

CONSD NEWS



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CONSD'S VISIONING DAY: A GREAT SUCCESS

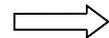
On Saturday, May 19, CONSD looked to the future during the course of a very productive day of visioning. The day began and ended with a period of Centering Prayer.

Marie Howard, the Pacific Coast Regional Representative of Contemplative Outreach Limited, skillfully guided 23 individual members representing 12 North County Prayer Groups through the visioning process. She was ably assisted by our Co-Coordinator, Sue and Chris Hagen.

The theme of the day was "Living our Vision Statement, Mission Statement and Core Values". Our goal was to iden-

tify ways in which CONSD can bring these documents into the lives of its members.

Marie began with a loving prayer to the Holy Spirit for guidance throughout the visioning process. She reviewed with us the 12 Principles of Spiritual Leadership that Centering Prayer inspires: discipline, vision, listening, courage, decision, humility, integrity, humor, inspirational power, wisdom, collaboration, and trust. She then outlined the organic nature of a chapter's growth. Although just 15 months old, our chapter already has reached a level of development usually found in chapters closer to 5 to 10 years of age. In other words, CONSD is in good shape! But where do we go from here?



Vision Statement

CONSD is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the gospel in everyday life through the practice of Centering Prayer and Lectio Divina. We identify with the Christian Contemplative Heritage. While we are formed by our respective denominations, we are united in our common search for God and the experience of the living Christ through Centering Prayer. We affirm our solidarity with the contemplative dimension of other religions and sacred traditions, with the needs and rights of the whole human family, and with all creation.

Mission Statement

The Mission of CONSD is to:

Teach Centering Prayer

Build a Christ centered community, and

Support the contemplative life

CONSD'S VISIONING DAY - Continued

What is the next phase of our evolution? What do we see as the highest potential for our chapter? Through visioning, we could begin to address such questions.

The visioning process itself was dynamic and interactive. To begin, the members were divided into small discussion groups and rotated through the consideration of 3 major questions. At the end of each discussion period, every group reported its results to the entire body. This active participation by each attendee provided a wealth of valuable perspectives on the many issues raised.

In Question 1 we identified and celebrated CONSD's strengths, our successes, and our assets as a chapter. We also became aware that CONSD reflects many of the 12 Principles of Spiritual Leadership.

In Question 2 we identified the challenges, needs, issues, and opportunities that lie ahead which, if addressed, would achieve our goal of bringing the Vision and Mission Statements and Core Values into

the lives of our membership.

In Question 3 we created a preliminary Roadmap for action by prioritizing the challenges/opportunities that had been identified. Seven major areas of need were singled out as having top priority: Centering Prayer Groups, Introductory Programs/Special Events, Outreach, Spiritual Directors, Local Retreat Center, Help for Experienced CP Practitioners to Deepen Their Practice, and Fundraising.

To complete this visioning process and create the final Roadmap for Action: 2007-08, Chris and Sue agreed to create a survey for the CONSD website that would invite all CONSD members to give input to the leadership by further prioritizing the seven major areas of need and make any comments/suggestions for implementing these priorities.

Marie brought the visioning process to a close by providing a summary of the progress made this day and the next steps that should follow. She complimented CONSD on its strong sense of community.

Alicia Annas

Living Flame Program

At our recent CONSD Visioning Day numerous suggestions for us to consider in the future were made. One such suggestion concerned finding ways to provide more spiritual enrichment for the mature Centering Prayer practitioners. In an effort to meet this need we are considering offering the Living Flame 1 Program presented by Contemplative Outreach, Ltd. This Program is designed to be experiential as well as informational giving participants the opportunity to evaluate, validate and share their own experience of Centering Prayer in the context of community.

Prerequisites are attendance at an Introductory Program, a twice daily prayer practice of at least six months, familiarity with "Open Mind Open Heart" and the Spiritual Journey videotapes. Attendance at an Intensive Retreat is encouraged. The Program

consists of seven sessions, one session per month, from 9:00AM to 4:00PM and consistent attendance is essential. The sessions 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

In order to meet the financial needs of this Program we would need at least 25 people. The estimated cost would be approximately \$250.00 per person and payment would need to be made in advance. Due to the growing interest of this Program we may not be able to offer it in our area until the fall of 2009. If you are interested in possibly participating in this Program please call Sue Hagen at (760) 745-8860 or email us at www.consd.com.

What Does The Contemplative Outreach Logo Mean?



The Contemplative Outreach logo is taken from the monogram of Job's Redeemer which is the symbol of patient waiting ("For I know that my Redeemer lives, and at last he will stand upon the earth." Job 19:25). It depicts the alpha and omega in the upper portion of the logo. The alpha and omega are symbols of God, the beginning and the end ("I am the first and I am the last; besides me there is no God." Isaiah 44:6). The cross is the symbol of our salvation. The flowers in the lower portion of the logo are symbols of the abundance of life and the resurrection. The circle is a sign of ongoing progress. The heart and soul of Centering Prayer is consenting to God's presence and action in our lives. The Alpha and Omega acknowledges that our God is at the center of our consent and being.

The cross is a symbol of our dying to our thoughts and commentaries. In the letting go our false self gives way to the flowering of the new self. This is an ongoing process bringing us deeper into Divine Intimacy.

Like Job, our patient waiting and consenting will be our gift of gratitude.

This symbol has been seen in several different locations: on an ancient church in the land of Uz, the residence of Job; in the excavations of Old Jerusalem near the original stairs of the Temple; at the Southern Wall of the Old City near the Huldah Gates; and in the church of "Multiplication of the Loaves" in Galilee.

The Peace of Unknowing

Be still and know that I am God Psalm 46:11

To enter into the stillness within me where God dwells, to know God as God is I must let go of my desire to know.

I may want to know God through my human senses and faculties but, I don't need to know.

Simply have faith – God knows you – that's enough

I may want to know where my spiritual journey is taking me but, I don't need to know.

Simply have faith – God knows – that's enough.

I may want to know if I am making progress on my spiritual journey but, I don't need to know.

Simply have faith – God does not care – you are already with God every moment – that's enough.

I may want to know the meaning of my experiences during prayer but, I don't need to know.

Simply have faith – God knows – that's enough.

Jesus told me, his disciple, that he has sent the Holy Spirit to counsel and guide me. John 25:26

I will let go of my desire to know.

I will consent to the presence and action of the Holy Spirit within me.

Have faith – be still – that's enough.

Chris Hagen

On retreat at Snowmass 12/05

WEEKLY SUPPORT GROUP

Comfort and encourage each other...1 Thessalonians 4:18

“While Centering Prayer is done privately most of the time, a weekly sharing of the experience in a small group has proven to be very supportive, as well as a means of continuing education. The weekly meeting also serves as a means of accountability. Just knowing that one’s support group is meeting together each week is an enormous encouragement to keep going, or an invitation to return to the practice of Centering Prayer if circumstances have prevented one from carrying out one’s commitment to daily practice for a time. By sharing the

experience of Centering Prayer with others, one’s own discernment of the ups and downs of the practice is sharpened. The group serves as a source of encouragement and can normally solve problems that might arise regarding the method. The collective discernment of the group tends to be well balanced.”

Fr. Thomas Keating, “Open Mind Open Heart” page 135

The Community Church of Poway

The Community Church of Poway Centering Prayer group has been together since April of 2001. We meet every Tuesday from 6:30 p.m. to 8:00 p.m. This is a group of contemplatives who come from a variety of spiritual backgrounds and who attend different churches. The beginning of the meeting is dedicated to Centering Prayer. We then take time to discuss our personal lives and how Centering Prayer is part of the journey. We usually spend the last part of the evening discuss-

ing a book, a video or audio tape. We have studied many authors suggested by Contemplative Outreach, and have also studied the Enneagram and the Welcoming Prayer practice. We hosted an Introductory Workshop on February 24 and have watched the six follow up session videotapes. There seems to be a consensus in the group that our Tuesday night gathering is an important part of our spiritual lives.

Colleen Clementson

"Sacred Rest"

Please come for some "Sacred Rest" at our Summer 1/2 Day Retreat. We will be gathering on Saturday, August 25th. Perhaps this will be your last chance to truly rest before all the "new beginnings" start to happen in September. We will be meeting at the Lutheran Church of the Incarnation in Poway from 9:00am - 12:30pm, and we will be resting in the wisdom sayings of Fr. Keating, Holy Scripture, and the Sufi poet, Rumi. Our hope is to offer

a deep rest to our spirits, our minds, and our bodies.

We look forward to having your peaceful presence in our circle.

Evie McGreevy

858-748-6805

ptyoftwo@pacbell.net

The Need for Silence

We don't know how to take joy in simple things anymore because, frankly, we are sated. You and I have had so much thrown at us! Unless we choose to deliberately under-stimulate ourselves, I don't think we can reasonably talk about spirituality. We don't really taste, suffer, enjoy, feel the images that come our way. Descartes said, "I think, therefore I am." For us it is "I experience, therefore I am." But I'm pretty much convinced experiences don't change people; realization does. I think of all the powerful experiences that I've had. But only when I taste my experiences enough so they become realizations, do I change. That takes time and space. Put time and

space together and you have a new definition of silence. We've got to create some kind of space so our images can become realizations. Unless we choose silence, I don't think a lot of this is going to happen. I don't think we're going to become willing people. We become, instead, willful people, trying to make the world fit our needs. Will triumphs instead of the spirit. Silence alone is spacious enough to allow Spirit and to let go of will-fullness. Silence makes us willing instead of willful.

From "Letting Go: A Spirituality of Subtraction"

Fr. Richard Rohr

SIMPLE SILENT SERVANT SERVICE

I have been privileged to attend a number of CONSD half day retreats. All have been meaningful and inspirational. The special video event on June 16 was right there with the best of the previous ones. This event was very SIMPLE with just the video equipment set up to show the beautiful area in and around Snowmass, CO, the home of St Benedict's Monastery. We viewed the Retreat Center itself, seeing the quiet serene Prayer Room, the warm inviting dining area and kitchen, the cozy hermitages, and all were surrounded with majestic mountain scenery that only God could create!! Makes one want to make a pilgrimage there as soon as possible! In addition we were treated to a video entitled "The Contemplative Life" filmed at the monastery there at Snowmass. The video featured Father Keating with his commentary on the monastic life. In addition, we enjoyed several commentaries from Brothers there. It did not surprise me to learn that they are involved in many of the same rituals and tasks that we have in our lives. They are human, making decisions and attending to routine tasks in everyday life just as we do! And we share the same Source of strength and inspiration. How Blest we are.

SILENCE was the order of the day. For me it was a meaningful experience. One had every opportunity to enjoy the pleasant surroundings of St. John's Catholic Church, Encinitas and to reflect on our own purpose

and God's presence among us. I believe that Presence is magnified when we, Contemplative Practitioners, gather together as one Body to pray and share. The total silence seemed to enhance His Presence and to speak to the Servant in each of us. We listened and perceived what the Lord would have us do. We were invited to remain Silent from the beginning of the first sit, into to a short break of ten minutes when we could wander and reflect, in addition to nourishing our bodies at a lovely refreshment table set with breakfast type foods, snacks, juices, coffee and tea, compliments of our gracious host church members.

The video presentations were divided into three segments with silent reflection periods between. Oh the Quiet! Following the video, we were invited to a second Centering Prayer sit. The group seemed to be totally bonded and the spiritual energy levels were high. Following that, those who cared to, shared their thoughts, feelings, experiences of the morning, and ideas with the group.

We departed as we started, in Silence, filled with the Spirit of the Lord and ready to SERVE. Our common bond does keep us close as we travel our spiritual journey. Thanks to all who participated, especially our hosts at St. John's and Sue and Chris.

Sherlene Mollersturn

Out of Africa

Dear Contemplative Companions,

Thank you very much for your prayers, well-wishes, and encouragement as I go to take our beloved practice of Centering Prayer to the Benedictine monks of Katibunga Missionary Monastery in Zambia and with their help to the people living in the surrounding areas. I will have pictures of some of you to show them, which I did not have last year. Many thanks also to those of you who gave your gifts of time to come to hear me speak. Your donations from that day were \$2,153.00 as of June 10, 2007. The monks or other designees will be able to accomplish a great deal with your contributions. God bless you all.

Audrey Spindler

PrayerQuilt.org

The coordinator of a local Prayers & Squares prayer quilt ministry and I were matching up prayer quilt requests with available quilts. She read a request for a quilt with teal and peach in the fabric. That was a bit unusual. Most requests are basic colors like red, white or blue for military personnel. We looked through the available quilts and did not see any fabric that came close to the requested colors. There was, however, a quilt with the requested teal and peach colors on the backing fabric but it had been assigned to another request. The coordinator looked up at me with an amazed expression. "Oh wait a minute," she said as she shuffled some papers, "I just received a telephone call from the family requesting that quilt and the intended recipient passed away and the family would like that quilt to go to someone else in need of prayers." We sent up a prayer for the family who had lost their loved one and a prayer of thanksgiving to God for always being the ultimate prayer quilt coordinator and matched up the teal and peach quilt with the current request for a prayer quilt. The teal and peach prayer quilt was put up in church that weekend. Knots were tied and prayers were quietly said for the recipient. Inspiring stories and information about Prayers and Squares can be found at their website: www.prayerquilt.org.

Submitted by

Corky Kuhlman

DONATIONS

CONSD is a volunteer organization. We have no grants or other forms of financial support other than from those who desire to support CONSD's Vision and Mission through their compassionate donations. While we have no paid staff we do incur expenses. For example, expenses are incurred in the daily operation of the CONSD office, the production and mailing of our newsletter and other forms of written communication with our members as well as the provision of Centering Prayer events. Since we are a non-profit organization all donations are tax deductible. Should you want to make a donation please make out your check to CONSD and mail it to CONSD 908 Via Linda Escondido, CA 92029.

We thank you for your support!

Sue and Chris Hagen
CONSD Co-Coordinator

Update on Hospice Outreach

Hello Contemplative Companions! I would love to give you an update on our exciting new outreach. I am so happy to say that it is a "Happening"! After almost 2 1/2 years of being in God's "Vestibule" we finally have stepped into the front doors of Silverado Hospice and are actively practicing being contemplative companions to those at the end of their life's journey. We are just beginning, and we will continue to learn more with each visit, but I am finding that this ministry is really getting very uncomplicated and that there is tremendous truth in Fr. Keating's teachings of Letting Go and just Letting God be God in the existing moment. All the training we have been given seems to simply come down to the ever-present reality of trusting God and knowing that the Divine simply wants all his children to come into the silence of trust and love, no matter where we

are on this journey. We are off to a wonderful start and we envision continuous growth, so please know there is always an open invitation to come and see if this Outreach could be a part of your contemplative service. I encourage all of us to come hear Bryan McNutt, Spiritual Counselor for Silverado Hospice, speak on the topic of "Contemplative Dying" on Oct. 27th, at San Dieguito United Methodist Church in Encinitas. I know that Bryan will offer much food for thought whatever our interest is in this particular subject, at this particular time, on our own particular journey. I look forward to seeing you soon in whatever Centering Circle we find ourselves next.

Love to all,

Evie McGreevy

Financial Service Team article

The Financial Service Team is charged with the responsibility of monitoring and reporting CONSD's financial transactions. To this end it tracks and logs all of CONSD's income and all of its expenditures using Quickbooks accounting software. The Financial Service Team maintains all financial records and provides the

Servant Leadership Team with monthly and annual profit and loss reports. Finally, the Financial Service Team assures that our financial records and reports are in compliance with regulations that govern non-profit organizations.

Jeff Dasch
Financial Service Team

About Centering Prayer

The Sacred Word is a way of renewing your intention to open yourself to God and to accept God as God is. While this does not prevent anyone from praying in other forms at other times, the period of Centering Prayer is not the time to pray specifically for others. By opening yourself to God, you are implicitly praying for everyone past, present, and future. You are embracing the whole of creation. You are accepting all reality, beginning with God and with that part of your own reality of which you may not be generally aware, namely, the spiritual level of your being."

Fr. Thomas Keating

Open Mind, Open Heart p. 43

A Moment for Reflection

What /s Faith?

“Christian faith is a leap into the unknown. Experience confirms the wisdom of every act of trust. The alternation 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

A Time for Renewal

Our next Introductory Program Workshop is an excellent time for those who have previously attended a workshop to come and renew your understanding and commitment to your practice of Centering Prayer. Those who have done so have found it to be a wonderfully deepening experience. Please join us at the next workshop. There is no charge for this opportunity. A free will offering basket will be available should you want to make a contribution. See page 11 for our next Introductory Program Workshops dates and locations.

Please call Susan Siciliano at 858-792-6988 if you plan to attend.

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

Contemplative Outreach of North San
Diego is a non-profit ecumenical spiritual
organization

The Newsletter is published quarterly

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CONSD Centering Prayer Groups

	Area	Leader's)	Telephone	Location	Day & Time
1	Del Mar	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 p.m.
2	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.
3	Encinitas (2)	Mike and Ann King	760-753-1575	Home of Mike and Ann King Call for directions)	Thursdays: 7:00 p.m.
4	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.
5	Fallbrook (1)	Marcy Burge	760-723-2773	Fallbrook Presbyterian Church 463 S. Stagecoach Lane, Fallbrook	Saturdays: 8:30 to 9:30 a.m.
6	Fallbrook (2) (Spanish Speaking)	Deac. Manny Villareal Petra Diaz	760-728-7034 x410 760-728-7034 x315	St. Peter's Catholic Church 450 S. Stagecoach Lane, Fallbrook	Thursdays: 5:30 p.m.
7	Murrietta	Debbie Linsday	951-698-8368	Home of Debbie Linsday 23511 Silverwood, Murrietta	Thursdays: 12:30 p.m.
8	Oceanside	Ed Clifford	760-630-1897	Mission San Luis Rey Parish Center Room 258	Wednesdays: 7:00 p.m.
9	Poway (1)	Evie McGreevy	858-748-6805	Saint Gabriel Catholic Church 13734 Twin Peaks Road, Poway	Fridays: 9:30 to 11:00 a.m.
10	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.
11	Poway (3)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 p.m.
12	Poway (4)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 6:30 p.m.
13	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary Catholic Church 537 E Street, Ramona	Fridays: 8:30 a.m. Daily Mass Chapel
14	Rancho Bernardo	Maureen Anderson	858-673-8886	San Rafael Chapel	Wednesdays: 7-8:00 p.m.
15	Rancho Santa Fe	Marlynne McCullogh	760-436-1924	Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 a.m.
16	Temecula	Bob Dudley	951-302-9652	St. Thomas Episcopal Church Sanctuary 27655 Jefferson Avenue, Temecula	Wednesdays: 4:00 p.m.

The Sound of Sheer Silence

The Lord said to Elijah “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind; and after the wind there was an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence. When Elijah heard it he wrapped his face in his mantle and went out and stood at the entrance of the cave. 1 Kings 19:11

The “sound of sheer silence”, what a seemingly paradoxical description of the presence of God. When we think of a sound we naturally think of something that we can hear. One of the definitions of the word “sheer” is “diaphanous.” The definition of “diaphanous” is “lacking definite form, without structure” and the word “silence” means the absence of any sound.” So, how could Elijah, or for that matter, how can we hear a sound that cannot be heard? Fr. Keating’s response is that God cannot be perceived by our human faculties. The sound of sheer silence is a different kind of sound, a sound that can only be heard when the internal chatter of our minds and the external noise in our environment are stilled.

During Centering Prayer we free ourselves from our attraction to our thoughts and the sounds that surround us. Centering Prayer, then, is a method of prayer that leads us to the sound of sheer silence.

Chris Hagen

Co-Coordinator

CONSD Leadership	
Servant Leaders	Service Teams
Chris & Sue Hagen	Co-Coordiators
Susan Siciliano, Kathy Agnew, Bob Dudley	Centering Prayer Introductory Program
Diane Langworthy, Anne Alferos Rebecca Crowley	Communications Service Team
Evie McGreevy	Ongoing Spiritual Enrichment
Nancy Bachelier, Joan Van Horne	Hospitality
Janet Williams	Registration
Jeff Dasch	Financial Support
Shirley Shetula	Correspondence
Alicia Annas	At Large
Anne Alferos	Webmaster

CONSD AND COSD EVENTS

CONSD EVENTS

August 25, 2007

HALF DAY RETREAT

“Sacred Rest”

Time: 9:00—12:30

Location: Lutheran Church of the Incarnation
Poway

September 8, 2007

Prayer Group Facilitator Support Meeting

Time: 12:00 pm-2:00pm BRING A SACK LUNCH

Location: Church of the Nativity
Rancho Santa Fe

September 22, 2007

INTRODUCTORY WORKSHOP PROGRAM

Community House

24973 Washington Ave.

Murrieta

September 26-30, 2007

CO LTD. ANNUAL CONFERENCE

with Frs. Keating and Rohr

Houston, Texas

October 6, 2007

INTRODUCTORY WORKSHOP PROGRAM

Rancho Bernardo

Rancho Bernardo Presbyterian Church

For information about CONSD events call

Sue Hagen at (760) 745-8860

October 27, 2007

SPECIAL EVENT: “Contemplative Dying”

Presented by

Bryan Mc Nutt, M.Div.

Time: 8:30—12:30. Bring a sack lunch
and stay until 2:00 for a discussion

Location: San Dieguito United Methodist Church,
Encinitas

Registration fee: \$10.00

December 8, 2007

EVENT: Special Advent Event with

Fr. Carl Arico

Time: 8:30 am--?

Location San Rafael Catholic Church in Rancho
Bernardo

**Fr. Arico will lead an Intensive Retreat in Orange,
CA April 11-17, 2008. Details soon!!**

**SAVE SATURDAY MAY 10, 2008 FOR
FR. MENINGER ON “FORGIVENESS”**

COSD EVENTS

October 20, 2007

Eleventh Annual Friends Dinner

Mission San Diego 6:30-9:00PM

Journaling Workshop with

Sr. Maria Tasto 8:30-3:30

November 10th, 2007

All Hallows Church in La Jolla

*For information on COSD Events call
Lucille at (619) 226-6000 in 9/07*

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Prayer Group or Parish _____ Pledge Amount \$ _____ monthly quarterly annually one-time gift

No credit cards accepted. Please make checks payable to "CONSD" Mail to: CONSD 908 Via Linda Escondido, California 92029

CONSD Registration Form

Name of Event _____ Date & Location of Event _____

Your Name(s) _____ Phone _____

Address _____ City _____

State _____ Zip(+4) _____ E-Mail _____

Prayer Group or Parish _____ Registration Fee \$ _____ Enclosed Amount _____ Credit cards not accepted. Please make checks payable to "CONSD" Mail to: CONSD 908 Via Linda Escondido, California 92029