

CONSD News



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

A Day of Visioning

February 2nd, 2006 was a very important day for CONSD. It was on this day that our chapter was founded. May 19th, 2007 will be a very important day in the future of CONSD. On this day Marie Howard, the Contemplative Outreach, Ltd's Regional Representative for the Pacific Coast/West Region, will facilitate us in the process of visioning the next phase of CONSD's evolution. The theme of the day will be "Living our Vision and Mission." On this day we will celebrate what we have accomplished to date and challenge ourselves to identify ways by which we can continue to move our Vision and Mission Statements off the paper upon which they are written and into the lives of the membership that CONSD serves. The day will be very interactive and quite dynamic as it will include several periods of small group discussions which will be guided by four focus questions. At different points in time during the day the results of the small group discussions will be brought to the whole group. To help us bring the Holy Spirit into our discernment we will have two periods of Centering Prayer.

One definition of "vision" is that it is the "act or power of anticipating that which will or may come to be." A "visionary" is defined as "a person with unusually keen foresight." Sue and I and your entire Servant Leadership Team need the visionary wisdom of the entire CONSD membership to guide us towards that which CONSD needs to become.

Chris and Sue Hagen
CONSD Co-Coordinators

Date: Saturday, May 19th 2007

Time: Gather at 8:30 am and conclude at 3:30 pm **Bring a Sack Lunch**

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

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*All our steps are ordered by the Lord;
how then can we understand our own ways?
Proverbs 20:24*

CONSD Website

CONSD has a website up and running!!!

Just type www.consd.com in the address box of your home page and enjoy. When you enter our site you will find links to a wealth of information. You will find information about our Chapter and the entire Contemplative Outreach spiritual network. There is information as to how to contact Sue and me, who to contact to schedule an Introductory Program, how to schedule a speaker on Centering Prayer, and who to contact to be put on or taken off the CONSD mailing list. The "Centering Prayer" page provides information about Centering Prayer, the four guidelines for the practice of Centering Prayer as well as what Centering Prayer is/is not. The "Background" page offers information as to how Centering Prayer came about and a description of Contemplative Prayer and how it relates to Centering Prayer. You will also find detailed information about the content of an Introductory Program. You will also find all of the CONSD and COSD upcoming events. The "Newsletter" page will allow you to either read it on line or download it and print it out. Links are provided to the Contemplative Outreach Ltd's website where you will find many sources of information including a link to the "Archives" where you will find the publications of Frs. Thomas Keating, William Meninger, and Carl Arico and to Centering Prayer. Also provided are links to

many more publications related to Centering Prayer. Also provided are links to the Contemplative Outreach, Ltd's book store, the Contemplative Life Program, and the Hospice Outreach. In addition, you will also find links to retreat opportunities, Fr. William Meninger, Fr. Richard Rohr, the Contemplative Society which posts publications by the Rev. Cynthia Bourgeault, the Welcoming Prayer and many other resources. Finally, the "Volunteer" page will describe all of the volunteer opportunities that are open to you. CONSD is supported solely by the gifts and talents of volunteers. We are continually in need of more help. So please go to this page and see if there may be something you would enjoy doing.

Our website would not have become a reality were it not for the generosity of three people. First, Scott and Audra Hagen, Sue's and my son and daughter-in-law stepped forward and donated a website to CONSD and are hosting it at no cost to us. So, with a website available to us we next needed someone who could build it out. At this juncture Anne Alferos, a member of CONSD, came forward as our Webmaster and performed the beautiful work that is now available for your enjoyment.

Chris Hagen

From the Webmaster

It is my pleasure to announce the arrival of our new website (www.consd.com). Chris and Sue and I have come up with the design and content. We hope you like it. You will be able to look up all current events, prayer groups, newsletters and many other useful links. CO Ltd. has created a link from their website to give us more visibility to those folks that may need a local group. At the bottom of the home page you will find a link to my email address, feel free to email any suggestions or ideas on additional items you may want to publish on this site. We will be creating a photo album page, if any of you have some nice photos of any of our group events, please send them along. I am very much looking forward to working with Chris and Sue and all of you.

Love & Blessings to Each of You
Anne Alferos

Contemplative Dying

Our dying is essential to our living

Many spiritual traditions and wisdom teachers suggest that our path through life is a journey of preparation for our physical, psychical, and spiritual process of dying and death. The implication of these teachings, however, is not only centered upon our life's trajectory into death, but also how we learn to integrate our present forms of unconscious dying into a conscious awareness of our daily living. Death is always moving within us, as well as life. *Thanatos* and *Eros* thrive simultaneously. "Life and death are one," exhorts Kahlil Gibran in his poem *On Death*, "even as the river and the sea are one."

In Tibetan Buddhism, one's conscious entrance into "clear-light mind" at the time of death is considered to be the result of a lifetime of dedicated meditation practice, and may be the foundation for the bridge that leads them through the intermediate dream-like space of the *bardo* – the liminal state of consciousness after death that stretches between our present life and the afterlife. One's preparation for death and for the process of dying is essential for the shape and form of their rebirth into the next life.

At the heart of the life and teachings of Christ we encounter the paschal mystery of self-emptying (*kenosis*), which many regard as the Christian path for transformation and salvation. The gospel narrative accounts suggest that the emptying of self is the lens for Christian identity: through the witnessing of Christ's journey into his suffering, death, and new creation / resurrection; as well as through the wisdom teachings of Christ himself, which declare that "those who want to save their life will lose it, and those who lose their life for my sake will find it" (Matt. 16:25).

The path of contemplative prayer and meditation invites us into the mystery of our soul's continuous dance between death and life, particularly as we grow in conscious awareness of the expressions of our false self and allow for the possible emergence of our true self. In many ways, it is through the dying process of our false self that the God-image of our true self is born.

Through my daily work as a hospice spiritual counselor, I encounter the incredible and unique journeys of persons in the midst of their own dying process. And, often, it is through these transformative opportunities that the shadow of the false self is lost within the light of the true self. Birth occurs, even in the midst of death.

On October 27th of this year, it will be my honor to join with you as we gather to consider how the transformative dimensions of our own dying and living are encountered and faced through the practice of contemplative prayer and meditation. Through the teachings of various spiritual traditions, the wisdom of our own life experiences, and the intriguing insight of depth psychology, we will explore the shape that contemplative dying embodies within our lives.

Kahlil Gibran's words invite us in preparation: "You would know the secret of death. If you would indeed behold the spirit of death, open your heart wide unto the body of life."

Bryan McNutt, M.Div.
Spiritual Counselor, Silverado Hospice
Centering Prayer Group Facilitator, San Diego

**Whoever finds his life will lose it,
and whoever loses his life for my sake will find it.**

Matt. 10:39

Prayer Group Facilitator Support Meeting

On 3/31/07 ten prayer group facilitators gathered at the Lutheran Church of the Incarnation in Rancho Bernardo to support and affirm one another. We began with a period of Centering Prayer and then moved into our community building lunch. Our meeting began with a discussion of the need to bring Centering Prayer to the youth of our communities. Some members had experience with this endeavor and were able to share valuable ideas. Most certainly the need to engage our youth in Centering Prayer will continue to be a topic of discussion and action at future meetings. We next moved to a discussion of how to support Prayer Group Facilitators. From this discussion came the idea to have a Prayer Group Facilitator Resource Library. At this time the library will consist of the Spiritual Journey video tapes, the video tapes and written transcripts for the six continuing sessions as well as written summaries of the transcripts. We will be adding DVDs, CDs, and audio tapes in the near future. It was also mentioned that the "Guidelines for Christian Life, Growth, and Transformation" that begin on page 127 of Open Mind Open Heart is an excellent resource for responding to prayer group members questions. The final topic of discussion related to how to kindle interest in Centering Prayer in a church's congregation in order to either facilitate the growth of a new Centering Prayer group or facilitate members of a congregation to join an existing Centering Prayer group.

Some of the approaches that have been found to be helpful in the past are to have the Priest affirm Centering Prayer from the pulpit, have a member of the congregation who practices Centering Prayer give a testimony to the congregation as to how Centering Prayer is a positive influence in his/her life, ask the Priest for permission to give a brief presentation about Centering Prayer to the congregation at each service, provide a one hour presentation on Centering Prayer that is announced in the church bulletin as well as from the pulpit. It was also suggested to have a ten minute experience of Centering Prayer during the hour presentation, and set up an informational table outside of the church and be available to hand out literature and answer questions before and between each service. As you can see, at the Prayer Group Support and Affirmation meeting we come together and create a small faith community and truly support and affirm one another. Our next meeting is on 9/8/07 from 12:00 pm to 2:00 pm. The location will be announced. Sue and I encourage all Prayer Group Facilitators to attend these very important meetings. The ideas and needs expressed in these meetings provide the Servant Leadership Team the guidance it needs to support the Centering Prayer Groups. If you are not able to attend a meeting please send a representative from your prayer group.

Chris and Sue Hagen

How Centering Prayer Changed my Life

I woke up Sunday morning feeling sad and lonely. A long day loomed before me and I had no plans. After feeling sorry for myself I decided I would do my Centering Prayer. Within 30 minutes of finishing my practice, I felt energized. I got dressed, went to the nursery, bought flowers and spent the rest of the day beautifying my yard.

Anonymous

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.

Presenter Formation

Hi Everybody. My name is Kristin Andersen and I'm a member of the Murrieta Centering Prayer Group (extreme "North County"...Riverside County, actually). I'd like to take a minute to share with you my experience at this year's Formation Training in Encino.

The training is an intensive five day (with a beautiful silent retreat day in the middle) experience that was worth every bit of effort on my part to learn the teaching method of Centering Prayer. We started every day with two periods of Centering Prayer and silent breakfast. Silence was broken around 9:00 am with a presentation and Q and A led by Bonnie Shimizu (or Sister Linda Snow). We broke for lunch and had a few hours in the early afternoon to prepare our oral presentations. We met in our small groups from about 2:30-5:30 to practice Centering Prayer and present the method to each other. We self-critiqued our performance and heard the constructive critique of our peers and leaders. Dinner was at 5:30 and then we met at 7:00 for more Q and A time.

While this may sound intense, I want to share with you my joy at having been involved in this event. When I met the attendees

(24 persons participated), I felt as if I had just met myself at a core level. These were true brothers and sisters. I don't know about you, but in my life, I don't have the occasion of meeting deep, mindful persons very often (no, I don't drive down to many Contemplative Outreach events). I was amazed at the level of connectedness these people had to each other and the world in general. I didn't hear mindless chatter. Rather, when someone spoke, it was usually brief, to the point, and deeply meaningful, often filled with the wisdom of that person's whole life. I guess this would be the case, given these people had just spent around \$300 of their own money to receive training (that brings no financial reward) in a daily discipline that shapes and heals a person's life. I met Br. Roy, a priest and monk from Santa Barbara, whose soulful eyes and gentle, reserved voice spoke volumes about who he truly is. No words were needed, for I knew we were "of the same mind". There was Ivan who, along with Fr. Bernard, traveled from Sherbrooke, Quebec to be able to better minister to their 106 member Centering Prayer group!

Ivan gave me lovely opportunities to practice my rusty college French. I got to finally meet Sue Hagen, who I've always secretly feared was one of those "bureaucratic administrators" (sorry, Sue), but who I found out was a lovely soul full of a lifetime of experiences with the contemplative ways (and not a bit bureaucratic!). Don and Deborah Hale were in attendance. They are part of an Austin, Texas church founded on and dedicated to the teachings of Father Thomas. Additionally, there were people who flew in from Ohio and Florida to attend this training. What a dedicated bunch of contemplatives! If you have the opportunity to attend a Formation Training in the future, I highly recommend that you do. I feel that I gained much more than a teaching method and I bet you'll feel that way as well.

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

Reflections from St. Benedict's Monastery Snowmass, Colorado

God is ALL in ALL but nowhere is this truth more evident than at St. Benedict's Monastery. These are my heart's reflections on my ten day silent retreat in April:

- ❖ The mystery of Prayer in secret at 5:45 a.m. in the dark hushed Prayer Room
- ❖ The monks reverently entering the Chapel for 7:30 a.m. Mass wearing their robes over their jeans and work shoes
- ❖ Leaving the weathered car at the Chapel to walk uphill a half a mile to delicious breakfasts
- ❖ The peace of eating slowly while watching the snow dusted Rocky mountains and three deer grazing right outside the window
- ❖ Woodpeckers busily pecking on the roof of the Prayer room as if to tell us "Knock and the door will be opened on to you."
- ❖ The profound sacred silence in the Prayer Room at 5:45 a.m., 11 a.m. and 3:15 p.m.
- ❖ The silent trek to and from the Chapel for morning Mass and evening Vespers
- ❖ Twelve of us sitting with Fr. Thomas on our last night as he mused about politics, the world situation and Centering Prayer
- ❖ The peace and love of God permeated the whole environment and each one of us

Thanks be to God!

Sue Hagen

Centering Prayer Introductory Program

On February 24, we had an Introductory Workshop at Community Church of Poway. Colleen Clementson and her wonderful prayer group did a great job of organizing the workshop and providing some tasty goodies for the hungry during the day. We had fifteen new people come from several churches in both the inland and coastal areas. We also had several people coming for a "refresher", a free-of-charge way to refresh one's understanding of the Centering Prayer practice. It was actually advantageous to have some seasoned pray-ers among the new people during break times and lunch. Colleen Clementson and Evie McGreevy led the continuing sessions during the regular meeting time of the Community Church of Poway prayer group. Margo King also graciously volunteered to lead a very small group of coastal people who also wanted to participate in continuing sessions. Our next workshop will be at Rancho Bernardo Presbyterian Church on October 6, 2007

Weekend Retreat

We are thinking of holding a weekend retreat sometime in 2008. It would be a silent retreat at the Prince of Peace Abby in Oceanside. The retreat would begin on a Friday afternoon and end at 12:00 pm on Sunday. The cost would be approximately \$130.00 per person for room and meals. We have to make reservations one year in advance. Please let us know if you would be interested in this opportunity as soon as possible. Also, let us know which months would be best for you.

Phone: 760-745-8860

Email: sue.hagen@sbcglobal.net

Chris and Sue Hagen
CONSD Co-Coordiators

Half Day of Prayer Reflections

A Body Praying

The meeting hall was aglow with candles and color. One large circle of chairs took up half the room, at the center of which was a quilt of brilliant undersea colors with candles set around it. The other half of the room was taken up by a labyrinth canvas covering the floor. Another display on the floor featured bowls, one filled with feathers and another with water, set around a small crucifix. Hanging on the walls were fabric collage mats composed of beads and bright colored fabrics. On tables set along the walls were tea candles softly illuminating an icon, a Madonna, a Last Supper. Chant music played on a CD player.

Vickie Swenson and I had just arrived for a morning prayer retreat at St. Gabriel's Church of Poway given by Contemplative Outreach of North San Diego. The retreat had not yet started, so we wandered around the room looking at the artwork and reading the Scriptures posted for study. Other women chatted quietly and had refreshments. We were delighted when AnnaMarie Trechter arrived, the only other one from our Fallbrook prayer group. Gradually the room filled with about 50 women and one man. I became impatient for the silence, for our God work to begin.

It began with Centering Prayer, a period of 20 minutes of silence, of being still and knowing God. It is this prayer that had brought us all together. Only recently did I learn about Centering Prayer. I find a refreshing freedom in releasing my time into God's time.

A formal break was not scheduled so each person was free to attend to her needs as needed. The refreshment table was deliberately set with simple foods that Jesus might have taken on a journey: nuts, fruits, breads.

The assembly was divided into three groups which rotated among three experiences: the labyrinth, the chant, and the movement. Walking on the labyrinth canvas carpet felt like entering another world. The switchback lines leading into and away from the center re-created in microcosm the journey of life. The chanting involved singing of the Psalms in unison and repetition. The movement with arms was done seated. The inhale and exhale of deep breaths was like the sound of a rush of a mighty wind.

At the end of the morning, reactions to the day's experiences were shared in a closing assembly: the labyrinth showed to me unintentionally that I may need to be in the same place twice. The chanting in the background gave a fluidity to all three experiences. The breathing and moving exercises released a tightness in my body. Walking prayerfully provided me a spiritual motivation for physical exercise.

Perhaps the day's instruction was best expressed by the psalmist. "Return, O my soul, to your rest; for You, O Loving Companion Presence, bestow grace upon grace." Psalm 116: 7

Fay Chang

News from Northern North County

The Temecula Centering Prayer Group has been meeting for over 5 years. We currently meet at St. Thomas of Canterbury Episcopal Church at 4:00pm on Wednesday afternoon. We are currently studying *The Loving Search for God* by William Meninger. Our attendance varies from 4 to 8 or more. Many of us stay for the 5:30pm Eucharist/Healing Service that follows our meeting.

Bob Dudley

CONSD and COSD Events

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 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

AUGUST 25, 2007

Half Day Retreat

"Sacred Rest"

Time: 9:00 – 12:30

Location: Lutheran Church of
The Incarnation
Rancho Bernardo

OCTOBER 6, 2007

Centering Prayer
Introductory Program
Rancho Bernardo
Presbyterian Church

OCTOBER 27, 2007

Special Event

"Contemplative Dying"

Speaker: Bryan Mc Nutt, M. Div.

Location: TBA

December 8, 2007

Annual Advent Half Day
Retreat

Location: TBA

SPECIAL VIDEO EVENT ON JUNE 16, 2007

Half Day of Prayer

Save the date and plan to attend a very special video event from the "Sages Of Our Ages" series. It is entitled "The Contemplative Life" and is filmed at St. Benedict's Monastery in Snowmass, Colorado. Fr. Keating is featured and his meditations are interspersed with images of daily monastic rituals and commentary from the brothers at the Monastery. Life there is "a process" and, in the words of Fr. Keating, the daily rituals of a Trappist monk involve "...a friendship going on with Christ that is tangible, not a one way street." There will be periods of Centering Prayer, faith sharing, and discussion. Please join us at St. John's Catholic Church in Encinitas for periods of Centering Prayer and the video from 8:30AM to noon. For more information call Sue Hagen at (760)745-8860.

In Centering Prayer
you are not *doing* nothing
You are
being nothing

Fr. Thomas Keating

For information about CONSD events
call 760-745-8860 or email
CONSD@cox.net

A registration form for CONSD events
is on page 10.

For information about COSD events call
619-226-6000 or email
contemplativeoutreachsd.org

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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 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	760-745-8842	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	Marlynn 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: 4:00 p.m.

CONSD Servant Leadership Team

(For phone numbers, call 760-745-8860 or email consd@cox.net)

Leadership		Outreach	
Servant Leaders	Service Teams	Contacts	Outreach Program
Chris & Sue Hagen	Co-Coordinators	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 Bacheller, Joan Van Horne	Hospitality		
Janet Williams	Registration		
Jeff Dasch	Financial Support		
Winnie Baumer	Correspondence		
Alicia Annas	At Large		
Anne Alferos	Webmaster		

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

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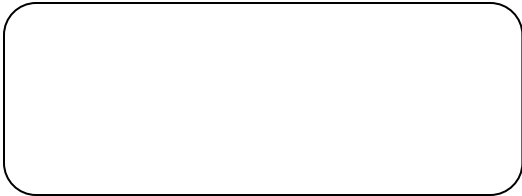
Mailing Committee: Rebecca Crowley and the Prayer Groups from Poway and Rancho Bernardo

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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

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

✂

CONSD Registration Form

ALL-INCLUSIVE REGISTRATION FORM FOR CONSD WORKSHOPS, RETREATS, AND SPECIAL EVENTS

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 \$ _____

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