



The Fellowship of
Contemplative Prayer

Resources for Contemplation

Publications, Recordings, Leaflets - 2017/18

contemplative-prayer.org.uk



The Fellowship of
Contemplative Prayer

Literature and Resources

Within this booklet, literature and resources are set out in six sections:

1. **Introductory leaflets**
2. **Material for groups and individuals**
3. **Resources for secretaries and witnesses**
4. **The website**
5. **Resources for study and research**
6. **Recordings**

1 – Introductory Leaflets

Simple explanatory leaflets are available **free of charge** from most Fellowship Prayer Group and Retreat Secretaries.

They comprise:

- ❖ **Listening to God**
An introductory leaflet. This is a handout which may be given to anyone or displayed in churches or other suitable locations.
- ❖ **The Prayer of Stillness**
A brief outline of the Fellowship's method in contemplative prayer.
- ❖ **The Fellowship Handbook: Principles and Practice**
A handbook with detailed information about the principles and practice of the method of contemplative prayer used by the Fellowship of Contemplative Prayer
- ❖ **The Fellowship Rule for Members**
The Rule of the Fellowship accompanied by brief explanatory notes and a Form of Membership.

2 – Material for Groups and Individuals

- ❖ **The Annual Newsletter**
Published in November. This is circulated to members, friends and enquirers. It gives a brief report on the Fellowship to date, listing and advertising forthcoming activities. It also includes short articles, a register of Fellowship contacts, details of Prayer Groups, Fellowship Retreats and Quiet Days for the forthcoming year. **Free of charge.**
- ❖ **Sayings for Stillness**
A leaflet containing Dominical Sayings suitable for contemplative prayer, for each month of the year. Each monthly saying has a brief commentary. These leaflets, produced twice a year, are sent out to members, friends and enquirers, with the Annual Newsletter and in the summer mailing. **Free of charge.**
- ❖ **Living Words**
An occasional leaflet containing short articles about contemplative prayer and the Fellowship method. This is also sent out **free of charge** with the mailings.

❖ **More Words for Contemplation**

A compilation of 'sayings' each with a commentary which has been found excellent by groups and individuals. **Free of Charge.**

❖ **Sayings for Special Times**

A leaflet containing biblical sayings for use in contemplative prayer at different times of year and at other special times. **Free of Charge.**

❖ **Contemplative Services**

A single sheet gives a flexible outline of a Eucharist, or of a non-Eucharistic service which can be used when a priest is not available. Both are **free of charge**. Electronic copies of each, which can be adapted for a particular occasion or time of year, can be obtained from admin@contemplative-prayer.org.uk

❖ **Exploring Contemplative Prayer**

A practical handbook written by Martin Tunnicliffe and Peter Dodson, with a foreword by Joyce Huggett. Primarily for Christian lay people, the book deals with what contemplative prayer is, how its roots are deeply embedded in the Church's mystical and spiritual tradition, how it is scriptural, and how we can live contemplatively and cope with distractions. Six exercises are outlined each with a meditation on some words from scripture suitable for use in a prayer group and easily adaptable for individual use. Published by Kevin Mayhew, ISBN1 84417 494 8. Currently in print and obtainable from bookshops or on line.

❖ **Within thy Silence**

A successor to More Words for Contemplation, edited by Martin Tunnicliffe. Martin has selected a hundred Dominical Sayings to make a new compilation. Most of the commentaries are revised and edited versions of existing ones, but he has also written some fresh commentaries, each with a helpful subject heading. For the benefit of non-Fellowship members an Introduction is provided to explain how we use the Sayings in contemplative prayer.

The Rt. Revd David Urquhart, Bishop of Birmingham in his Foreword, writes:

"There are some wonderful insights into biblical teaching.....I very much hope that this book becomes a wise and generous companion in prayer."

This book is published by O-Books. It is available in bookshops or on line, but can also be purchased using the attached order form for £7 plus £1.50 p&p.

3 – Resources for Secretaries and Witnesses

Some FCP literature is not for general circulation but is reserved for people already engaged in organising a prayer group, quiet day, or retreat – or intending to do so. The Fellowship Handbook: Principles and Practice (see Section 1 - Introductory Leaflets) is an essential document for Secretaries and Witnesses involved with Prayer Groups, Quiet Days and Retreats.

Supplementary notes and practical guidelines for each situation are provided in three short leaflets. These are available from the Administrator:

- ❖ **Leading a Prayer Group**
- ❖ **Arranging a Quiet Day**
- ❖ **Arranging a Retreat**

Specific resources and administrative support for retreat secretaries are available from the FCP Administrator, whose details can be found on the website or inside the front cover.

4 – The website



The Fellowship of Contemplative Prayer website is at contemplative-prayer.org.uk. The site is continually evolving and has the latest information about the activities of the Fellowship as well as details of retreats and quiet days. A section is devoted to the publication 'Sayings for Stillness' and the current edition can be found there, together with a contemplative exercise based on the monthly saying. There is also a section with suggestions for using the Watchword from the saying for individual prayer. Sayings for the current six month period and for several previous years are in an archive section.

A list of locations of prayer groups can be found on the site which we endeavour to keep as up to date as possible. E-mail contact details for people with various responsibilities can be found on the Contacts link and suggestions and comments can be sent to the FCP Administrator.

5 – For Study and Research

Anyone interested in the foundation documents of the Fellowship of Contemplative Prayer, is advised to consult books by the founder of the

Fellowship, Robert Coulson.

The following books are available from the Administrator:

- ❖ **Into God**
Soft-back: £ 5 + £2 p&p
- ❖ **The Threefold Reality**
Hard-back: £10 + £2 p&p
- ❖ **I AM: the exercise of supreme sovereignty**
Soft-back: £ 5 + £2 p&p
- ❖ **Spirit and Life**
The official biography of Robert Coulson written by Martin Tunnicliffe. New copies of this are no longer available but it may be possible to obtain an electronic version. Contact the Administrator.
- ❖ **On Course in Contemplation**
A selection of Robert Coulson's annual letters 1960-1980
Soft-back: £2 + £1 p&p
- ❖ **Postscript**
A selection of Robert Coulson's private correspondence
Soft-back: £2 + £1 p&p

6 – Recordings

Made to a high professional standard, our recordings¹ are an invaluable resource for individuals and groups to supplement the work of Witnesses of the Word.

The Fellowship has two series of recordings: a **current series** which is available on CD and an **early series** which was previously available on cassette tapes but is now available as digital audio files. Recordings in the early series may be downloaded from the Fellowship's Website www.contemplative-prayer.org.uk. CDs may be ordered using the form at the back of this leaflet.

1. The Fellowship's CDs are compatible with standard audio CD players, and may also play on digital devices such as computers that have a CD drive. The Fellowship's digital audio files are compatible with most mp3 and mp4 players such as iPods, iPads, laptop computers and generic mp3 players. Using appropriate software, you or a tech-savvy friend might also burn a digital file to a CD in audio CD format to enable the recording to be played on a CD player.

CURRENT SERIES OF RECORDINGS

The current series of recordings is available on CDs. Copies may be purchased using the attached order form.

❖ **INTRODUCTORY CD**

This introduction to the method includes Contemplative exercises witnessed by Adrian Esdaile £2 [£1 post and package].

❖ **HOME-BASED RETREAT**

A flexible pack of material, put together by Adrian Esdaile, which can be used over 5 consecutive days, or one day a week for five weeks, by an individual, a prayer group, or as a Lent Course. The pack contains a CD which includes 5 contemplative exercises, witnessed by Adrian. There are notes for guidance as to use and leaflets to introduce the Fellowship method of contemplative prayer. £5. [£4 each for orders of more than one].

❖ **QUIET DAY PACKS**







These packs provide all the material needed to hold a Quiet Day for a group or individual. Each pack contains a CD which includes three contemplative exercises, with notes for guidance; a suggested timetable; and leaflets to introduce the Fellowship method of contemplative prayer.

Season	Title	Witness
Lent 1	My hour has not yet come	Catherine Older
Lent 2	Follow me	Catherine Older
Advent 1	Do not be afraid	Canon Adrian Esdaile
Advent 2	At the name of Jesus	Canon Martin Tunnickliffe
For any season 1	Springs of living water	Canon Adrian Esdaile
For any season 2	Three-in-One	Canon Martin Tunnickliffe

Each pack costs £5. (£4 per pack for orders of more than one).

EARLY SERIES OF RECORDINGS

The early series of recordings was originally on cassette tapes. They are now available as free downloads from www.contemplative-prayer.org.uk. There are nine recordings in the series.

EARLY SERIES		
	1 INTO GOD	Includes key extracts from this key foundation book by Robert Coulson. Included are 5 contemplative exercises based on the pattern of the book led by Martin Tunncliffe.
	2 I AM: INTERVIEWS WITH ROBERT COULSON	Robert Coulson, Founder of the Fellowship of Contemplative Prayer, talks about his life, spiritual ideas, and the Fellowship, to Michael Blood, Sylvia Cartner and Martin Tunncliffe.
	3 THE WORD OF GOD	This recording was originally 2 cassettes of "live" witnessing by Martin Tunncliffe at Glastonbury Retreat House in 1990. There are 6 contemplative exercises.
	4 CONTEMPLATING THE WORD	A retreat recording of "live" witnessing by Helen Morley recorded at House of Bethany Retreat House, Hindhead, in 1991. There are 4 contemplative exercises.
	5 LISTEN TO THE WORD	A recording of "live" witnessing by Adrian Esdaile at Pleshey Retreat House in 1995. There are 4 contemplative exercises and an introduction to the Healing Ministry.
	6 THE LORD OF LIFE	A recording of "live" witnessing by David Byford recorded at House of Bethany Retreat House, In 1997. There are 5 contemplative exercises.

EARLY SERIES

	7 A FUTURE OF HOPE	<p>A recording of “live” witnessing by David Tann at St. Peter’s Bourne Retreat House, London in 1999, for the new Millennium and the 50th anniversary of the Fellowship. There are 4 contemplative exercises.</p>
	8 SACRED TIME	<p>A recording of “live” witnessing by Martin Tunnicliffe recorded at Alton Abbey in 2001. There are 6 contemplative exercises commemorating the principal festivals of the Christian Year.</p>
	9 AWAITING THE SPIRIT	<p>A recording of “live” witnessing by Adrian Esdaile at Wychcroft Retreat House, Bletchingley in 2006. There are 3 contemplative exercises and 3 guided silences, based on the days between Ascension and Pentecost when Christians await the gift of the Spirit.</p>

More detailed information about these recordings which are available to download can be found in the leaflet *Early Series Recordings*, which is available from the Administrator and listed on the attached order form.



Website contemplative-prayer.org.uk



	Title of leaflet, book or recording	Price	Mail	Qty	(Price+Mail) x Qty
L E A F L E T S	Introductory Leaflet	<i>Free</i>	—		
	The Prayer of Stillness	<i>Free</i>	—		
	The Fellowship Handbook: Principles and Practice	<i>Free</i>	—		
	The FCP Rule for Members	<i>Free</i>	—		
	The Annual Newsletter	<i>Free</i>	—		
	Sayings for Stillness	<i>Free</i>	—		
	Living Words	<i>Free</i>	—		
	More Words for Contemplation	<i>Free</i>	—		
	Sayings for Special Times	<i>Free</i>	—		
	Contemplative Eucharist	<i>Free</i>	—		
	Contemplative Service of the Word	<i>Free</i>	—		
	Leading a Prayer Group	<i>Free</i>	—		
	Arranging a Quiet Day	<i>Free</i>	—		
	Arranging a Retreat	<i>Free</i>	—		
	Gift Aid Declaration Form	<i>Free</i>	—		
	Standing Order Form	<i>Free</i>	—		
	Resources for Contemplation	<i>Free</i>	—		
	S T A M P S	Leaflet detailing the Early Series recordings	<i>Free</i>	—	
Bookmark		<i>Free</i>	—		
On Course in Contemplation		£2	£1		
B O O K S	Postscript	£2	£1		
	Into God Softback	£5	£2		
	The Threefold Reality Hardback	£10	£2		
	I AM: the exercise of supreme sovereignty Softback	£5	£2		
R E C O R D I N G S	Within Thy Silence Martin Tunnicliffe (2010)	£7	£1.50		
	Introductory CD	£2	£1		
	Retreat and Quiet Day Packs £5 or £4 each for an order of more than one				
	Home-based Retreat	£5	—		
	Lent Quiet Day 1	£5	—		
	Lent Quiet Day 2	£5	—		
	Advent Quiet Day 1	£5	—		
	Advent Quiet Day 2	£5	—		
	For Any Season Quiet Day 1	£5	—		
	For Any Season Quiet Day 2	£5	—		
Donation to the Fellowship					
GRAND TOTAL					

Title and name	
Mailing address	
Post Code	

Please make out your cheque to:
The Fellowship of Contemplative Prayer

