

# CONSD News



THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO  
Volume 2 Number 1 February 2007

## Listening From A Place Of Silence

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At the 2006 Annual Conference Contemplative Outreach announced that the focus of 2007 will be "A Year of Contemplative Listening." Contemplative listening is listening to others with an open heart and open mind. Contemplative listening is compassionate and non-judgmental. It is listening from the internal silence of the true self rather than biases of the false self. Centering Prayer develops the internal silence of contemplative listeners. In a teleconference on 9/13/06 Fr. Keating discussed the method and purpose of Centering Prayer in the context of the following passage from Mt. 6:6 . in which Jesus gives his disciples instructions regarding prayer: ".....whenever you pray, go to your room, close your door, and pray to your Father in secret. Then your Father, who sees what no one sees, will reward you." Fr. Keating described how each step in Jesus' instructions opens the door to ever deeper levels of silence. The following is a

synopsis of his description of the meaning of each step of Jesus' instructions in relationship to each step in the method of Centering Prayer.

**"Whenever you pray, go to your room."** This is the first level of "silence." Choose a place and time to do Centering Prayer that will foster silence so we do not hear things that will draw us to think about them. When in this place sit in a comfortable position and close your eyes. Sit quietly for a couple of minutes and allow your body and mind to relax. By sitting quietly with our eyes closed we are deliberately expressing our intent to withdraw from the concerns and activities of the moment as well as from the environment we are in at the moment. This is a time in which we turn all of our concerns over to God and open ourselves to the greater attraction of silence.

**"Close your door,"** Now we enter the second level of silence - "stillness." In the

first level of silence we chose to move away from the attraction to external noise. In this level of silence we choose to move away from our thoughts, plans, memories and emotions. We choose to leave the domain of the false self. It is at this level of silence that we gently introduce the sacred word when we find that we are engaged in our thoughts. However, if we are not attracted to and engaged in a particular thought, we do not introduce the sacred word. Instead, we just allow the thoughts to flow by. When we do introduce the sacred word we do so without the expectation that we will experience some type of result. (Continued on page 3)

### 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 First Year: A Glance Back

God has showered CONSD with so many gifts this past year. Following a Video Event in January members of the soon –to-be North County Chapter met to form a Servant Leadership Team and plan for our future. We officially became a Chapter on February 1, 2006. Our first Introductory Program was held at St. John's in Encinitas in March and we had twenty six attendees. Also in March was the fifteenth Annual United in Prayer Day featuring a special video by Fr. Keating. In early April our Servant Leadership Team held a Visioning meeting and pot luck to begin to formulate a CONSD Mission Statement based on Contemplative Outreach Ltd's Mission Statement. At the end of April our Ongoing Spiritual Enrichment Team held a deeply spiritual Half Day Retreat entitled "Beloved, Come Forth" based on Fr. Keating's wisdom statements on Lazarus. In May we held our first fundraiser as Cherry Haisten presented The Welcoming Prayer to fifty two contemplatives. It was a wonderful and practical time for all. In June we gathered with COSD members and had a

beautiful Anointing Ceremony to celebrate the leadership of both Chapters. August brought another Half Day Retreat with the theme of "Sacred Pause" which was a wonderful way to prepare ourselves for the busy months ahead. We held our first Prayer Group Facilitator meeting later that month and its purpose was to create a forum in which Prayer Group Facilitators can find support and affirmation through the mutual sharing and problem solving of their needs, problems and success with one another and with the Co- Coordinators. Ninety eight people attended our two day Mini Retreat in September on St. John of the Cross, Night of Sense Night of Spirit masterfully presented by Susan Komis. It was a totally inspiring and empowering Event for all. Later that month we held our second Introductory Program at St. Andrews in Encinitas and twenty seven people came to learn Centering Prayer. Chris and I were privileged to attend the Contemplative Outreach Annual Conference in St. Louis which was also in September

It was a great joy to meet so many contemplative companions and especially to hear keynote addresses by Fr. Keating and Fr. Joseph Boyle, the Abbot of St. Benedict's in Snowmass. In October we held a very successful CONSD fundraiser at Kobey's Swap Meet. A special Advent Event entitled "A Time for Renewal" touched sixty souls in mid December. The half day closed with beautiful music and scripture reading by Fr. Keating from a CD called the "Inner Room." Because of the very positive response we had, this will be an annual CONSD Event. During 2006 we published Newsletters in May, August and November and this was a challenging new learning experience to say the least! Chris and I send our heartfelt thanks to ALL who are serving our Chapter and to ALL in North County who participate in any way. May our Prayer continue to unite us in 2007 and in all the years ahead.

Sue Hagen,  
Co-Coordinator

## A Moment for Reflection

*Lent* is the season in which the church as a whole enters into an extended retreat. Jesus went into the desert for forty days and forth nights. The practice of Lent is a participation in Jesus' solitude, silence, and privation.

*Fr. Thomas Keating*  
*The Mystery of Christ*

(Continued from page 1)

### **Listening From A Place of Silence**

By introducing the sacred word we are simply renewing our intention to consent to the presence and action of God within us. We are consenting to our innate attraction to the divine silence that is always within us. By consenting to the silence we take away the freedom we give our false self to dominate us and allow the freedom of God to move within us and heal us.

*“Pray to your Father in secret.”* Next, we enter the third level of silence, the silence of the “true self.” In the previous level of silence we established our spiritual will by introducing the sacred word when we became engaged in thoughts. By introducing the sacred word we move away from the willfulness of the false self to the freedom of God’s presence within us. As we continue our Centering Prayer we move into a deeper level of silence, the silence of our true self. When we pray to our Father in secret we are not hiding from anything that is real. Rather, we are hiding from that part of us that is unreal. We are hiding, that is, we are not attracted to our false self and all of its hopeless programs for happiness that can’t possibly ever bring us true happiness. At this level of silence we are entering into Contemplative Prayer. We are resting in God. When we return

to our sacred word we are letting go of self-reflections and allowing ourselves to be in God’s presence, totally open to His action within us. Here we are consenting to our spiritual will. Prayer in secret, then, is the silence that has been and always will be within us. In the silence of the true self one may experience occasional moments of pure awareness, moments in which one is just aware, a moment that is free of our awareness of internal and external noise. Here God acts according to God’s nature – infinite goodness, tenderness, and love.

*“Then your Father who sees what no one sees will reward you.”* As we rest in God He sees in us that which no one can see with their human faculties. God sees our true self and loves us. In Aramaic, the language spoken by Jesus, the word “reward” means to blossom, to flourish. As Fr. Keating says, “Jesus seems to be saying our whole human nature with all its possibilities for goodness will begin to flourish and bloom and we will become who we really are having reduced the false self to nothing...and we will participate in the way God is...perceive as He perceives and react as He would react... this is a real participation in the life of God not just an intellectual or abstract concept.”

Fr. Keating points out that we do not realize the fullness of each of these

levels at the same time. He states that as the first level “reaches a certain fullness or completion it automatically opens the door to a deeper level of silence. During each period of Centering Prayer the spiritual will is gathering strength and it will become habitual as our practice of Centering Prayer deepens over the years”

Chris Hagen

Co-Coordinator

To purchase an audio tape of this teleconference call 800-608-0096. Ask for the audio tape of the 9/13/06 Contemplative Life Program teleconference titled “Silence and Solitude.”

## **CONSD’S VISIONING DAY IS COMING!!!!**

### **ALL MEMBERS ARE NEEDED TO PROVIDE INPUT FOR OUR FUTURE**

On Saturday May 19<sup>th</sup> CONSD members will have a unique opportunity to vision and dream our future. Marie Howard, our CO Ltd. Regional Chapter Service Representative will lead us in a day of prayerful discernment of how to best foster and support the growth of our Chapter. We will learn the Twelve Principles of Spiritual Leadership and what is needed for the “Organic Growth” of our Chapter. We will participate in small and large group processes to consider what we value most about CONSD, what its strengths are, what the current challenges are and what we dream/hope CONSD will become in the future. Periods of Centering Prayer will be included. Please mark your calendars and join us from 8:30AM to 3:30 PM at St. Bartholomew’s Church in Poway.

## Advent Retreat A Time for Renewal

They came – from all parts of San Diego County - north, south, east, and west - approximately 60 members came to St. Bartholomew's Episcopal Church in Poway, on the 9<sup>th</sup> of December. They came to spend that Saturday morning in a half-day retreat centered on the theme: "Advent: A Time for Renewal." As they arrived, members were greeted with a splendid array of holiday refreshments that invited them to join in a brief period of festive 'knoshing' and fellowship prior to the start of the retreat. The retreat format was beautifully organized and led by CONSD's Co-Coordinators, Sue and Chris Hagen. To make the most of this grace-filled opportunity, the group willingly agreed to maintain silence until the period of faith sharing at the end of the morning. Chris began with reflections on four major aspects of renewal:

- 1) First and foremost, the renewal of our desire for a deeper, closer relationship with God,
- 2) A review of Fr. Keating's emphasis in

The Mystery of Christ on the significance of

Advent as an ideal time for this renewal,  
3) An emphasis on Centering Prayer as one very effective way of cultivating this deeper relationship, and

4) A renewal of our awareness of how interior silence is the root of Centering Prayer and helps to deepen our practice of it.

Sue and Chris then embarked on an excellent review of the entire Centering Prayer practice. They outlined recently approved variations to the guidelines for indicating our consent to God's presence and action within us. These "vestibules into Centering Prayer" include the Sacred Inward Glimpse, the Sacred Breath, Chant, and Movement as well as the familiar Sacred Word.

Two periods of Centering Prayer, separated by a meditative walk, Lectio reading, and chant were followed by a recent audio tape by Fr. Keating on how Silence (both outward and inward) and Solitude can lead us in CP to deeper stages of union with God. Fr. Keating urged us to "listen and consent to the attraction and the deeper stages of silence –

and to just BE in God's presence – beyond thoughts, words, and emotions." Next came a rich period of reflection and faith sharing.

The retreat ended with an audio tape of inspiring music plus special blessings of joy and peace spoken by Fr. Keating. These sent us on our respective ways, calmed, refreshed, and renewed in the true spirit of the Advent season and with a far greater appreciation of the profound nature and value of our Centering Prayer practice. Our special thanks go to Sue and Chris for creating this 'sacred pause' of silence and prayer in the midst of the too often frantic, overwhelming pace of the Christmas holidays.

Alicia Annas

## Encinitas III Centering Prayer Group

The Encinitas III Centering Prayer group was formed in 2003 by a retired Methodist minister, Harry Starbuck, and his wife, Lollie. They now live in Watsonville, but we still include them in our communications and continue to consult them for direction and inspiration. We were an all Methodist group until recently, when we were blessed by being joined by new members from other denominations. Now we have ten regular attendees and others who attend as they can.

While the focus of our group is Centering Prayer, we strongly believe that "study" is necessary to move us forward in our search for God and, we hope, to see the divine in ourselves and everyone else. We use material by Fathers Keating, Pennington and Arico as well as other books approved by Contemplative Outreach, especially the Spiritual Journey series. Presently to help orient new members we are repeating our study of the second transcript of the Spiritual Journey video series, and we are finding that in doing so the original members are further enlightened. We feel we have internalized at a deeper level the knowledge provided by the *Models of the Human Condition*, and *Dismantling the Emotional Programs for Happiness*. It has been very practical and a rewarding and has allowed us the choice of responding to life experiences more with reason rather than the emotion. We feel it is particularly appropriate that we revisit this material during this post Christmas season.

Whenever the group meets it is with deep feelings of expectation and bonding; we are enjoying sharing our journey and witnessing the "new life" in ourselves and in others. New members and visitors are welcome. We meet on Mondays from 6:30 pm – 8:30 pm in private homes. Co-leaders Sharon Hoffman and Beth Ward can be reached at 760-635-9463 or 760-436-6589.

## On The Path To Contemplative Service

According to the booklet "Contemplative Service" in the Contemplative Life series, contemplative service should be effortless. Also Fr. Keating states in the "Mystery of Christ" that the Holy Mother went in haste "to do the diapers" for her elderly cousin Elizabeth. So some of the hallmarks of contemplative service appear to be willingness to do anything and it is accomplished with ease and eagerness.

Last summer, I spent two months at Katibunga Benedictine Monastery, which is located in the Northern Province of Zambia. This Mission was founded as an outpost mission in the late 1980's. While the monks pray the Liturgy of the Hours, the Angelus and celebrate Mass daily, they are not cloistered and interact with the people to improve their lives in very practical ways. The monks "do the diapers" for the residents of the region. The per capita income for the people of the region, which is "bush country" is only \$385 USD.

From the time I was a child and first knew about Africa, I had no interest to go there. I could see animals safely in zoos and the idea of getting all those nasty diseases or having "worms in my legs" disgusted me. Nevertheless, from Centering Prayer, I began to realize I wanted to live the last part of my life for the Lord. I made a formal commitment to that when I was accepted as an oblate of the Monastery of Christ in the Desert, a Benedictine community in northern New Mexico. On December 12, 2004, while I was walking a labyrinth as part of the discernment process, I felt I was being called to Africa and that I had been invited to give up all the fears I had held. The following spring, I located Katibunga and I received notification that I could be a visitor there on St Benedict's Day, July 11th, 2005. I will return to Katibunga for a month in July 2007 and then later for 3 years under the auspices of Catholic Medical Missionary Board. I attribute my change of heart to Centering Prayer and the Welcoming Prayer.

I am currently engaged in a wide variety of projects, "doing the diapers" for the monks and residents and all of it is easy. Fr. Nzota, the Prior and the other senior monks expressed a need for retreats and spiritual renewal. They are very eager to learn about and engage in the practice of Centering Prayer. I will present and facilitate Centering Prayer for the monks and then hopefully to the people. The monks pray the Office in English, but the people have limited fluency in English. Many in the Spanish COSD ministry have offered to help me with ideas for presenting and I am eager to learn from them. Please keep us in your prayers. I believe my eagerness and joy to do these things has sprung from the practice of Centering Prayer and the support I have received from many members of COSD and CONSD.

**For more information about this wonderful ministry and to learn of the various ways you can support it please call or email Audrey. 858-780-2532 [audreyaspindler@yahoo.com](mailto:audreyaspindler@yahoo.com)**

**Audrey A Spindler**

## Sacred Steps

On January 20th, 2007, forty-eight "contemplatives" came together for our seasonal 1/2 Day Retreat. Our title was "Sacred Steps" and our vision for the day was to honor "Sacred Movement". Last August we honored the "Sacred Pause" at our retreat, so the natural flow was to honor the "Movement" that comes out of the "Pause"; or the Service that comes out of the Silence. We began our morning with Centering Prayer and then continued on with an experience of movement. We had three circles in our large room at St. Gabriel's Church, each representing a part of this movement. We flowed from circle to circle with 16 contemplatives in each circle at a time. Elena Andrews directed our Labyrinth Walk, which symbolized "Sacred Steps", Avril Bland directed our Chant Circle, which represented "Sacred Sound", and Carrie Skelly directed our Yoga Circle, which represented "Sacred Movement and Breath". Our theme scripture was Psalm 116, which encouraged us to believe, in faith, that "We are walking with the Lord in the Land of the Living." Fr. Keating's wisdom words from "The Better Part", encouraged us to believe that "The love of God is so powerful that no one can just sit on it, it is bound to express itself. The God in us is calling us to serve the God in others." After our time of movement, we came back to our main circle once again to enjoy centering prayer. We brought closure to our retreat with a large group faith sharing, asking those who wanted, to share their personal experience of "movement" with the group. It was a joy and a gift to hear each sharing. It was obvious to all retreatants that God is indeed present, no matter where we are in the "movement" on this contemplative journey.

Evie Mc Greevy

## How Centering Prayer Changed my Life

As a result of Centering Prayer I see the hand of God in my everyday life. If I solve some little problem, I realize the solution came from God in thoughts that seem to come from out of the blue. I give God thanks for every favorable thing that comes to me during the day. I place my trust in the Lord and turn my problems over to Him. I am less anxious. I worry less. I think I am more compassionate. I am more patient. Sometimes, however, when I am feeling most peaceful, happy and perhaps a bit proud of the new me, God tests me with some frustrating event, which causes me to lose my new found serenity. He knows which buttons to push. I know this is Gods way of keeping me humble, and I forgive myself for my outburst, as I know He forgives me.

Joan Van Horne

Please send us a one paragraph description of how Centering Prayer has changed your life. Mail to CONSD 908 Via Linda, Escondido, CA 92029 or email to CONSD@cox.net.

## Prayer Group Facilitator Support Meeting

We held our first Prayer Group Facilitator Support and Affirmation meeting of the New Year on 1/13/07 at St. John's in Encinitas. The following ways of helping prayer group members acclimate to the Spiritual Journey video tape series were discussed: Play no more than a half an hour of a tape at a time; read the portion of the tape from the written transcript before or during the viewing of that segment of the tape; instead of viewing the video tapes take a section of the written transcripts and have each member of the group read a portion of it aloud and have a group discussion of each portion after it is read; Prayer Group Facilitators could present the key elements of the tape segment before it is played;

use the audio version of the Spiritual Journey series; start with the Introductory Program follow-up tapes; read Fr. Arico's book "A Taste of Silence or Fr. Pennington's book "Centering Prayer" and then move into the Spiritual Journey series; Journey series.

Following this discussion Rebecca Crowley handed out an outstanding resource packet consisting of an extensive bibliography, a list of web sites related to Centering Prayer and spirituality, and retreat centers.

We also brain stormed ways to respond to a situation in which a member of a prayer group is dominating the period of discussion. In addition to the ideas generated by the discussion the CO, Ltd. guidelines for faith sharing were handed out. Finally, we discussed whether there is a need to provide education and support to families of those who practice Centering Prayer. Overall, it was a very productive meeting that was rich in mutual support and affirmation. We encourage all Prayer Group Facilitators to join us at our next meeting on March 31<sup>st</sup>. Location will be emailed to you.

Chris Hagen  
Co-Coordinator

### **Contemplative Outreach Ltd. Formation Training For Service Presenter Training**

Chris and I were privileged to serve as Presenter Training staff with Bonnie Shimizu and Sr. Linda Snow at Holy Spirit Retreat Center in Encino in early February. Twenty two people from Florida, Ohio, Texas, Canada and California—including two from CONSD—participated in four days of preparing for and giving presentations for each of the four conferences of the Introductory Workshop. The middle day was a silent retreat day for the participants while the staff spent the day working with several people from the L.A. area who were interested in learning about the newest "refined" essentials. We are now planning on a time to teach these refined essentials to all CONSD commissioned Presenters. We will keep you informed.

Sue Hagen  
Co-Coordinator

# Reflections on Thomas Merton

If there is one word that describes the focus of Thomas Merton's life, it is freedom. In his search for, love of, and service to God, it is his freedom that stands out. His early life was characterized by the kind of freedom that Janis Joplin sang of as "freedom's just another word for nothing left to lose". After his mother died when he was six, his artist father took him from country to country, sometimes leaving him for periods of time with relatives, friends, and eventually at two prep schools in two different countries. I think it is no accident that Merton chose to spend his adult life in one of the most structured and stable environments possible. However, this stability was not a limitation to Merton's growth; it was the base from which he explored the ramifications of his freedom in Christ more than most of us even think of doing.

When Merton entered Gethsemani monastery, some of his motivation was probably freedom from the world and its passions, the enslavement to which he was undoubtedly a prime example. His devotional life and his community provided a vehicle through which he could live out this freedom. However, he soon discovered that it was not the world from which he needed freedom most; it was himself. It was his own motivations, passions, woundedness, and tendency toward poor choices from which he needed liberation. He coined for us the phrase

"false self". He recognized this false self in himself, and spent his life in awareness of its limitations and the struggle to free himself from it.

This in itself would have been enough. However, God called Merton to a greater freedom than his own self-actualization and worship of God in a monastic community. One day, as he was standing on a street corner in Louisville, Kentucky, Merton realized that he loved everyone who was walking on that street and that, in fact, as a member of the human family, he loved everyone in the world. This was a defining event in his life, and at that moment, he left his life as merely a monk in a monastery and began to live as a monk in the world. He went from a major focus on "freedom from" to living out a "freedom to". From within his community at Gethsemani, in which he was already known for his challenges to orthodox ways of thinking, being, and doing, he began to challenge his church, the government, and the people of the nation in which he lived as well. To the joy of some and the discomfort of others, he spoke the truth as he saw it. He was uninfluenced by set ideas about what to think, what to say, and what to do. Is this not the ultimate freedom?

However, I think it is important to say that Merton was not just a rebel. The

path which his spiritual life took and all of the things that he thought, said and did were centered in his life of prayer and devotion to God. None of his behavior was random, nor did it originate in himself. No matter how he struggled with the standards, structures, and strictures of his community, his order, his church and his government, it was God who called him to be as he was and do as he did. If Merton is a prime example of freedom, he is also an example of what can and will happen to anyone whose life is centered on prayer and on a living relationship with God. We will end up as people we do not quite recognize, doing things that we did not quite expect.

Susan Sciliano

## 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 8 for our next Introductory Program Workshop date and location. Please call Susan Sciliano at 858-792-6988 if you plan to attend.

### **HELP NEEDED!!!!**

We desperately need help on the Communications Service Team. Those who feel called should feel comfortable with Microsoft Word, group emails and attachments. Please call Becky Crowley at 858-748-3801

# CONSD and COSD Events

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## **FEBRUARY 24, 2007**

Introductory Workshop

### ***CONSD Centering Prayer Introductory Program***

Community Church of Poway

This is one of the Introductory Centering Prayer Workshops given periodically. There is a Saturday workshop and 6 follow-up sessions.

+This is a CONSD event \$35 reg

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## **MARCH 3, 2007**

team meeting

*CONSD Servant Leadership Team Meeting*

Place: Home of Sue and Chris Hagen  
Prayer at 9:00

All CONSD members are cordially invited to join the team meeting to see what we do and learn about a team that you may want to join. We are always in need of help!!!

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## **MARCH 9-11, 2007**

### ***Three day Centering Prayer Lenten Retreat***

This annual COSD event *always* receives rave reviews from participants. Come and partake of the silence.

Viña de Lestonac Retreat Center  
Temecula  
Friday 1:30 pm to Sunday 1:30 pm

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For information about CONSD events call 760-745-8860 or email [CONSD@cox.net](mailto:CONSD@cox.net)

A registration form for CONSD events is on page 10.

For information about CONSD events call 619-226-6000 or email [contemplativeoutreachsd.org](http://contemplativeoutreachsd.org)

## **MARCH 17, 2007**

*CONSD and COSD  
United in Prayer Day*

A half-day retreat with a special video presentation of the CO annual conference keynote speeches by Fr. Thomas Keating and Abbot Joseph Boyle of St. Benedict's Monastery in Snowmass, CO

Mission San Diego de Alcala  
La Sala Chapel  
(next to the Basilica Church)  
10818 San Diego Mission Road.  
8:30 am – 12:30 pm

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## **MARCH 31, 2007**

*CONSD Servant Leadership Team Meeting*

Place: TBA  
Prayer at 9:00

### ***Prayer Group Facilitator Support meeting***

12:00 pm-2:00 pm Bring a sack lunch

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## **MAY 19, 2007**

***A Day of Visioning***

All members of CONSD are invited to join the Servant Leadership Team and Marie Howard our CO, Ltd. Regional Chapter Service Representative in a day of prayerful discernment of how to best foster and support the growth of our small faith communities.

Periods of Centering Prayer will be included.

Place: St. Bartholomew's Church,  
16275 Pomerado Rd. Poway, 92064

Time: 8:30 am-3:30 pm

**Bring a sack lunch**

## **JUNE 16, 2007**

***Half Day Retreat***

Periods of Centering Prayer and a wonderful video titled "The Contemplative Life" which was filmed at St. Benedict's Monastery, Snowmass, CO

Place: St. Peter's Church, Del Mar  
Time: 8:30 am – 12:30 pm

### **SAVE THESE DATES**

1/19/08 OR 2/2/08 for a special event with Cynthia Bourgeault. Cynthia spent many years with Fr. Keating. She is an internationally sought after speaker and the author of many books including "Centering Prayer and Inner Awakening." You can learn more about Cynthia at [www.contemplative.org](http://www.contemplative.org)

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

The Newsletter is published quarterly

Editors: Chris and Sue Hagen  
email address: [consd@cox.net](mailto:consd@cox.net)  
telephone: 760-745-8860

Post: CONSD

908 Via Linda

Escondido, California 92029

Postmaster: please send address corrections to addresses above.

## 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 <sup>th</sup> 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 Diego 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	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 p.m.
12	Poway (4)	Sue & Chris Hagen	760-745-8842	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	Home of Maureen Anderson 13016 Paseo del Verano, Rancho Bernardo	Wednesdays: 7:30 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 Office 27655 Jefferson Avenue, Temecula	Wednesdays: 4:30 p.m.

## CONSD Servant Leadership Team

*(For phone numbers, call 760-745-8860 or email [consd@cox.net](mailto:consd@cox.net))*

Leadership		Outreach	
Servant Leaders	Service Teams	Contacts	Outreach Program
Chris & Sue Hagen	Co-Coordiators	Evie McGreevy	Hospice Outreach
Susan Siciliano, Kathy Agnew, Bob Dudley	Centering Prayer Introductory Program	Pauline Rippel Martha McGowan	Prison Outreach
Rebecca Crowley	Communications Service Team	Cristina Romero David & Cherie Herrea	Spanish Outreach
Evie McGreevy	Ongoing Spiritual Enrichment		
Nancy Bachelier, Joan Van Horne	Hospitality		
Colleen Clementson	Registration		
Jeff Dasch	Financial Support		
Winnie Baumer	Correspondence		
Alicia Annas	At Large		

The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd.  
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Contemplative Outreach  
Of North San Diego  
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Escondido, CA 92029-5723



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# CONSD Donation Form

Your Name(s) \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip(+4) \_\_\_\_\_ E-Mail Addr \_\_\_\_\_

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

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Mail to: CONSD 908 Via Linda Escondido, California 92029

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# CONSD Registration Form

Name of Event \_\_\_\_\_ Date & Location of Event \_\_\_\_\_

Your Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip(+4) \_\_\_\_\_ E-Mail Addr \_\_\_\_\_

Prayer Group or Parish \_\_\_\_\_ Registration Fee \$ \_\_\_\_\_ Enclosed Amount \$ \_\_\_\_\_

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