rd, Vienna, VA

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Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Daytime Phone

\_\_\_\_\_  
E-mail

### **Please make checks to CONOVA**

And mail to Lynn Heaton at  
6040 N 23<sup>rd</sup> Street  
Arlington, VA 22205