



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 3 Number 4 November 2008

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Contemplative Outreach Annual Conference

After saying this, Jesus raised his eyes to heaven and said:...May they all be one, just as, Father, you are in me and I am in you, so that they also may be in us, so that the world may believe it was you who sent me. I have given them the glory you gave to me, that they may be one as we are one. With me in them and you in me, may they be so perfected in unity that the world will recognize that it was you who sent me and that you have loved them as you have loved me. John 21-23 (NJB)

Chris and I are so grateful that we were able to attend our annual Conference in Pittsburgh from September 24-28, 2008. The theme was "Oneness: Unity in Contemplation" and featured weekend presentations by Fr. Laurence Freeman of The World Community for Christian Meditation and Fr. Thomas Keating. A lively dialogue between the two men and a moderated discussion were also part of the program. Prior to the weekend we were given the final version of the Contemplative Outreach Vision Statement and Theological Principles.

We participated in three "Wisdom Circles" and the topics were Centering Prayer Groups/Facilitators, Servant Leadership and Chapters and New Technology. In these circles we explored new ideas, shared our vision and discussed our lived experience which allowed us to learn from our "collective minds." In addition to the Regional meeting and Business meeting we attended a Workshop on "Community and the Contemplative Life." On Sunday we had an hour long ecumenical closing with prayer, Taize chants, a homily by Fr. Thomas and Lectio Divina.

As I have said to many of you, the experience of being in Centering Prayer with nearly 400 people and participating in the various circles and workshops cannot be described in words. Each moment was a treasure that lingers deep within my heart.

~Sue Hagen

CONSD Presenter Training

CONSD is pleased to announce that our Chapter is sending two members to Presenter training in early November. This formation will be at the Mercy Center in Burlingame. We are delighted that Corinne Helena and Fr. Larry Hart will soon be added to our roster

of Presenters. This has been made possible by your generous donations to our Chapter. Many thanks!

~Sue & Chris Hagen

Becoming the Word of God: Lectio Divina

A local version of Contemplative Outreach's Living Flame program, a series of once-a month Saturday gatherings designed to deepen participants' understanding of Centering Prayer and the spiritual journey, began in September 2008 with a focus on the practice of *Lectio Divina*, or "Divine Reading." A group of seasoned practitioners convened at St. Bart's Episcopal Church in Poway to "taste and see" an approach to scriptural prayer that has roots in antiquity and great relevance for the modern contemplative. Our wonderfully down-to-earth presenter, Mike Potter, introduced us to both the scholastic and the monastic forms of *Lectio* – emphasizing community forms of this prayer and modeling ways to lead *Lectio Divina* in small-group settings.

Group *Lectio Divina* typically progresses through four "movements" or "moments" of prayer: *lectio* (listening / reading), *meditatio* (reflecting / pondering), *oratio* (responding), and *contemplatio* (resting). Recognizing that the Spirit is alive in the Word and always ready to interact with our personal and collective experiences, the prayer begins with a volunteer reading a selected passage of scripture aloud. During the initial moment, or *lectio*, listeners are invited to become aware of a word or a phrase that particularly catches their attention. After a minute of silence for reflection, participants may share the word or phrase that resonated with them. Then, the passage is read aloud a second time as the group moves to the moment of *meditatio*. This time, participants are invited to become aware of any reflection or thought that emerges as they listen. After another minute of silence, those who wish to share their reflections with the other group members may do so. As the prayer moves into the next moment – *oratio* – the same passage is read a third time, and participants are asked to be alert to any response or prayer that spontaneously arises as they hear this word of God. Simply sit and rest in the word of God for several minutes, allowing God to communicate with them in the silence of their hearts.

Again, after a minute of silence, the listeners may share these prayers and responses with the group if they feel moved to do so. Finally, with the fourth moment of the prayer, *contemplatio*, the participants listen to the word of God one more time. After this last reading, the listeners

This Saturday gathering revealed just how profound an experience *Lectio Divina* can be for groups of contemplatives. With each reading, each movement of the prayer, the Word sinks in more deeply, opening the heart, awakening the mind, nourishing the soul. Listening to the reflections and responses of other group members can be a vital part of the prayer. As several participants mentioned, grace flows when one hears what others have to share – perhaps we are opened to (or challenged by) some hitherto unseen nuance in the scriptural passage; perhaps our own responses are validated and deepened when we find others responding in similar ways; perhaps the entire *Lectio* process is just what we needed to experience at the time, as the Holy Spirit inevitably finds a way to speak directly to who we are during those moments of the prayer.

Lectio Divina and Centering Prayer are two distinct – but complementary – prayer forms. Centering Prayer is a more receptive, passive, "surrendering" practice in which we let go of thoughts, images and insights. *Lectio Divina* is a more concentrative, active, "engaging" practice in which we focus on certain thoughts, images, and insights. While Centering Prayer helps us overcome the obstacles to a deeper relationship with God, *Lectio Divina* invites us to focus on the terms of that relationship. Thus, these forms of prayer are mutually supportive. Over time, as we continue to rest in intimacy with God through the stillness of contemplative prayer, we are also able to hear the Word of God in scripture at ever-deepening levels. Our energy is further united with the divine energy, and transformation ensues: we become the *Word of God*.

~Mary Williams

"It is not so much what we do but what we *are* that allows God to live in the world. When the presence of God emerges from our inmost being into our faculties, whether we walk down the street or drink a cup of soup, divine life is pouring into the world."

~Fr. Keating, *Open Mind Open Heart*, p.63

An Intensive Retreat at St. Benedict's Monastery

My decision to attend a ten day Intensive Retreat at St. Benedict's, Snowmass, CO was not made in haste. I had thought about it for several years, had discussed it with Centering Prayer friends, and family, and had prayed about it a lot! In fact I now realize I had even written about it in our CONSD Newsletter over a year ago. Those of us attending a half-day retreat last year in Encinitas were treated to a very fine video filmed at Snowmass. I was asked to write about that retreat, thereby reviewing the video and I said, "makes one want to make the pilgrimage ASAP". I can now say I have been there and participated in a most joyful, inspiring, enlightening, learning, rewarding, humbling, and quieting experience ever. I worried about having to "be quiet" for ten days. The silence, too, was a blessing, indeed.

The moment one steps inside the Retreat house and is greeted and welcomed by the friendly warm retreat staff, you know "all will be well". Love abounds at Snowmass! These lovely women not only led the retreat, they led us in our daily silent sits, prepared three delicious wholesome meals each day, even read to us from Father Keating's "Open Mind, Open Heart" while we enjoyed our breakfast and dinner (lunchtime) in silence. At suppertime, we enjoyed getting to know one another. Talk time!!

Prayer time was very special, often starting as early as 5 AM, in the quiet and the darkness of the Prayer Room at the Retreat House. The format was 2/3 20/30 minute sits with a meditative walk between prayer times. We gathered together for Centering Prayer 3 times every day. That time together with one another knowing God was present was awesome! One has to experience it.

We were privileged to watch over several days, Father Keating's entire set of videos explaining and teaching the process of Centering Prayer leading to Contemplative Prayer and to Divine Union. Those who know me know I have been quite verbal in the past about my doubts on the necessity for watching the videos in our weekly prayer time together. I am now "getting it" and I thank the Lord for keeping me positive and "on the journey" and Father Keating for his wisdom in

presenting this to all who will listen.

Even the weather cooperated. The nights were cool, cold by San Diego standards, but the days were sunny and even warm at noonday. One rainy day produced beautiful snow capped mountain peaks overnight and the full moon each night following gave sight to lovely landscapes after dark. We watched as the aspens changed their color to golden contrasting with the evergreens and the brown earth. The valley itself seemed sacred.

We were all invited and welcomed to attend all worship services at the Monastery. They began at 4:30 AM with morning lauds, mass after breakfast and vespers in the evening. The small bookstore offered an extensive selection of appropriate reading material as well as a good selection of religious gifts and mementos, plus the famous cookies made at the monastery.

There is plenty of free time for reading, journaling, walking, hiking, and more prayer and introspection. For me, the extended Centering Prayer times were very beneficial. I'm finding I'm taking more time from my daily routine now to spend with the Divine Therapist.

The diversity of my group, geographically and professionally, impressed upon me the effects Centering Prayer has had upon the interest and need for increasing Christian spirituality in the United States and beyond. Fourteen states and three other countries were represented in the group.

When I decided to go to this wonderful Intensive retreat, I felt I would probably "go it alone" since Silence is the theme and I was worried about being able to keep it, especially if I were with someone I knew. As it turned out, I was privileged to share some time there with a friend from my prayer group here. It was comforting to share time and experiences with someone I know. I encourage you to prayerfully consider the possibility of including this type of retreat into your future plans for advancing your commitment to the spiritual journey we share. Remember, all things are possible with God! Blessings to you my friends.

~Sherlene Mollerstuen

Living Flame Update

On Saturday November 22 Marge Rafferty will speak on "The Formation of the False Self." Marge has been involved in Centering Prayer since the early 1980's when Fr. Thomas visited the Tampa Bay area as a guest of the Catholic Charismatic Renewal statewide. The founder of the Living Flame, Monica Freeman, carried the torch that he lit in this area and she was the first Coordinator for this area until Marge and her husband, John succeeded her around the mid 90's. Marge has been a part of the Living Flame since its inception doing workshops on the false self. Trained in social work, she was doing these workshops at a Christian counseling Center she founded and Monica saw its relevance to those doing Centering Prayer. Monica introduced Marge to St. John of the Cross and she named the program, Living Flame. Marge is on the National Faculty of Contemplative Outreach as the Coordinator of the Living Flame Program nationwide.

On Saturday January 31, 2009 Mary Dwyer will speak on "The False Self in Action." Mary is a licensed Clinical Social Worker living in Erie, Pa. Her day job is working for a children's agency as Director of the Children's Mental Health Outpatient Service. Mary has been practicing Centering Prayer since the late 1980's. She lived at Chrysalis House with Mary Mrozowski, David Frenette and Cathy McCarthy from 1990 to 1992. Mary lives on the banks of Lake Erie with her three fur balls (2 cats and 1 dog.) Mary is a former Chairperson of the Contemplative Outreach Faculty and is currently a member of the Welcoming Prayer Service Team. Mary gives workshops and retreats throughout the U.S. and Canada. We welcome both of these Presenters to CONSD!

~Sue & Chris Hagen

Our Journey toward a Prayer Group

In the spring of 2007, I visited Rev. Earl Guy's office at the First United Methodist Church of Escondido to ask if I could post some Centering Prayer Introductory Workshop flyers in our church office. He looked at me with a smile and then said, "I've wanted to start a Centering Prayer group here at the church for some time, and now God's sent me you." My heart skipped a beat, and I realized that this was the beginning of a new era.

Two months later we held our first meeting. But before forming the group, I had manned a table between Sunday services promoting the Introductory Workshop, and, at our Women's Retreat that spring, led the women in a time of Centering Prayer. From the contacts I had made, Rev. Guy and I thought we had enough interest to start a group. At first the membership of the group fluctuated for many reasons. But by fall of 2007 we had a good number of regular members, and we decided to host an Introductory Workshop and follow-up sessions at our church.

From this core group we have continued to grow and have an average attendance of 10-12 people and about

20 on our e-mail list. Then, last winter the retired Rev. Allen Bryan and his wife Marsha joined us. Allen has an amazing background in spiritual growth and development.

At first I felt intimidated by his knowledge and wisdom, but he soon put me at ease saying that it was wonderful to just find this spiritual community and participate in centering prayer again. Before Lent, however, I convinced him to do a Lenten study. This summer he agreed to lead a study on *The Cloud of Unknowing* for which he created extensive materials. Allen brings resources, humor, tremendous understanding, and inspiration to his presentations.

Our current study is Cynthia Bourgeault's *Centering Prayer and Inner Awakening* in anticipation of her presentation in January. We're also pretty prompt about our meeting time and begin the prayer very close to 4:30 since a number of the group need to leave right at 5:30. We meet at the Methodist church in Escondido every Monday in the Lounge. Join us anytime.

~Linda Dollins

Discerning Your Spiritual Gifts: A Workshop

Our day-long journey of discovery began early on the morning of Saturday, October 11 when some 50 of us gathered in Encinitas at St Andrew's Episcopal Church. There we learned that Chris Hagen, our intrepid CONSD Co-Coordinator, had graciously volunteered to substitute in leading us on the day's journey – which turned out to be a true blessing as he was able to frame the road to discerning our spiritual gifts from the contemplative perspective.

Masterfully, he led us along these four paths of discovery:

1. The nature of spiritual gifts
2. How to identify our spiritual gifts
3. How to apply our gifts to God's service
4. How to continue developing our gifts throughout our lives

Along the first path we discovered that, along with the gift of faith, God has selected each of us to receive certain special gifts (or abilities) for the purpose of lifting up the Body of Christ through service. These gifts are a channel through which the Spirit is able to minister through us to the body of Christ. Because we do not choose, earn, or deserve these gifts, they are not self-evident. Therefore we need to discover and develop them.

This need directed us onto the second path where, ably guided by Mary and John Wavrick, we filled out a Spiritual Gifts Inventory, a self-guided questionnaire that helped each of us uncover and understand what our unique God-given dominant and subordinate spiritual gifts are.

The third path was one of enlightenment that focused on an expanded and ennobled idea of service – from God's viewpoint. Chris reminded us that we are given our spiritual gifts not for our own work, but as channels of service through which the Spirit carries out Christ's work in the world. He stressed that “our special gifts are meant to be used in our daily lives to bring glory to God and to serve the needs of others.”

According to Fr. Keating: “Service is more than helping or doing a task. It is a way of being. It is a call from God inspired by Divine Love.” And, as such, it fosters our soul's transformation. He then pointed out some of the areas of service in which we might consider applying our spiritual gifts: at home, with family; with friends; in our community; in our church; and, of course, in CONSD.

On the fourth path, we learned that identifying our unique spiritual gifts is just the beginning of a lifelong process of developing them. Chris reviewed a series of techniques that can aid us in fully exploring our gifts and pointed out that Centering Prayer not only helps us to refine our gifts, it also helps us find those areas of service in our lives where our gifts best can be used. He closed with these two empowering quotes from Fr. Keating about the nature of contemplative service: “One who lives in service to God's will no longer needs to be seen, to be first, to be recognized, to be useful, or to be in control. The seeds of service are sown in our hearts at conception and are an integral part of our basic core of goodness. The silence of Centering Prayer creates a space within for the seeds of service to be cultivated over time.”

Each of us ended this day's enriching journey of discovery grateful to be newly aware of our unique spiritual gifts, of ways they can relate to God's service and be developed, and especially for the transformative power of Centering Prayer in supporting our progress on this lifelong journey of spiritual gift development and service.

~Alicia Annas

An Opportunity to Serve!!!

CONSD'S Hospitality Team needs help. The members of the current team have served beautifully and faithfully, but now they must focus their services in other parts of their lives. Please call Sue Hagen or more information, if you feel called to serve on this team.

~ Sue Hagen (760) 745-8860

Training in St. Louis, July 18-25, 2008

CONSD identified a need to train more facilitators to conduct the six week continuing sessions offered after a Centering Prayer Introductory Workshop as well as continue to enhance our support for prayer group facilitators.

To help address that need, Rebecca Crowley, a co-facilitator at the Community Church in Poway, attended Facilitator Training in St. Louis, Missouri, for a week in July with thirty people from all over U.S. and Canada with varying backgrounds and years of experience with centering prayer. This was the first time that CO has offered a facilitator training aimed at developing people who will support and train facilitators back in their local regions of the country.

The nine topics in the facilitator curriculum were presented by Bonnie Shimuzu over the week with Susan Komis presenting supplemental enrichment material on four evenings. The week included a review of the Intro Program four conference topics and the six video presentations shown at the continuing sessions, listening skill and question answering exercises, discussion of the guidelines for sharing in a group, resources provided by C. O. and its organization, a review of the Facilitator's Handbook, and a variety of formats for prayer group meetings. Evening presentations focused on the following topics: "Common Obstacles to Continuing A Centering Prayer Practice after Workshop", "Stages of Prayer as Related to Faith Development", "Stages of Groups from Experience to Maturity", "Soul Friend-ing", and "Golden Nuggets of Contemplative Service". The discussions during the training and at evening meals were full of wonderful personal stories as well as a wide variety of information about how different groups do things at the prompting of the Spirit. I will be working over the next year with a team of long time CONSD facilitators to develop one set of training for continuing session facilitators and another for supporting small prayer group facilitators. The hope is to offer a strong program to facilitators in the local area at a minimal cost and time commitment.

~Rebecca Crowley

Upcoming Very Special Events

Please plan to join us on December 6, January 16-17 and May 16, 2009 for three very special events! Susan Komis will be with us at Coastline Community Church in Carlsbad on December 6th from 9:00 AM to 3:30 PM. This day will focus on "Illumination: I am the Light of the World"...John 9:5. As we move into the season of Advent we invite you to take time away from ordinary life to explore and savor the extraordinary mystery of the coming of Christ within the Earth and within you.

Cynthia Bourgeault will be with us on the evening of January 16 and Saturday the 17th at St. Bartholomew's Episcopal Church in Poway to discuss and amplify on her book "Centering Prayer and Inner Awakening." As we move into the New Year we invite you to delve more deeply into your practice of Centering Prayer.

Fr. Thomas Keating will be with us on Saturday May 16th at St. John's Catholic Church in Encinitas. His topic has not yet been selected but do plan on spending this day with our dear Fr. Thomas

~Sue & Chris Hagen

"Sacred Darkness" Retreat

On Saturday, August 23, seventy CONSD contemplatives came together to share in the "Sacred Darkness" retreat. Thoughtfully designed by Evie McGreevy, we were guided by her intuitive wisdom to journey through our understandings of what the spiritual term of "darkness" means in our life.

As an ancient and archetypal symbol, darkness stands for that which envelopes us and makes us unable to see or comprehend. Evie defined darkness as the refusal to be receptive to what is most difficult in our lives whether that be loss, illness, or feeling unloved, inadequate or despairing. Our struggles may involve feelings of great sadness or loneliness, of rage and being out of control, of greed and never feeling satisfied. Darkness thusly defined is a poignant part of the human condition. Evie reminded us that the greatest pain in these difficulties lies in our resistance. (Continued on page 7)

"Sacred Darkness" Retreat (Continued)

This resistance is not only hurtful, it "is the origin of suffering." Not being in control may be unnerving and yet also a reassuring gift. Not knowing, not being in control can open us to the freedom of becoming more receptive and malleable to the shifts of life. The darkness itself is not sinister. A transformative process, it is hidden and in secret, beckoning us within the inner life and yet beneath our understanding and conscious control. The darkness might be part of us, but it is not our wholeness if God's love is peppered within as "the little pieces of light in our own darkness".

Evie asked us to consider personal questions that had not yet found answers during our time in the retreat. What were some of the questions that we could take with us into our silence? "Is God wanting to release me from any repressed resistance?" "Is God wanting me to have open receptivity to "what is"?" "Is God wanting me to be free of suffering and pain that I am unconsciously holding on to and have been asking God to take away?"

During the three hours, we sat in silence. We walked around the chairs in silent meditation. In silence we listened to the soft music of Ange Dee, and we observed the sacred movement of Elena Andrews. In our silence we heard the melodic chanting of Avril Bland, and throughout, in silence, we let Evie's kind voice

Towards the end of the retreat, Evie expectantly asked us to speak of our thoughts, feelings, and faith. I told how, as a little girl, I shared a small bedroom with my two sisters. We each had a bed against one of the room's four walls. The fourth wall was occupied with two doors, one to the closet and the other opening out into the living room.

Every night, after chatting about the day and as soon as slumber beckoned, my sisters and I began our ritual of bartering for just how ajar that opening door would remain. The issue was light versus darkness. My sisters wanted as much light as possible. I preferred complete darkness. Both scenarios offered comfort depending upon your perspective. Most can identify with the reasoning of my sisters. As for me, I loved the protective cocoon of darkness, knowing that the light of the secure love of my parents surrounded me on the outside of that deep, rich darkness.

St. John told us that "the light shines in the darkness, and the darkness comprehends it not." Scripture acknowledges that we might not have the answers to our "dark night of the soul", our "dark night of the spirit", or our "dark night of the senses", but that the light exists therein nevertheless. How do we take this into our understanding?

I think first of all, we do so with the reminder that Evie shared that everything is sacred, even the darkness. That sacredness assures us that God is in and surrounds all. Life then becomes more than coping and adjustment. There is meaning to it, and the meaning is the light of love. Darkness is recognized as a spiritual process of disengaging us from attachments and compulsions and empowering us to live and love more fully, more consciously engaged.

Secondly, we resist not the darkness. Not resisting is the vision of surrender. We turn the cheek to the darkness, not in denial of it, but in acceptance. We then expose the other cheek and acknowledge full vulnerability to that which is. We acknowledge, and embrace, and surrender to the darkness and recognize the gift of being immersed in mystery, of not knowing the answers. This is trust. This is faith. This is taking our questions into our silence and listening, observing, and being in trust and in love with the all of it.

We were gifted towards the end of our time together with one of our beloved Father Thomas Keating's quotes: "The spiritual life has nothing to do with actually getting closer to God. It is simply a journey of consciousness. In the darkness we feel we are not in union with God. Union with God is neither acquired, nor received, it simply is. It needs to be realized. With God's grace it is found. With God's grace we realize the center of the soul is God. In the very center of the darkness we will find God."

And the final act of beauty of the retreat was the gift of music shared with us from Merrilee Melvin. The words, so wise and so comforting, echoed in the room and in our hearts like the soothing balm of Gilead, like the light of the love of God. "All shall be well, all shall be well, all manner of things shall be well"

~Parth Domke

CONSD AND COSD EVENTS

CONSD EVENTS

2008

December 6, 2008

Advent Event: Illumination: I am the Light of the World

Facilitator: Susan Komis

Time: 9:00 am to 3:30 pm Please bring a sack lunch

Location: Coastline Community Church, 2215 Calle Barcelona, Carlsbad

Suggested Donation: \$35.00

2009

January 10, 2009

Event: Mary Magdalene Apostle Catholic Community, Introductory Workshop Program

Time: 8:30 am to 3:00 pm

Location: Gethsemane Lutheran Church, 2696 Melbourne, San Diego

Suggested Donation: \$35.00

January 16 & 17, 2009

Event: Centering Prayer and Inner Awakening and Attention of the Heart

Facilitator: Rev. Cynthia Bourgeault

Time: Friday evening 7:15 pm to 9:00 pm and Saturday 9:00 am to 3:30 pm

Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Rd., Poway

Suggested Donation: \$50.00 Pre registration is recommended

March 14, 2009

Event: United In Prayer Day

Time: TBA

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2009

April 24-30, 2009

Event: Intensive Retreat in Orange, Ca.

Facilitators: Fr. Carl Arico and Marie Howard. For information call Marie at (310) 823-5863

May 16, 2009

Event: A Day with Fr. Thomas Keating

Time: TBA

Location: St. John the Evangelist Catholic Church Encinitas

Suggested Donation: TBA

December 5, 2009

Event: Advent with Fr. Carl Arico

Time: TBA

Location: TBA

Suggested Donation: TBA

2010

October 29-31, 2010

Event: CONSD Retreat at Prince of Peace Abbey. Details to follow

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

COSD EVENTS

2008

December 10, 2008

Event: Taize Prayer Service

Location: Mission San Diego de Alcalá

Time: 7-8 pm

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

**The Newsletter of CONSD: The
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CONSD Centering Prayer Groups

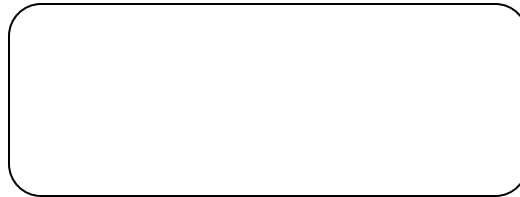
	Area	Leader's)	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 p.m.
2	Del Mar (2)	Kathy Agnew Susan Siciliano	858-481-8754 858-792-6988	Home of Carol Walsh (Call for directions)	Mondays: 6:30 p.m.
3	Encinitas (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. Andrews 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	Debbie Lindsay	951-698-8368	Home of Debbie Lindsay 23511 Silverwood, Murrietta	Thursdays: 12:30 p.m.
10	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey 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	Thursdays 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: 7:00 to 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	Amanda Rines	951-245-9962	St. Thomas Episcopal Church Sanctuary 27655 Jefferson Avenue, Temecula	Wednesdays: 4:30 p.m.

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Address _____ City _____

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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