



# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 5 Number 3 August 2010

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## Loving Him Mysteriously

"Don't hide from me in my time of trouble. Pay attention to my prayer and quickly give an answer." ~*Psalm 102:2*

I must be mad to love a God who seems so irreconcilably mysterious. You promise, I believe, and things remain unchanged. Yet I am chained to this love, betrothed to the One who knows me, will not let go of me, pursues me and urges my search. Yet for my searching, He is a wisp when I desire a rainbow, an echo when I wish a hometown to stay a lifetime.

I must have tasted an elixir that keeps me coming back,  
I need an answer quickly, my God to come running, not hiding;  
to be lightning, not shadow; to be healing, not waiting;  
to be lasting, not whying; to be laughter, not crying;  
to be immediate, not remote; personal, not anecdote.

I must be mad to love Him who loves me while I wait  
for answers I cannot see. I will wait with tears if I must,  
appear the fool, for the moment the waiting turns to joy.  
Others have waited longer, gum on the shoes of passers-by,  
while I, well-shod, wish only to hear His footsteps;  
evidence He is on His way. My stomach does not grumble.  
Waiting....

~Mark Phillips, Pastor,  
Assembly of God Church  
Cathlamet, WA  
Centering Prayer Practitioner

## Above all

Above all, trust in the slow work of God. We are all, quite naturally, impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new, and yet it is the law of all progress that is made by passing through some stages of instability—and that may take a very long time. And so I think it is with you. Your ideas mature gradually—let them grow, let them shape themselves

without undue haste. Don't try to force them on as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make you tomorrow. Only God could say what this new spirit gradually forming within you will be. Give our Lord the benefit of believing that His hand is leading you and accept the anxiety of feeling yourself in suspense and incomplete.

~Pierre Teilhard de Chardin

## Reflections on May Retreat: "Follow Me"

I am confident that the Spirit touched the heart of each person in our contemplative community, as we gathered on May 22<sup>nd</sup>, for a morning retreat, based upon the theme, "Follow Me." The experience of the prayer together, the meditative reading of the personal prayer of Henri Nouwen, the opportunity to pray through Taizé chant, and the parting blessing by Fr. Keating were all precious moments inviting us to listen and receive the tender love of our God.

We have heard that silence is God's first language. So it is a challenge to find the words that capture the richness of this half day retreat. The gifts that I received were a re-affirmation of what I have come to know through the practice of Centering Prayer and the community of Contemplative Outreach. "Follow Me" is a simple, single-focused, personal invitation, initiated through God's love, to continue the journey of transformation. Like the sacred word, we place all of our cares into the one care that we may be cared for by the Divine Presence. "Follow Me" also implies that we do not live life by leading, directing, determining, and

deciding by our "ego self." We follow by the only way that we can - by our consent. In Centering Prayer as in our lives, we follow through a trust and a surrender that we are led, and that God is always present. Is not our attraction to silence, the same attraction mentioned in the gospels of those who saw, listened, heard, and pondered Jesus with a deeper knowing? "Who is this who teaches with such authority, not like our religious leaders, the scribes and the Pharisees?" To follow, one must be still, be open, listen, ponder, consent, and trust one's inner knowing of the Divine.

Who is this whom we encounter in the silence, and who touches the deepest part of our being? At our May retreat, my own "inner knowing" of God was nurtured and strengthened. I am grateful for this precious gift which I cannot explain, describe, defend, or rationalize. I trust and I treasure the silence, the prayer, the community, and the process of transformation leading us into life in abundance.

*~Diane Langworthy*

## Plan Ahead!!!

We are delighted to have Fr. William Meninger from St. Benedict's Monastery in Snowmass come to speak to our Chapter again. He will be here on Friday evening October 15<sup>th</sup> and Saturday October 16<sup>th</sup> to present information on the Enneagram. The Enneagram is a way to know yourself and others. You will learn to recognize your hidden, addictive motivations. You can set yourself free by knowing the truth about you.

### What is Your Type?

- Are you the perfectionist? Must you compulsively do everything according to a personal standard of right and wrong in order to be loved?
- Are you the helper? Do you exist only to be real when you are being of service to a significant other?
- Are you the achiever who does not exist according to his own right but only to the extent that he is successfully engaged in some noteworthy task?
- Are you the dramatic romanticist? Must you al-

ways seek recognition in being unique or special?

- Are you the thinker, living only in your head as you seek to discover how it all fits together?
- Are you the loyalist whose fear compels him to devote his energies to a strong support group?
- Are you the optimist? Is pain or boredom your nemesis?
- Are you the boss who must be in charge for anything to get done?
- Are you the laid back moderator resolving or running from conflict?

Which of these personality traits dominates your life? What combination of them? Fr. Meninger recommends reading one of two books prior to his presentation. He recommends "The Wisdom of the Enneagram" by Riso and Hudson or "Discovering the Enneagram" by Rohr. Mark your calendars now!

*~Sue and Chris Hagen*

## Introduction to Our Centering Prayer Group in Del Mar

**Event:** Del Mar Centering Prayer Group

**Location:** St. Peter's, 334 14th Street, Del Mar

**Co-facilitators:** Lori Thomas and Sun Spriggs

**Time:** 4:30 on Thursdays

We are a relatively new group, meeting for about a year. During our first year, membership changed continuously, until a few months ago. There are nine of us on the roster; six of us meet consistently and regularly. We have changed our meeting date and time a few times to accommodate our members' needs – we now meet at 4:30 pm on Thursdays.

We are currently reading and reflecting on Father Keating's *The Daily Reader for Contemplative Living*. We started this reflection in June and will continue for another month with this study and reflection. Before *The Daily Reader*, we practiced Lectio Divina for over

two months. During the seasons of Lent and Easter, immersing in the presence of God through Lectio Divina was particularly a timely gift. Thanks be to God!

All nine members of our group are women. Six of us who meet regularly are getting to know each other. We are mindful of each other. We hold each other in our prayers during the week, when there is a particular need. We are grateful that our paths have converged into our weekly meeting of Centering Prayer. We open our hearts to support each other in her journey. But, above all, we come to Centering Prayer in response to God calling each of us – to be in the presence of God, to hear one word God spoke: "The Father spoke one word from all eternity and he spoke it in silence, and it is in silence that we hear it" (St. John of the Cross).

## How Will I Know When I Am Enlightened?

**Question:** I know a lot of "people of faith," but when I ask them about their faith, they always tell me what they believe. Are faith and belief the same thing?

**Answer:** No, they're not. Belief is about knowing; faith is about not knowing. Belief is about content. I believe this and I don't believe that. Faith is an attitude toward reality, a trusting in what is unfolding without knowing just what that is.

The best faith is fierce: You know that you don't know; you know that you can't know; and yet you embrace the moment boldly, completely, and without hesitation. Fierce faith is cultivated through equally fierce worship. Such worship may be organized or improvised, ecstatic or contemplative. One point that the different kinds of fierce worship have in common is that they do not shore up or confirm your beliefs;

rather, they strip you of belief and wrap you in a "cloud of unknowing."

Fierce faith opens body, heart and mind to a love unbounded by politics and social conditioning; a love that shatters tribalism without eliminating tribes; that burns away imposed differences and celebrates individuality; that consumes conformity, even as it reveals a greater nonduality.

There is nothing wrong with holding beliefs, just do so lightly. But the deeper work is to release your grip on belief and surrender yourself to faith.

~ Rabbi Rami Shapiro

"Spirituality and Health" May-June 2010

## New Addition to Our DVD Library

A very generous CONSD donor made it possible for us to purchase the entire Spiritual Journey series on DVD's. Many churches no longer have VCR's and now we are able to show the series on their DVD's.

Our deepest thanks to this donor who would prefer to remain anonymous.

## Living Flame: Commencement

Saturday, April 10<sup>th</sup> was ‘graduation day’ for CONSD participants in the Living Flame I and II programs of CO Ltd. Fittingly, the topic for this, our 14<sup>th</sup> and final session, was “The Night of Spirit”.

Our outstanding presenter, well-known to CONSD members, was Susan Komis. In a nutshell, the Night of Spirit is the last major purification of our soul that we can attain in this lifetime. The “I” of the false self falls away moving us to full awareness of the Christ Consciousness within. The topic is profound – not easily grasped – yet contains essential information for all who have embarked on the spiritual journey. Undaunted by this challenge, Susan grounded her approach to the Night of Spirit in the writings of St. John of the Cross which she skillfully defined in contemporary terms that we easily could understand and apply in our ordinary lives. Some of the key concepts Susan addressed in depth included:

### The Purpose of the Dark Night of the Soul

This is an umbrella term for both the Night of Sense (which was addressed in Living Flame I) and the Night of Spirit (today’s topic). Each Night has an active phase (what we can do by our own efforts aided by Grace) and a passive phase (what only God can do in us.) During the four phases of this Dark Night we gradually de-throne the self and place God at the center of our being.

### Images of Dark, of Night

These are not to be feared. They simply are metaphors for the purification process. However dark or cloudy, we know and trust there is light at the end of the tunnel.

### Beginning Stages of the Spiritual Journey:

In which our human will gradually becomes aligned

with God’s will.

### THE NIGHT OF SPIRIT

In which we come under the direct inspiration and guidance of the Spirit who then takes control of our spiritual journey.

### Obstacles to Achieving Purification

Things we need to change along the way.

### The Hidden Ladder of Faith

In a chart that made crystal-clear the critical stages of growth on the spiritual journey, Susan outlined the organic journey of faith development from believing (external ordinary faith) to knowing (interior pure faith based on total trust in God.) As our faith evolves, our stages of prayer move further and further inward.

### The Five Phases of Transforming Union

Our sincere thanks to Susan for shining her searchlight on the Dark Night of the Soul’s Night of Spirit, both illuminating and de-mystifying it.

Thus we came to the end of CONSD’s participation in the formal Living Flame program. For fourteen Saturdays over a two-year period that began in September, 2008 and ended in April, 2010, we participants made this journey together. As we ‘graduate’ from this spiritually enriching program, we celebrate a profound deepening of our relationship with God, a strengthening of our Centering Prayer and spiritual journey insights and practices, and an enriched bonding with each other at the soul level. Now it is up to each of us to let all that we have experienced develop and ripen. And so, we begin, we commence.

*~Alicia Annas*

## A Huge Thank You

Due to the extreme generosity of CONSD member Chris Hartman, Post Haste Mailing Services is now preparing and mailing our CONSD Newsletter at no cost to us.

We are very grateful to Chris and her staff.

*~Sue and Chris Hagen*

## A Lonely Place

That evening after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were sick with diseases of one kind or another; he also drove out many devils. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, "Everybody is looking for you." He answered, "Let us go elsewhere, to the neighboring country towns, so that I can proclaim the message there too, because that is why I came." And he went all through Galilee, preaching in their synagogues and driving out devils. (Mark 1:32-39)

"In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there." In the middle of sentences loaded with action-healing suffering people, casting out devils, responding to impatient disciples, traveling from town to town and preaching from synagogue to synagogue; we find these quiet words: "in the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there." In the center of breathless activities, we hear a restful breathing. Surrounded by hours of moving, we find a moment of quiet stillness. In the heart of much involvement, there are words of withdrawal. In the midst of action, there is contemplation. And after much togetherness, there is solitude. The more I read this nearly silent sentence locked in

between the loud words of action, the more I have the sense that the secret of Jesus' ministry is hidden in that lonely place where he went out pray, early in the morning, long before dawn. In the lonely place, Jesus finds the courage to follow God's will and not his own; to speak God's words and not his own; he reminds us constantly: "By myself I can do nothing.... I seek to do not my own will but the will of Him who sent me" (John 5:30). And again, "What I say to you I do not speak of my own accord: it is the Father, living in me, who is doing his works" (John 14:10). It is in the lonely place, where Jesus enters into intimacy with the Father, that his ministry is born. I want to reflect on this lonely place in our lives. Somewhere we know that without a lonely place our lives are in danger. Somewhere we know that without silence words lose their meaning that without listening speaking not longer heals, that without distance closeness cannot cure. Somewhere we know that without a lonely place our actions quickly become empty gestures. The careful balance between silence and words, withdrawal and involvement, distance and closeness, solitude and community forms the basis of the Christian life and should therefore be the subject of our most personal attention. Let us therefore look somewhat closer, first at our life in action, and then at our life in solitude.

*~Henri Nouwen  
Out of Solitude*

## Cynthia Bourgeault

Wednesday, Sept. 22, 7:00-9:00pm. Cynthia discusses her newest book "The Meaning of Mary Magdalene." Was the first disciple a woman? There is no charge.

Thursday, Sept. 23, 9:30am. Learn about the wisdom practices we can use every day to see with the eyes of Christ.

The times are 9:30-11:30am for the lecture, then lunch, 1:00-3:00pm for lecture, and then an evening lecture 7:00-9:00pm .

Reservations are required. And \$50 covers all sessions

which includes lunch. Call St. Mary's at (949) 494-3542.

Friday, Sept. 24, 9:00-11:00am. Cynthia leads a lectio divina experience and centering prayer. There is no charge.

All sessions take place in the sanctuary at St. Mary's Episcopal Church, 428 Park Ave., Laguna Beach (949) 494-3542. <[www.stmaryslb.org](http://www.stmaryslb.org)>

## Contemplative Service Retreat

On a cool pearl-gray morning in June, Chris and Sue Hagen graciously led a gathering of southern California contemplatives in a retreat at St. Bart's Church in Poway. Interweaving periods of centering prayer with scripture, guided reflection, silent moments, vocal sharing, and music, our hosts invited us to ponder the call to prayerful engagement, humility, and contemplative service. We were treated to three hours of sustenance-in-stillness; I left that afternoon feeling deepened, refreshed, and quietly energized.

If I were to define the "heart" of this many-nuanced retreat, it would be Chris' illuminative insight into this brief scriptural passage: "Live as servants of God" (1 Peter 2:16). I know that I have read and heard this passage many times, yet, I must admit, I've never really taken much notice of it. Its surface-level meaning seems fairly obvious: *of course*, I say to myself, *any follower of Christ is expected to serve God*. But Chris brought to light the more profound invitation of that passage, noting that "We are asked to live our lives in a manner that *expresses God*." In Christ, our lives – our very *be-ings* -- are the means by which God loves and serves the world. This is what Incarnation is all about. Of course, the phrase "servant of God" could certainly be understood to mean "subject and servant to God." But the deeper beckoning, for those who embark on the transformative contemplative journey, is to live as an *instrument of God*.

There is a great freedom and lightness, apparently, in becoming an instrument of God, in living life as an expression of God. As Jesus tells us, "My yoke is easy and my burden light" (Matt 11: 30). Daily, through grace, we can consent to the presence and action of the Divine. Each day, we can choose to open up to God, body, mind, and spirit – and through this choosing, God loves and serves those whose paths we cross, of-

ten in ways that we are not aware of! We do not need to conjure up the motivation or a muscular will to act. As part of the Body of Christ, we do nothing of real significance "on our own steam." As instruments of God, our main "action" is to allow God to flow through, moment by moment, breath by breath, gift by gift. Fr. Richard Rohr puts it well: "You are participating in a love that's being given to you. You are not creating this. You are not generating this. It is being generated through you and in you and for you. You are participating in something larger than yourself, and you are just allowing it and trusting it for the pure gift that it is."

Furthermore, as Fr. Thomas Keating so wonderfully points out, "Service is more than helping or doing a task. It is a way of being. It is a call from God to serve God in others and, as such, it is motivated and inspired by Divine Love."

One of the signs of engagement in genuine service – versus an effortful (and probably false-self-motivated) "helping" – is a sense of spontaneous, freely-flowing gratitude. Paul recognizes this in a wise passage from his second letter to the Corinthians: "This service you perform is not only supplying the needs of God's people, but is also overflowing in many expressions of thanks to God."

With gratitude to the Trinity, to everyone present at the retreat, and to Chris and Sue Hagen - such lovingly contemplative instruments - thank you for a spaciously nourishing morning and for sharing the transformative treasure contained within the passage "Live as servants of God."

~Mary Williams

## God Is Present In Silence & Activity

"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."

~Fr. Thomas Keating, 2005 Annual Conference

## Sustaining Member of CONSD

The Mission of Contemplative Outreach of North San Diego is to: TEACH Centering Prayer, BUILD a Christ centered community, and SUPPORT the contemplative life. We invite you to help sustain this Mission through an annual donation of \$25.00

CONSD is a volunteer organization. While we have no paid staff we do incur expenses. For example the expenses incurred in the daily operation of the CONSD office, the mailing of our newsletter and other forms of written communication with our mem-

bers as well as the provision of the Introductory Centering Prayer Workshops, and other Centering Prayer events that function to build a Christ centered community and support the contemplative life of our members. Since we are a non-profit organization all donations are tax deductible. Should you want to make an annual donation of \$25.00 please make out your check to CONSD and mail it to CONSD 908 Via Linda Escondido, CA 92029. We thank you for your support!

*~Sue and Chris Hagen*

## Centering Prayer and Inner Awakening

What goes on in those silent depths during the time of Centering Prayer is no one's business, not even your own. It is between your innermost being and God; the place where as, St. Augustine once said, "God is closer to your soul than you are yourself." Your own subjective experience of the prayer may be that nothing happened---except for the more or less continuous

motion of letting go of thoughts. In the depths of your being, in fact, plenty has been going on and things are being quietly but firmly rearranged. That interior rearrangement—or to give it its rightful name, that interior awakening—is the real business of Centering Prayer.

*~Cynthia Bourgeault*

## Scripture as Spirituality

It is not about becoming spiritual beings nearly as much as about becoming human beings. The biblical revelation is saying that we are already spiritual beings; we just don't know it yet. The Bible tries to let you in on the secret, by revealing God in the ordinary. That's why so much of the text seems so mundane, practical, specific and, frankly, unspiritual! We have created a terrible kind of dualism between the spiritual

and the so-called non-spiritual. The principle of Incarnation proclaims that matter and spirit have never been separate. Jesus came to tell us that these two seemingly different worlds are and always have been one. We just couldn't see it until God put them together in his one body (see Ephesians 2:11-20).

*~Fr. Richard Rohr*

## What Is Faith?

"Christian faith is a leap into the unknown. Experience confirms the wisdom of every act of trust. The alternation of the darkness of faith leading to understanding, and understanding illuminating the darkness of faith is the normal way that leads to the growth of faith. Like everyone else, God wants to be accepted as he is—and he happens to be infinite, incomprehensible, inexpressible. We have to accept him, then, in the darkness

of faith. It is only when we can accept God as he is that we can give up the desire for spiritual experiences that we can feel. Faith is mature when we are at ease without particular experiences of God, when his presence is obvious without our having to reflect on it. One who has this faith simply opens his eyes and, wherever he looks, finds God."

*~Fr. Thomas Keating*

## CONSD & COSD EVENTS

### CONSD 2010

#### **HALF-DAY RETREAT**

The August 14<sup>th</sup> Retreat has been canceled

#### **EVENT**

**Date:** September 18

**Time:** 9:00am-2:30pm

**Event:** Introductory Workshop Program

**Location:** St. Peter's Episcopal Church,  
334 14<sup>th</sup> Street, Del Mar

**Suggested Donation:** \$25.00

#### **EVENT**

**Date:** September 26

**Time:** 5:00pm

**Event:** Roman Catholic Liturgy, book signing & chanting.

**Facilitators:** Cynthia Bourgeault and Dr. Jane Via

**Location:** Mary Magdalene Apostolic Catholic Community at Gethsemane Lutheran Church, 2696 Melbourne Drive, San Diego

**Contact:** Diane Langworthy (619) 697-3558

**Info:** After the liturgy, Cynthia will be signing her newly published book on Mary Magdalene.

#### **PRESENTATION**

**Date:** October 15–16

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

**Event:** The Enneagram

**Facilitator:** Fr. William Meninger

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

**Suggested Donation:** \$50.00

#### **RETREAT**

**Date:** October 29–31

**Event & location:** Retreat at Prince of Peace Abbey, Oceanside

#### **RETREAT**

**Date:** October 29–31

**Event:** Retreat

**Location:** The Prince of Peace Abbey, 650 Benet Hill Rd., Oceanside

#### **EVENT**

**Date:** December 4

**Time:** 9:00am–12:30pm

**Event:** Advent Event

**Location:** TBA

**Suggested Donation:** TBA.

### COSD 2010

#### **LIVING FLAME 1 PROGRAM**

**Date:** 2nd Saturday of the month 9/10–4/11

**Time:** 8:30am–4:00pm

**Location:** St. Paul's Episcopal Cathedral, 2728 Sixth Avenue, San Diego (near Balboa Park)

**Suggested Donation:** TBD

**Contact:** Kathy (619) 749-4141 for information

<p>For CONSD Events call Sue Hagen at (760) 745-8860</p> <p>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: <a href="mailto:consd@cox.net">consd@cox.net</a>. Website: <a href="http://www.consd.com">www.consd.com</a>. Telephone: (760)-745-8860. Post: CONSD, 908 Via Linda, Escondido, California 92029. Postmaster: please send address corrections to the address above.</p>	<p>For COSD Events call Kathy Di Fede at (619) 749-4141</p> <p>The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd. Editors: Sue and Chris Hagen Layout and Design: Diana Conner Printing, copying &amp; mailing thanks to Chris Hartman of Posthaste Mailing.</p>
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# CONSD Centering Prayer Groups

	<b>Area</b>	<b>Leader's)</b>	<b>Telephone</b>	<b>Location</b>	<b>Day &amp; Time</b>
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 <sup>th</sup> Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Sun Spriggs & Lori Thomas	858-947-5131 760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 3:00 to 4:15 pm
3	Encinitas (1)	Christina Linehan & Shirley Shetula	760-525-6721 760-436-6721	Home of Christina Linehan 350 N. El Camino Real #70, Encinitas	Mondays: 10:30 am
4	Encinitas (2)	Mike & Ann King	760-753-1575	Home of Mike and Ann King (Call for directions)	Thursdays: 7:00 pm
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 pm
6	Encinitas (4)	Fr. :Larry Hart	760-753-3017	St. Andrews Episcopal Church, Parish Hall 890 Balour, Encinitas	Thursday: 6:30 pm
7	Escondido	Linda Dollins	760-745-5100	First United Methodist Church 341 S. Kalmia, Escondido	Mondays: 4:30 pm
8	Fallbrook	Marcy Burge	760-723-2773	Fallbrook Presbyterian Church 463 S. Stagecoach Lane, Fallbrook	Saturdays: 8:30 to 9:30 am
9	Fallbrook (2)	Barbara Hudson	760-728-5791	Home of Barbara Hudson (Call for directions)	Tuesdays: 1:30 pm
10	Murrieta	Debbie Lindsay	951-698-8368	Home of Debbie Lindsay 23511 Silverwood, Murrietta	Thursdays: 12:30 pm
11	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey McKeon Center Room 12	Wednesdays: 7:00 pm
12	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church 1450 S. Melrose Drive	Thursdays: 1:00 pm
13	Poway (1)	Elena Andrews	858-451-2098	Saint Gabriel Catholic Church 13734 Twin Peaks Road, Poway	Fridays: 9:30 to 11:00 am
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 pm
15	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 pm
16	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation 16889 Espola Road, Poway	Monday: 5:00 to 6:30 pm.
17	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary Catholic Church, Chapel 537 E Street, Ramona	Fridays: 8:30 am
18	Rancho Bernardo	Maureen Anderson	858-673-8886	San Rafael Catholic Church, Chapel 17252 Bernardo Center Drive, San Diego	Wednesdays: 7:00 to 8:00 pm
19	Rancho Santa Fe	Marlynne McCullough	760-436-1924	Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 am
20	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran 2696 Melbourne Dr , San Diego	Tuesday: 7:00 to 8:30 pm
21	Sun City	Amanda Rines	951-245-9962	St. Stephen's Episcopal Church 26704 Murrieta Rd., Sun City	Thursdays: 3:00 to 4:00 pm
22	Temecula	Amanda Rines	951-245-9962	St. Thomas of Temecula 44651 Avenida de Missiones, Temecula	2nd Wednesday of month: 4:00 pm

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## CONSD Donation Form

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

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

## CONSD Registration Form

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

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

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

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

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