



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 4 Number 4 November 2009

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Contemplative Outreach Annual International Conference

Chris and I were so privileged to be among 400 plus people at our Annual Conference in Chicago Sept. 24-27, 2009. The theme was "Consenting to Divine Love: 25 years of Contemplative Outreach." Due to illness Fr. Keating was unable to attend but his presence permeated the entire conference.

After being warmly welcomed on Thursday evening, Regional meetings were held on Friday morning. About 15 members from our Pacific Coast/West Region attended and shared all that was going on in their Chapters. Four Workshops were held in the afternoon and they were aimed at practical needs for Chapters. On Saturday four Spiritual Enrichment Sessions were held. They were "The Sacred Breath of God", "Divine Compassion: A Fruit of Centering Prayer and Contemplative Service", "The Human Condition and Divine Therapy," and "Lectio Divina-Praying with Scripture."

A festive banquet and program to celebrate **25 years** of Contemplative Outreach was held on Saturday evening. Sunday morning began with the Eucharist and was followed by the annual business meeting and an ecumenical closing where we anointed one another and dedicated our service to Contemplative Outreach for the next 25 years. During the Conference Chris and I experienced a oneness with everyone, truly a gift of Centering Prayer. Make plans for Atlanta next year!

~Sue Hagen

Radiant Beams

Our God who art here and now, hallowed be thy name. Thy loving kindness come; thy tender mercies be done on earth as it is in heaven. Give us this day our daily health and forgive us our anxieties as we forgive that which causes our anxieties. And lead us not into disease but deliver us from destruction. For thine is the love and the joy and the peace forever. Amen

Packed with gentle silence, the parish hall exuded the God-likeness of the attendees: thirty-six women and four men. We had come to share in centering prayer to be played out in three periods of twenty minutes of silence each. In between those seated sessions, we quietly walked about indoors and out, observed and lit candles, considered photos and words celebrating the theme of Sacred Darkness and Light. One hymn especially amplified this theme:

Holy Darkness, blessed night
Heaven's answer, hidden from our sight.

(Continued on next page)

Radiant Beams (continued)

Chris and Sue Hagen alternately read scriptures and played meditative music. Mary Williams led us in a deeply moving period of Lectio Divina. Absent from her usual facilitator role was Evie McGreevy who had just begun her chemotherapy. Even then she had meticulously prepared the program offered by the Contemplative Outreach of North San Diego County.

This half-day 2009 midsummer retreat held at St. Thomas More Church in Oceanside included a liturgical dance by Elena Andrews. Her movements poetically mimed the sadness of crouching in darkness and then the joy of opening to the light. The centerpiece displayed on the floor was a quilt of radiating batik pieces in colors ranging from somber to bright from the center to the borders. We were asked to picture some form of light like a star shining above and around the quilt. I pictured a constellation of holy lights emanating from each participant.

In my usual navigationally challenged manner, I got lost driving to this retreat. I circumnavigated the hills of Vista for twenty minutes. Then because of insomnia the night before, I fell asleep during each of the prayer periods. With only momentary doubt, I decided that relaxation was part of the blessing. Toward the end of the morning, as I struggled to open a plastic bottle of water, the gentleman sitting next to me extended his hand for the bottle and twisted the cap. I was struck with the simplicity of the act. Yet it resonated with these words from Matthew 25:35:

I was thirsty and you gave me drink.

The ambiance at this retreat is best described by Isaiah 30:15:

In returning and rest you shall be saved;
In quietness and in trust shall be your strength.

~Fay Chang

About Centering Prayer

“Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern,”
Matthew 6:32-33.

The spiritual journey, or process itself, is what Jesus called the Kingdom of God. This is a very important point. To accept our illness and whatever damage was done to us in life by people or circumstances is to participate in the cross of Christ and in our own redemption.

In other words, the acceptance of our wounds is not only the beginning, but the journey itself. It does not matter if we do not finish it. If we are on the journey, we are in the Kingdom. This seems to be what Jesus is

saying in the parables. It is in bearing our weakness with compassion, patience, and without expecting all our ills to go away that we function best in a Kingdom where the insignificant, the outcasts, and everyday life are the basic coordinates. The Kingdom is in our midst.

*~Fr. Thomas Keating,
Intimacy with God*

Centering Prayer goes to College

In my Philosophy of Religion course at Palomar College, I have been expanding the coverage of contemplative traditions. Buddhist meditation and mindfulness have been the classroom focus for the traditions of Asia. Hinduism is another tradition that has a very foundational emphasis of stillness of body, mind, and emotion—of inviting a state that transcends busyness and circumstance, even time, space, and personal identity. The traditions of the Near and Middle East have contemplative or mystical elements as well.

I have also now added to the course a focus on religious practices of individual piety, devotion, introspection, or “presence” that go beyond creed and public ritual. Into this mix of practice and contemplation, Centering Prayer has fit very well. In addition to offering extra credit opportunities for students to learn about Centering Prayer, I invited Sue and Chris Hagen of Contemplative Outreach of North San Diego to speak to my classes. They enthusiastically accepted the invitation, and arrived on campus on a Wednesday (on the heels of their arrival home from the CO Annual Conference in Chicago) and on the next day, Thursday, to speak separately to each of my two Philosophy of Religion classes. They were received very well by the students, and in the brief time during which we engaged in the prayer—and for a few moments afterwards--the classroom was notably still.

Some students joined me in a voluntary reading group to discuss one of Father Keating’s books. We met at Starbucks, and for this activity there wasn’t even the offer of extra credit in the course.

I am expecting a number of my students to join me at Father Arico’s December 5 Advent talk. It is clear that Sue and Chris’ visit generated interest. We have had, since then, student attendance at the October 3 Introductory Centering Prayer Workshop and interest in the Centering Prayer Group in Temecula.

In an upcoming field trip to the Anglican monastic community of Mount Calvary in Santa Barbara, students will join me in an additional workshop on Cen-

tering Prayer, led by Brother Roy Parker. Both Christians and non-Christians in the classes have become aware of an intriguing depth in religious practice through a contemplative dimension that is new for them.

~Zachary Seech
Philosophy faculty
Palomar College

A Special Invitation

The Episcopal Diocese of San Diego is holding a Diocesan Ministry Day on Saturday, November 7th and Chris and Sue Hagen have been invited to participate. We have been asked to present two hour long workshops on Centering Prayer.

Last years Ministry Day was attended by over 200 people so we are anticipating a wonderful opportunity to bring others to the Prayer.

~Sue Hagen

Advent Event

Fr. Carl Arico has once again accepted our invitation to speak to us during Advent. His talk, “Advent: Wake up to Divine Compassion” will be held Saturday December 5th from 9:30am to 1:00pm at St. Bartholomew’s Episcopal Church in Poway. The suggested donation is \$35.00 and pre-registration is strongly recommended as seating is limited. Fr. Carl is Vice President of Contemplative Outreach and the author of “A Taste of Silence.”

He will bring his insight, clarity and well-known humor to our North San Diego area again to help us spiritually focus in this busy and holy season. Please join us for a half day of renewal.

~Sue & Chris Hagen

Living Flame II – Desert Ammas & Abas – Sept 19, 2009

Contemplation, meditation, loving silence, thoughtful discussion and fascinating information all sum up for me my first Living Flame experience. Rickey Cotton came all the way from Florida to teach us about the Desert Ammas and Abbas, who as I understand them, were the forerunners of the monastic movement. One of the things that impressed me about them was that they were generally not highly educated people and that they were consumed with the search for God.

We began the day with two periods of Centering Prayer punctuated by a meditative walk outside in the courtyard at The Lutheran Church of the Incarnation. Rickey then began his presentation of these most interesting people. The first two he told us about were Abba Abraham and Amma Maria. It was a remarkable story that was so timeless in that it could easily take place today. Abba Abraham lived in the desert for 20 years and was looked upon as a spiritual director. In this story of shame, forgiveness, redemption and healing, Maria is Abraham's niece whom he teaches and cares for after her father, Abraham's brother, dies. When she is older she is seduced by another monk, she flees in shame and becomes a prostitute. Abraham doesn't know her whereabouts and searches for her for a long time. When he finally finds her, he disguises himself as a soldier and plays the part of someone who wants to pay for her "services." Alone with her, he reveals his identity and convinces her of God's love for her regardless of what she has done in her life. She finds forgiveness and redemption and returns with Abraham. Three years later she receives the gift of healing and goes on to become recognized as a spiritual leader.

This is just one example of the lives these people lived – lives that were in many ways unique but at the same time not so very different from you and me. After learning about several other Ammas and Abbas, Rickey led us through a meditative reading entitled

Our Desert. This reading directs each us to confront our own desert in facing all aspects of ourselves. It says "The desert is the call to go beyond oneself and be transfigured in the presence of the Holy One." It is a necessary stage and an integral part of the spiritual journey.

Then came a silent lunch, two more periods of centering prayer with a meditative walk in-between, and further information from Rickey. He gave us ample opportunity to ask questions, which led to very thoughtful and insightful discussions. The second meditative reading was from *In the Heart of the Desert* by John Chryssavgis. What struck me about this reading was that it said that our desert experiences need not be as challenging as actually living in the desert. And most of the time they probably aren't. They can come in seemingly insignificant moments that we might miss if we are not paying attention, such as when we are waiting in a long line or caught in traffic. One of mine came today when I thought my husband took the chicken salad I had bought for myself to work with him!

In our small groups, we received a short list of questions that gave us the chance to deepen in our understanding and experience of the information we had been presented. Back in the large group again, each of shared something that was meaningful for us during the day – the meditations, the Centering Prayer, learning about the genealogy and foundation of our practice, learning from each other, the utter humility of the Abbas and Ammas and Rickey's enthusiasm for and knowledge of the material were some of the things that had impacted us. We all left having been enriched by Rickey's presentation and our time together as fellow travelers on the spiritual journey. I'm grateful to have been there.

~Nancy Datte

A Moment for Reflection

Don't waste the next years of your life being against anybody, anything, any group, any supposed sin, or any institution. Just go ahead and do it better yourself. It's so common sense when you hear it. As Mohandas Gandhi put it, "Be the change you hope to see in the world."

~Richard Rohr

The Fruits of Revisiting a Centering Prayer Introductory Workshop

My Heart Is Longing, an anthem by Bradley Ellingboe was sung by our choir (San Dieguito United Methodist) on Sunday October, 18th. The title describes perfectly my state of mind when I accepted the invitation to re-experience (at no charge) the most recent "Introduction to Centering Prayer Workshop" held at St. Andrews, in Encinitas in September, 2009. My ostensible reasons for attending were to support the presenters and the people who are new to Centering; including someone from our group who had never attended an Introductory Workshop. I was also curious to see how the presentation has evolved since 2003 and 2006. And I wanted to pick up any nuggets of insight which had either not made it into my consciousness or that I needed to hear again. Often I listen but do not hear.

I was not disappointed with the fruits of my attendance which helped answer my longing for God: Centering with a larger group always gives rise to a richer sense of belonging and connection to God. The simplicity of the practice was presented with warmth and humor by Father Larry Hart and Corinne Helena. Their use of Power Point to project the important text for us visual learners was much appreciated, and our experience was magnified by the use of beautiful photos of the natural world, God's creation. It was a reaffirmation of my commitment to practice the prayer of consent to God's presence and action in my life.

Afterwards, listening to the questions and comments of those new to Centering Prayer, I was reminded of my initial experience. I was also reminded of how close I came to abandoning the practice after the six weeks of follow up. This is another reason for attending: our relationships with others. We never know when a smile, a word of encouragement, or a conversation might be the right invitation to continue on for someone seeking God on this new, silent level.

As to nuggets of insight, I listened and did hear them. They all pertained to the category of "thoughts during Centering." Father Larry suggested that one reaction to thoughts could be called "Holy Indifference" as we seek to detach from them and to open instead our

hearts and minds to God. Another insight is that thoughts are actually a natural part of Centering and an important part of the healing process. What comes up in our minds is not coincidence. Father Larry quoted Father Richard Rohr when he said, "What we do not transcend, we transmit."

Please consider attending an Introductory Workshop; especially if you recognize a tug, a pull, or a longing to revisit your roots in Centering; and you desire to support those who are there but may be just as likely to disappear as a seedling in the wind.

~Beth Ward and the Encinitas 3 Prayer Group

The Monastic Heritage Presentation — Oct 10, 2009

The participants of this Living Flame II presentation were guided along a historical journey through our contemplative history from the practices of the Desert Fathers and Mothers in Egypt all the way up to the teachings of Fr. Thomas Keating. Fascinating stories were shared about the lives and influence of individuals like St. Benedict of Nursia, William of St. Thierry, Meister Eckhart and St. Teresa of Avila. Contemplation is a living tradition gifted from generation to generation like a ball of clay with the imprint of the people passing it – holding it lovingly – and then passing it on as an oral or written tradition. Here is a taste of the delicious wisdoms shared that day by our presenter, Monica Freeman:

- True prayer means change
- Centering prayer – the prayer of the heart
- Real prayer brings us face to face with the false self which is an illusion
- The false self is: what we have, what we do, and what others think of us
- Psychology is the servant of spirituality (Keating)
- Contemplation is to enjoy God
- Early contemplatives went to the desert to be free from attachment to trust but their false selves went with them – through their thoughts
- Centering prayer – our desert

~Corky Kuhlman

St. Bartholomew's Centering Prayer Groups

In hearing that Father Thomas Keating was in the hospital, and then shortly afterwards receiving news that he was doing well enough to return home, I felt a snapshot response of relief. I then experienced the type of thanksgiving that comes upon the heels of avoiding a great loss when one realizes the preciousness of life. I felt gratitude for Father Keating's well-being and also for what I have gleaned from the wisdom of not only Father Keating, but also Cynthia Bourgeault, Father Richard Rohr, and many others who have contributed so much to the contemplative tradition.

In our prayer groups at St. Bartholomew's Episcopal Church in Poway, we have shared much of what we have learned from these wise people. Our two groups, which meet every Tuesday evening, have been in existence for a bit over six years. I have been privileged to be praying with these wonderful people for five of those years. It took a year of contemplation and rearranging a mother's schedule to make the beneficial decision to join, and how glad I am that I did! I am blessed to know these people, to share prayers and reflections with them, and to be within a community of contemplative fellowship. I can imagine that many of you reading this article who belong to a Centering Prayer group feel as I do – full of thanks.

I have attended both of our groups at different times. Between the two of them, thirty people meet regularly. The warmth of friendship and fellowship is palpable upon entering the room just as it is when we leave to return home. Together and apart, we have prayed for each other, prayed for our friends, for our families, for sons in combat, for spouses and parents who have passed from this life, for children and relatives and those in the group with illnesses. We pray for those we love and we pray for those who require more effort on our parts to understand and accept. We share our stories, our trials and joys, our celebrations and struggles. We listen, we talk, we discuss, we reflect. We relate our tales of grace, and we divulge those moments when we tripped and fell and met our false self face-to-face!

Sue and Chris Hagen have led us into many avenues of study and reflection. We have read and discussed

books on the contemplative life by several authors, and have watched and learned from the many video tapes of Father Keating. All of the teachings that we study have aided in our development both personally and as a contemplative community. Belonging to my centering prayer groups does many things for me. It reinforces my daily practice. It brings me into a moment of deep communion with others who honor and relish listening to God's first language of silence. I find a humility and a honesty in the way those in the groups observe the ways in which our centering practice is transforming us. This interaction is such a vital part of the practice for me. Giving and receiving from those in the groups enhances everyone involved. Sometimes one speaks, sometimes one listens, but always one is enriched in some way.

In all that we do in the group, we always begin from the silence. We start from that inner compass point where we lay open our desire and our intention to simply sit in love with the Source of our Being. And then, we support each other in our growth towards becoming more compassionate, more wise and more fully human. How can one not be thankful for something so healing, so loving, and so preciously profound?

~Parth Domke

Q&A with Fr. Keating

Q. Is personal suffering redemptive and how is that so, if it is so?

A. When our sufferings are joined to Christ's, they become redemptive for us personally. If we accept our own redemption, we have entered into the Paschal Mystery. This is the ultimate purpose of the contemplative life. Christ's suffering was not limited to the torments that the authorities inflicted on him; his chief suffering was our sinfulness and the consequences. When we feel alienated from God, we are very close to Christ, because now we know how he felt in his isolation. The great project that the Father entrusted to Jesus is the salvation of every human being. This is "the mystery hidden from eternity in God" (Eph. 3:9) in which we are invited to participate.

Fr. Keating Transcends Words

Resting in God's Presence

All who have had the opportunity to read Fr. Keating's books and/or listen to his presentations are keenly aware that the meaning of his thoughts and insights is not to be found in the words he utters per se. Rather, his words, like the paint brush of a skilled artist, paint exquisite images of the meaning of his message on the canvas of our mind. Here are some of his paintings:

God as Mother

"We are in God's womb and are always nourished through her umbilical cord. When we were in our mother's womb everything we needed was provided. When we were born the natural umbilical cord was cut. Our umbilical cord with God is never cut. We grow up in this womb of God into the image of Jesus. By entering into Centering Prayer we recognize that death is the birth canal into the next life. It is not the end of life."

God Is Present

"God is present in silence and activity. Silence is experienced in our Centering Prayer. Activity is action that is not done apart from God but is a sharing of God's presence. We are manifestations of God; in this way our action is not something *we* do but something we do *to serve* as God's manifestation."

Humility

"A heart that is humble is a heart that is very close to God without feeling that way. God is humility – God wants to be nothing. He is so humble He shared our death by becoming human."

We Are Children of God

"We carry the genes of our biological parents. We also received a genetic code from our Father, God. Therefore we can manifest him just as we manifest our biological parents."

~Fr. Thomas Keating

One objection to Centering Prayer is as follows: "One is advised to let go of the sacred word just to rest in God's presence: " That advice has to be taken in its proper context and depends on certain steps going before. First of all, letting go of the sacred word in Centering Prayer is not a deliberate choice. Still less is it a permanent disposition. The whole thrust of Centering Prayer is to encourage us to let go of all thoughts. A "thought" in Contemplative Outreach terminology is any perception whatsoever including memories, plans, visualizations, external or internal sensations, feelings, and self reflections. Any kind of reflecting, even to make a choice, is a "thought," and hence, an invitation to return to the sacred word. We suggest returning to the sacred word or symbol only when we notice that we are attracted to some other thought. The meaning of this advice is that with time and regular daily practice one can discern intuitively whether one is disinterested in the thoughts that are coming down the stream of consciousness. Disregard of the thoughts is the sign that the consent of the will is becoming habitual. The will can be directed to God at a very delicate level without having to express its intention in a sacred symbol. Thus, from our perspective, the sacred symbol is not a means of going some place like an elevator. Still less is it a means of bulldozing other thoughts out of awareness. It is rather, a question of cultivating the spiritual level of awareness, which is real awareness, but without particular content.

~Fr. Thomas Keating

Byzantine Prayer

Serene Light, shining in the
Ground of my being,
Draw me to yourself,
Draw me past the snares of the senses,
Out of the mazes of the mind,
Free me from symbols, from words,
That I may discover
The Signified
The Word Unspoken
In the darkness
That veils the ground of my being. Amen

CONSD & COSD EVENTS

CONSD 2009

ADVENT

Date: December 5, 2009

Advent Event: Wake Up to Divine Compassion

Facilitator: Fr. Carl Arico

Time: 9:00am, Hospitality Talk 9:30am–1:00pm

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

Suggested Donation: \$35.00

CONSD 2010

INTRODUCTORY WORKSHOP PROGRAM

Date: Saturday, January 30, 2010

Time: 9:00am–2:30pm

Location: Lutheran Church of the Incarnation
11172 Espola Rd., Poway

Suggested Donation: \$25.00

PRESENTATION

Date: October 15–16, 2010

Event: The Enneagram

Facilitator: Fr. William Meninger

Time: Fri. 7:00–9:00pm & Sat. 9:00am–3:00pm

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

Suggested Donation: TBA

RETREAT

Date: October 29–31, 2010

Event & Location: Retreat at the Prince of Peace
Abbey, Oceanside

COSD 2009

PRAYER

Date: November 7, 2009

Event: Half-Day of Prayer

Time: 8:30am–noon

Location: St. John of the Cross,
8086 Broadway Ave., Lemon Grove.

Suggested Donation: Free will offering. Please pre register

TAIZE

Date: December 9, 2009

Event: Taize Prayer Service

Time: 7:00 pm – 8:00 pm

Location: Immaculate Conception Church
2540 San Diego Avenue (Old Town)

Suggested Donation: Love offering for the poor

COSD 2010

INTRODUCTORY WORKSHOP

Date: January 9, 2010

Time: 8:30am–3:30pm

Location: Guardian Angels Catholic Church
9310 Dalehurst Rd., Santee

Suggested Donation: \$25.00

For CONSD Events call Sue Hagen at (760) 745-8860

For COSD Events call Kathy Di Fede at (619) 749-4141

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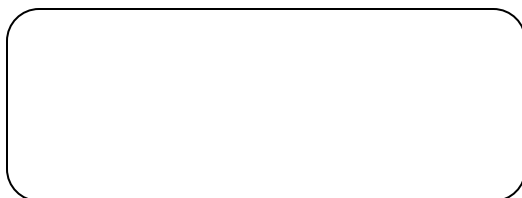
	Area	Leader's)	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 p.m.
2	Del Mar (2)	Kathy Agnew Lori Thomas	858-481-8754 760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Mondays: 3:30 to 5:00 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	Fallbrook (2)	Barbara Hudson	760-728-5791	St. Peter's Catholic Church 450 S. Stagecoach Lane,	Wednesday : 5:00 p.m. to 6:00 p.m.
10	Murrietta	Debbie Lindsay	951-698-8368	Home of Debbie Lindsay 23511 Silverwood, Murrietta	Thursdays: 12:30 p.m.
11	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey McKeon Center Room 19	Wednesdays: 7:00 p.m.
12	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church 1450 S. Melrose Drive	Thursdays: 1:00 p.m.
13	Poway (1)	Elena Andrews	858-451-2098	Saint Gabriel Catholic Church 13734 Twin Peaks Road, Poway	Fridays: 9:30 to 11:00 a.m.
14	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.
15	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 p.m.
16	Poway (4)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 6:30 p.m.
17	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary Catholic Church 537 E Street, Ramona	Fridays: 8:30 a.m. Daily Mass Chapel
18	Rancho Bernardo	Maureen Anderson	858-673-8886	San Rafael Chapel	Wednesdays: 7:00 to 8:00 p.m.
19	Rancho Santa Fe	Marlynn McCullogh	760-436-1924	Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 a.m.
20	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran 2696 Melbourne Dr , San	Tuesday: 7:00 p.m. to 8:30 p.m.
21	Temecula	Amanda Rines	951-245-9962	St. Thomas Episcopal Church Office 27715 Jefferson Avenue, Temecula	Wednesdays: 4:00 p.m.

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