



CONSD News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

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Reflections on Retreat: The Process of Forgiveness

It is now several weeks from the date of May 10th when 137 of us gathered for a day of retreat with Fr. William Meninger, entitled "The Process of Forgiveness." Although much of what Fr. Meninger shared is contained in his book of the same title, it was refreshing to encounter firsthand the gentleness, sincerity, wisdom, and humor of this loving man who has done so much to bring the gift of contemplative prayer to others. Between several periods of Centering Prayer, Fr. Meninger wove together the teachings of Jesus on forgiveness which challenge, invite, and empower us to love both ourselves and others -- with the love of God, -- a love which is infinite, inclusive of all, (including enemies), and transformative. Fr. Meninger referred to "God" as described by the author of *The Cloud of Unknowing*, as "God -- the one whom the mind can not understand, but the heart can embrace." He repeated throughout the retreat that forgiveness is a process that one must begin, like Baptism, again and again, and again. Forgiveness is the solution to likely 95% of the world's problems, and forgiveness is also a love that is repaired. Christ's teachings on forgiveness contain several paradoxes. I found the most striking to be that essentially, forgiveness is something that we do for ourselves. We each are the primary beneficiary of our forgiveness, rather than the person or group, or institution who inflicted our wounds. The more we have been hurt, the more we are invited to come closer to Christ. To be free to love again, we must let go of our over

identification with anger, or guilt, or victimhood, and identify more deeply with being an adult (Child of God). The person that we are is much greater than the wounds we have encountered. Likewise, our "enemies" are also more comprehensive and precious persons than the hurts they may have inflicted upon us.

The process of forgiveness as pursued in prayer and action is transformative. It frees up all the negative energy of the past so that integrity, the fullness of energy, can be experienced in the present. How do we participate in the process of forgiveness? We begin by opening our hearts to God and allowing God to work on our hearts. We are cautioned to be honest about our feelings, not to rush through a process of forgiveness, and not to become stuck at any one stage. Perhaps the highlight of the retreat was the introduction of "The Compassion Meditation" in which Fr. Meninger guided us in transferring our feelings of love and acceptance for someone who had deeply loved us to someone who had deeply hurt us. Divine Love, as made manifest in Christ, beckons us not to delay in identifying and seeking out all with whom we have unfinished forgiveness. Fr. Meninger's retreat reinforced how much we are called to be faithful to our daily practice and to trust the process of Centering Prayer.

Diane Langworthy

Living Flame Update

There are still a few spaces available in the Living Flame Program. The Program begins on September 20, 2008 and will be held one Saturday a month for seven months (excluding December) from 9:00AM to 4:00PM at St. Bartholomew's Episcopal Church in Poway. The Living Flame Program is spiritually enriching and is experiential as well as informational. Participants are given the opportunity to evaluate, validate and share their own experience of Centering Prayer in the context of a contemplative community. The topics are as follows: Lectio Divina, Refinement of the Centering Prayer Practice, Formation of the False Self, The False Self in Action, Divine Therapy, Night of Sense and the Welcoming Prayer. The cost for the entire program is \$200.00 and is due no later than August 15th, 2008. For more information as well as the dates for each topic please call Sue Hagen at (760) 745-8860 or email her at consd@cox.net.

We would like to take this opportunity to introduce our first two Living Flame presenters. On September 20th Mike Potter will present Lectio Divina. Mike serves as Coordinator of Contemplative Outreach of West Tennessee, with prayer groups principally in the Memphis and Jackson areas of West Tennessee.

He is a Commissioned Presenter of both Centering Prayer and Lectio Divina, and has led many workshops in each of these prayer practices. He facilitates a weekly Centering Prayer group and a monthly Lectio Divina prayer group. He is a member of Trinity United Methodist Church, where he serves as Chairman of the Church Council.

Mike serves on the Contemplative Outreach, Ltd. Resource Faculty as Leader of the Lectio Divina Service Team. He leads Lectio Divina workshops and retreats throughout the Contemplative Outreach, Ltd. spiritual network. He also serves on the Contemplative Outreach, Ltd. Special Research Service Team and has written the paper, "Using Aramaic to Unlock Hidden Meaning of the Gospels Through Prayer". He is an estate planning attorney and certified civil mediator, focusing on the resolution of family disputes in probate. Mike and his wife, Rosemary, live in the Evergreen Neighborhood of Memphis, Tennessee, and have two adult sons, David and Jeff.

On October 25th Matthew Flatley will present the topic of the Refinement of the Centering Prayer Practice. Matthew has been practicing Centering Prayer for over fifteen years. He is the former Coordinator for Contemplative Outreach in St. Louis as well as the former National Coordinator of the Living Flame Program. After graduating from the Culinary Institute of America he was a chef for more than 20 years but is now a "contemplative cook." Eight years ago, after much spiritual direction and discernment, he lived "for a spell" as a monk at St. Benedict's in Snowmass, CO and Assumption Abbey in Ava, MO. Currently he is a Seminarian in Milwaukee preparing for the Catholic priesthood for the Diocese of Jefferson City, MO.

Sue Hagen

Upcoming Regional Event

CONSD is delighted to announce that we will be hosting a Pacific Coast Regional Event on May 16, 2009. Our very special speaker will be Fr. Thomas Keating. Mark your calendars now and watch for additional details in future Newsletters.

Sue Hagen

Quarterly Prayer Group Facilitator Training

We invite all Prayer Group Facilitators to attend our next meeting on Saturday, Sept. 6th at noon at St. Thomas More Church in Oceanside. We will begin with a brief period of Centering Prayer and a brown bag community lunch. We will share our joys and concerns, continue our discussion of "soul friending" and Becky Crowley will report on the recent Facilitator Training and Formation Workshop she attended sponsored by Contemplative Outreach, Ltd. If you want to come early, please join us at our Servant Leadership Team meeting beginning at 9:00AM. See you soon!

Sue and Chris

Q & A with Fr. Keating

Q. What should one do when compulsive thoughts keep coming into one's meditation time?

Fr. Thomas: The question arises, "Why are compulsive thoughts coming at this time?" One reason may be that one may suffer from the affliction of scruples. Another is that one may have an addiction of some kind. We naturally tend to think of our addictions when the mind is not occupied with particular considerations or images. When they become overwhelming, we carry them out in active life. Hence, it is no wonder we think about them during prayer. If it is only an occasional problem, I would simply do what you do with any thought that comes down the stream of consciousness during non-discursive meditation. If you are in Centering Prayer, return to the sacred symbol you have chosen.

Psychological dynamics may be responsible for compulsive thoughts in a particular case. It is better to have a friendly attitude towards whatever one's compulsions may be. As Therese of Lisieux put it, "No matter how wild my thoughts, I accept them all for the love of God." No thought or desire can harm us unless we consent. Our thoughts are like clouds in the sky. They come and they go. To develop the habit of

letting go of every afflictive thought or emotion as soon as it arises is the best asceticism during prayer. Avoid thinking about anything that bothers you during prayer. Let God act. If you are worried about your faults, you will never overcome them. Simply take them as they come. Watch them before, watch them happening, watch them afterwards. Let God work with your faults without being overanxious about them. Our efforts will never accomplish the necessary healing. Only God's grace can do that. To cooperate with the Divine Therapist is work enough. Since God is infinitely merciful and wishes to transform us into God-self, what is there to be worried about? God has the situation in hand. Sometimes our efforts do more harm than good and make things worse. There is a delicate balance between accepting the pain of the disturbing thought, situation, or emotion, and not making too much of it. It is like water off a duck's back. Yes, you are going to get wet, but let the water roll off you. God is sometimes playing with us; sometimes a little roughly, but always lovingly.

Fr. Thomas Keating from "The Better Part"

What is Faith?

“Christian faith is a leap into the unknown. Experience confirms the wisdom of every act of trust. The alteration of the darkness of faith leading to understanding, and understanding illuminating the darkness of faith is the normal way that leads to the growth of faith. Like everyone else, God wants to be accepted as he is-and he happens to be infinite, incomprehensible, inexpressible. We have to accept him, then, in the darkness of faith. It is only when we can accept God as he is that we can give up the desire for spiritual experiences that we can feel. Faith is mature when we are at ease without particular experiences of God, when his presence is obvious without our having to reflect on it. One who has this faith simply opens his eyes and, wherever he looks, finds God.”

Fr. Thomas Keating Heart of the World pp 40-41

Unwrap your Spiritual Gifts

The Bible plainly tells us that every Christian is given a spiritual gift. Romans 12:4-6 tells us "Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us." A spiritual gift is a significant ability given to each of us by the Holy Spirit, who thus equips and moves us to serve Christ and his kingdom in special ways. We do not choose which gifts we will receive. The Holy Spirit bestows them upon each of us to enable us to carry out the work of Jesus in the world. They can help us become clearer channels of God's love, and they can help us find surer steps in our pilgrimage as followers of Christ. They are meant to be used in our daily life to bring glory to God and serve the needs of others. Spiritual giftedness is as much a part of our identity as our personality.

However, like other gifts we receive, it is impossible to fully appreciate and make use of our spiritual gifts until they have been opened. Do you understand the Spiritual Gifts described in the Bible? Do you know that God has given you certain spiritual gifts? Do you know which ones are active in your life? Do you know that by discovering your spiritual gifts, you may be well on your way to discovering God's Will for your life? If you would like to know more, mark your calendars!

CONSD is sponsoring an "Unwrapping Your Spiritual Gifts" workshop on October 11th, 2008. Father Steve Wendfeldt will lead the seminar. He has led Spiritual Gifts seminars several hundred times throughout the country. Fr. Steve has served as the Rector of a number of parishes, and most recently he was the Rector of St. Peter's Episcopal Church, Del Mar, CA. In 2007 he joined the Bishop's staff in San Diego as Canon to the Ordinary for Mission Development.

This workshop is all about discovering our Spiritual Gifts, and about a lifelong process of developing and using them for the service of God and for "building up of the Body of Christ." It is about discovering God's Will for our lives, and taking our place as "members" of the Body and as fruitful ministers of the Good News of Christ. Sound interesting? If a day of discovery, discernment, and renewal interests you, please join us. It will be a wonderful opportunity for personal and community growth. We look forward to seeing you there!

Date: October 11th, 2008

Place: St. Andrew's Episcopal Church
890 Balour, Encinitas 92024

Time: Registration and morning snacks at 8:15 am followed by a period of Centering Prayer. The workshop will begin at 9:00 am conclude at 3:00pm **Bring a sack lunch** Suggested donation: \$20.00

Pre registration is encouraged – for further information contact Sue Hagen (760) 745-8860 or sue.hagen@sbcglobal.net

Goats Afloat

Leaving Old River Road and crossing Highway 76 past Gopher Canyon, you'll see a small, homey sign that says "Goats for Sale." The sign and the goats are easy to miss as they are well camouflaged. I like to look for the fifty-some goats on the barren, dirt hillside that rises from the road. In the morning, they're all clustered at the top of the hill where the sun's warmth first shines. They are a motley bunch in gray and beige and black and white. Even from the car, I can see their scraggly ears and stumpy horns and ever-working mouths. They are a peaceful sight whether upright or sitting or strolling.

Their presence reminds me of a gospel song from my youth. "He owns the cattle on a thousand hills... He owns the rivers and the rocks and rills..." And they're yours and "mine as well." It's a lively, happy tune. It assures me that God is owner and operator of this universe and that this God cares for me and everyone else on the planet.

Two years ago, I joined a prayer group that I had found through its umbrella organization, Contemplative Outreach of North San Diego. I was desperately worried about Richard's treatment for prostate cancer. At my first meeting, I met Marcy Burge, one of the facilitators. When she told me that her husband had died several years ago, I could hardly comprehend that this cheerful, friendly woman had actually lived through my terror.

She and co-facilitator Lois Peretti frequently read aloud for our contemplation from "Psalms for Praying, An Invitation to Wholeness" by Nan C. Merrill. The book was new to me and I was enchanted and encouraged by its inclusive and non-tribalistic, non-warrior language. They both saw how much delight I took in phrases like "relieve the blocks in my heart" and "envelop me with your love" and "Companioning Presence." At their next facilitators training, they bought me a copy. God provides book angels as well as books.

During that year of meetings, I would share my sense of fear. One day a member of the group sat next to me and quoted, "My strength is sufficient for you." The words sounded as loud as trumpet calls. It was as

if God had spoken directly to me, recalling for me a dear scripture I had often embraced in the past and needed to hear in the present. On another day, Liz Boggs sat next to me and asked, "Don't all things work together for good?" I said I wanted to say no. My reply was taken humorously as it was said in belief, not unbelief.

After that year, Richard's condition became stable as did mine. I joyfully looked forward to our Saturday morning meetings. Those meetings sustained my spirit. They became my place of worship. The prayer makers became my communion of saints. Recently I shared that I was again feeling anxious and depressed. The change of season to autumn coupled with the recent death of a friend who had been one of the groomsmen at our wedding were contributing factors. I told the group that I had consulted a library book with the oxymoronic title, "Controlling Anxiety." One piece of advice it gave was to focus on the good in the present. At this point I paused. I said this was not news to me. I had been there and done that but here I was needing to hear it again despite that we as a group had often talked about staying in the present moment, the eternal now, the power of the present.

I regard my praying cohorts with affection. I look at the praying individuals sitting in a circle and visualize a tall, white candle glowing atop each head. I visualize them as a bouquet of roses---each one perfect even if peaked around the edges. I see them walking toward our meeting room bringing the Spirit abiding in their holy temples. I see them as clay jars, earthen vessels bearing treasure. The jars may even leak; hence the need for refills. One more vision I would add with no apology to those who need to ameliorate the imagery. I see them as goats resting and enjoying the presence of God.

Fay Chang
Fallbrook Presbyterian Church Centering Prayer
Group

Dear Sisters and Brothers in Contemplative Prayer,

How can I thank you for all your prayers, loving concern and your most generous gift?

God was so gracious in leading me to my dear prayer group right before our house, barn, orchards and gardens burned in the October wildfires! My prayer group has enfolded Rob and myself with love and prayer as we have journeyed through what Richard Rohr might call "liminal space," experiencing the opportunity to rediscover, redefine and rebuild our lives.

Early in this journey, Chris recommended The Joy of Full Surrender by Jean Pierre de Caussade. So I have been encouraged to be aware of and take joy in the particular gifts that this experience has offered me. And I've reflected on the multitude of miracles that daily life offered when so much of what occupied my thoughts and attention was stripped away,

gift after gift appearing as soon as I would wish for them: a certain piece of furniture, beloved music and books, recipes, offers of help, everything arriving just when needed.

Did God give me this experience just to know how tenderly and immediately I am loved, how I will always be provided for? I observed to my prayer group that we are all the Christ Child and all the Magi, constantly receiving and bearing God's gifts of love.

And so, finally settled in a new home with fruit trees and roses and vegetable beds, with all that anyone could ask in order to be comfortable, restored with such love. I can say with Masahide,

Barn's burned down, Now I can see the moon.

With love and gratitude,
Deborah Lewallen

The Blessings of Centering Prayer

I want very much to share with you what a huge positive effect Centering Prayer and contemplation are having in my life. My 91 year old Dad who has been living in our house for a few years is in Palomar Hospital right now undergoing numerous tests that will help surgeons to repair a compression fracture in a vertebra.

Because his injury occurred shortly after Charlie (my hubby) and I went to bed on Wednesday we called 911. We didn't leave Palomar Hospital until Thursday at 9:30 PM. I was a wreck all afternoon seeing my Dad in that hideous pain even though he was medicated. When things quieted down so did I.

Sitting in a typical stackable-type chair in the ER I closed my eyes and started Centering Prayer. Believe me, I didn't hurry to end my session. It was truly a gift from God. I was aware of noises of all

types, etc—but I was with Jesus in Centering Prayer. Several hours later, with my Dad more heavily sedated and in his own room in the hospital, I once again sat in a chair near him, closed my eyes and began Centering Prayer. This time the image of Jesus walking slowly along a shoreline holding the hand of a young girl came to me in my Prayer. Yes, I was exhausted physically when I returned home that evening but I will always be grateful for the restorative reality of Centering Prayer.

I haven't been attending the Friday morning Centering Prayer group at St. Gabriel's Church because I have been caring for my Dad but I will most definitely return when it is possible.

Postscript: My Dad passed away peacefully in early May.

Carol Harris

Sacred Darkness Together in the Silence of Centering Prayer Exploring the Dark Night of the Soul

We would love to invite you to a 1/2 Day Retreat on Sat., Aug. 23, 2008. Our "sacred" theme will be "Sacred Darkness" and in the quiet of our Centering Prayer practice we hope to better understand the connection between darkness and spiritual growth. R.W. Emerson has a quote, it reads, "When it is dark enough you can see the stars." Together, let's "see" the little pieces of light in our own darkness.

August 23, 2008

9:00am - 12:30pm

San Rafael Church in Rancho Bernardo

17252 Bernardo Center Drive

San Diego, CA. 92128

A Love offering will be appreciated

Questions? Evie 858-748-6805

ptyoftwo@pacbell.net

Because of gas prices, I'm sure that car-pooling would be appreciated by many. Please remember we are asking for a Fragrance Free environment because of the many who suffer from allergies.

Centered in Fallbrook

To put into words the wonder that takes place on Saturday morning here in Fallbrook with our sweet centering prayer group is a great pleasure. The beauty that takes place in a very short hour baffles me still. I became Fallbrook's leader by default when our fearless leader, Lois Peretti left to live in the wilds of Colorado three years ago. It also helped that I just happened to have the keys to the church!

Our group consists of 12-18 members who have met for the past nine years. We have grown greatly in love for each other, mourned losses, experienced the joy of grandchildren being born, celebrated birthdays and holidays, prayed over and for each other and our families and have traveled together to delight in speakers provided by Contemplative Outreach of San Diego and North San Diego. Wow! What a blessing!

But the ribbon that ties us is the sacred silence we have whole-heartedly embraced together and studied as a family of believers. This prayer has tethered our hearts and transformed our lives, we have no doubt. We begin our meeting listening to contemplative music, followed by our 20 minute sit in silence. We then meditate through Lectio Divina a short scripture, comment on what the scripture is saying to us and then slide smoothly into a short study on the benefits of this precious prayer by Fathers Thomas Keating, Richard Rohr, William Meninger, Carl Arico and others.

Then there is always time for a sip of coffee and sharing of our lives and graces. We also sponsor an African orphan by the name of Evelyn who is fed and taught the wonders of Christianity at a school built by Fallbrook Presbyterian Church who writes us periodically updating us on her education and life.

Yes, a miracle happens Saturday mornings here at Fallbrook Presbyterian. A group of prior strangers have become a cozy family who sits at the foot of our God being healed and transformed into a united entity, tied together and dazzled by the love of the Lord in this indescribable sacred silence which blesses us all to our marrow.

Marcy Burge

CONSD AND COSD EVENTS

CONSD EVENTS

2009

2008

August 23rd

Event: Half Day Retreat "Sacred Darkness"
Time: Time: 9:00-12:30 p.m.
Location: San Rafael Catholic Church
Free Will Offering

September 20th

Event: Living Flame Program Begins: Lectio Divina
Time: 9:00 to 4:00 p.m.
Location: St. Bartholomew's Episcopal Church
Pre registration for the entire program required

October 11th

Event: Unwrapping Your Spiritual Gifts
Presented by: Canon Steve Wendfeldt
Time: 8:15 a.m. Gathering
 8:30 a.m. Centering Prayer
 9:00 a.m. Event begins
Location: St. Andrew's Episcopal Church, Encinitas
Suggested donation: \$20.00
Bring a sack lunch

December 6th

Event: Advent with Susan Komis
Time: 9:00 to 4:00 p.m.
Location: Coastline Community Church, Encinitas
Suggested donation: \$35.00

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January 16-17

Event: Special Presentation
Presented by: Cynthia Bourgeault, Episcopal Priest and noted author
Time: Friday evening and Saturday TBA
Location: St. Bartholomew's Episcopal Church
Suggested donation: TBA

May 16th

Event: Regional Event
Presented by: Fr. Thomas Keating
Time: TBA
Location: TBA
Suggested donation: TBA

December 5th

Event: Advent with Fr. Carl Arico
Time: TBA
Location: TBA
Suggested donation TBA

**For information on CONSD Events call
 Sue at (760) 745-8860**

**For information on COSD Events call
 Lucille at (619) 226-6000**

The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd.

Editors: Sue and Chris Hagen

Layout and Design: Anne Alferos

Mailing Committee: Rebecca Crowley
 and the Prayer Groups from Poway and Rancho
 Bernardo

CONSD Centering Prayer Groups

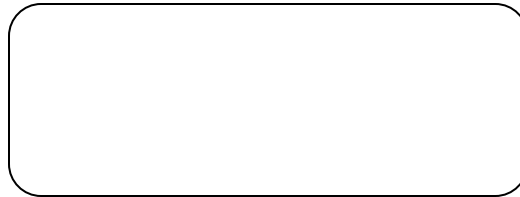
	Area	Leader's)	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 p.m.
2	Del Mar (2)	Kathy Agnew Susan Siciliano	Kathy 858-481-8754 Susan 858-792-6988	Home of Carol Walsh (call for directions)	Mondays: 6:30 p.m.
3	Encinitas (1)	Margo King Shirley Shetula	760-436-4460 760-436-6721	Home of Bernice Taaff (Call 760-942-2165)	Mondays: 10:30 a.m.
4	Encinitas (2)	Mike and Ann King	760-753-1575	Home of Mike and Ann King Call for directions)	Thursdays: 7:00 p.m.
5	Encinitas (3)	Sharon Hoffman- Beth Ward	760-635-9463 760-436-6589	San Dieguito United Methodist Church (Call for meeting location)	Mondays: 6:30 p.m.
6	Encinitas (4)	Fr. Larry Hart	760 753-3017	St. Andrew's Episcopal Church Parish Hall 890 Balour Encinitas	Thursday: 6:30 p.m.
7	Escondido	Linda Dollins	760 745-5100	First United Methodist Church 341 S. Kalmia Escondido	Mondays: 4:30 p.m.
8	Fallbrook	Marcy Burge	760-723-2773	Fallbrook Presbyterian Church 463 S. Stagecoach Lane, Fallbrook	Saturdays: 8:30 to 9:30 a.m.
9	Murrietta	Kristin Andersen	951-696-9428	Home of Debbie Lindsay 23511 Silverwood, Murrietta	Thursdays: 12:30 p.m.
10	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey Parish McKeon Center Room 19	Wednesdays: 7:00 p.m.
11	Oceanside (2)	Mary Williams	760 510-9337	St. Thomas More Catholic Church 1450 S. Melrose Drive	Thursday: 1:00 p.m.
12	Poway (1)	Elena Andrews	858-451-2098	Saint Gabriel Catholic Church 13734 Twin Peaks Road, Poway	Fridays: 9:30 to 11:00 a.m.
13	Poway (2)	Colleen Clementson Rebecca Crowley	858-748-8548 858-748-3801	Community Church of Poway 13501 Community Road, Poway	Tuesdays: 6:30 to 8:00 p.m.
14	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 p.m.
15	Poway (4)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 6:30 p.m.
16	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary Catholic Church 537 E Street, Ramona	Fridays: 8:30 a.m. Daily Mass Chapel
17	Rancho Bernardo	Maureen Anderson	858-673-8886	San Rafael Chapel	Wednesdays: 7-8:00 p.m.
18	Rancho Santa Fe	Marlynn McCullogh	760-436-1924	Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 a.m.
19	Temecula	Bob Dudley	951-302-9652	St. Thomas Episcopal Church Sanctu- ary Jefferson Avenue, Temecula	Wednesdays: 4:30 p.m.

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