



A Golden Opportunity

*Are you looking for a better way to pray?
For a deeper relationship with God?*

In 1974, Fr Meninger found a dusty little book in the abbey library, *The Cloud of Unknowing*. As he read it he was delighted to discover that this anonymous 14th century book presented contemplative meditation as a teachable, spiritual process enabling the ordinary person to enter and receive a direct experience of union with God.

This form of meditation, recently known as 'Centering Prayer' (from a text of Thomas Merton) can be traced from and through the earliest centuries of Christianity. The Centering Prayer centers one on God.

The *Cloud* was written, not in Latin but in Middle English – which means that it was intended primarily for laymen rather than for priests and monks. Fr Meninger saw that it was a simple book on the ultimate subject, with only 75 brief chapters.

He quickly began teaching contemplative prayer according to *The Cloud of Unknowing* at the Abbey Retreat House. One year later his workshop was taken up by his Abbot, Thomas Keating, and Basil Pennington, both of whom had been looking for a teachable form of Christian contemplative meditation to offset the movement of young Catholics toward Eastern meditation techniques.

Ten years later, Abbot Keating, now retired and a member of Fr Meninger's community of St Benedict's in Colorado, initiated his highly organised and effective Contemplative Outreach Ltd in order to facilitate a spirituality focused on Centering Prayer.

Like Abbot Keating and Fr Basil, Fr Meninger takes a limited time each year from his silent monastic life to travel the world and teach contemplative prayer. His book, *The Loving Search For God* is an effort to bring the message of *The Cloud of Unknowing* to men and women of the 21st Century.

*Centering Prayer could open the way;
Could be the answer for which you are seeking.*

COME AND SEE