



# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

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## In loving memory of Evie May 10, 1942 – July 13, 2011

It is with great sorrow that we announce Evie McGreevy's passing on July 13, 2011.

Evie was a Spiritual Director and a long time practitioner of Centering Prayer. She was active in Contemplative Outreach of San Diego and later in Contemplative Outreach of North San Diego. During her involvement with San Diego she served on the Board and later on the Servant Leadership Team promoting spiritual enrichment. She did soul befriending at the retreats in Temecula. Evie was a Commissioned Presenter and she also was a Facilitator for the follow up sessions.

When she became a member of Contemplative Outreach of North San Diego she facilitated the Prayer Group at St. Gabriel's in Poway and also served on the Servant Leadership Team in the spiritual enrichment capacity.

Twice a year from August 2006 to August 2009 she and her team planned and facilitated "Sacred" half day retreats. They were Sacred Pause, Steps, Rest, Rhythm, Darkness and Light.

In 2006 with Fr. Keating's blessing she initiated a one year pilot program for Hospice Outreach with seven to nine volunteers. She envisioned the program as providing a spiritual presence to the sick and dying firmly grounded in our practice of Centering Prayer. In Evie's own words "To be contemplative companions to those at the end of their life's journey." In 2006 she organized a 3 day training retreat at Prince of Peace Abbey facilitated by Susan Rush. It took until 2007 to find a Hospice which fit our needs and their needs. Silverado Hospice in Escondido and Encinitas was extremely interested in our Hospice Outreach Program because of its spiritual dimension of providing a contemplative presence to the dying and they were eager to use our volunteers. In April 2007 Silverado presented a 10 hour training program and held monthly follow up meetings. In April 2009 Evie announced that the Hospice Outreach had changed to a broader focus and it was called Contemplative Outreach to Hospice and Others. In May 2009, Fr. Keating had lunch with Evie and the Hospice spiritual volunteers during his visit to San Diego to acknowledge and encourage their Outreach. In October 2009 Evie's cancer had returned and her direct involvement with Hospice had to be reduced and eventually ended.

Early this year Evie initiated Sacred Saturdays which is a time for contemplatives to gather for periods of Centering Prayer and personal reflection. We plan to continue this legacy she has left for us. On August 6<sup>th</sup>, CONSD gathered in celebration of her life and a tree will be planted in her honor.

~Sue Hagen, Co-Coordinator CONSD

## Snowmass Retreat!

I'm glad I drove. The 950 mile, two-day drive from Southern California to Colorado allowed me to see the sacred valley in Old Snowmass coming both geographically and spiritually. I made it a sort of pilgrimage, cultivating heartfelt attentiveness as I left my overactive daily world behind, beneath a wispy "cloud of forgetting." A plane ride would have dropped me into a valley starkly unconnected with my familiar life. All the more, after the ten days, departure from the monastery into the brashness of airports and flying tubes of metal would have been all too violent after the peace, quiet, and fullness of the sprawling, beautiful green, snow-trimmed Rocky Mountain valley, and St. Benedict's Monastery, and fertile hours of meditative stillness.

What can I tell you about my watershed time high in the Rockies? Although I expect its runoff to accumulate into rivulets, creeks, and tributaries to who-knows-what navigable waters downstream, it's unwise to speculate about the future. It would also be difficult to explain the enriched dynamics of my contemplative practice, which feed my well-being in a deeper, more reliable way than before. So I'll take a glance back at a few concrete specifics.

Vigils. I loved Vigils. It's a 4:30am service in the monastery church. The monastery is nearly a mile down a road fenced off from the horses and cattle of the monks' working ranch. Even in June, it's dark at four in the morning. The many stars in the clear, dark, big sky above are your companions as you walk silently down from the retreat house and its hermitages toward the monastery. You may see a few flashlight arcs from other retreatants, but most of us keep the vigil of the dark. The church is unlit. The Trappist monks are garbed in their hooded white robes. Contemplative silence fills much of the service, and there are several readings from a lit corner by one monk then another, and when those monks chant together, the beauty of their deep harmonies fills the space as morning light begins to whisper through the stained glass window. There are other services during the day, but Vigils is lovely.

At 8100 feet in altitude, the valley is vast and beautiful. Mount Sopris, covered evenly in snow, almost

13,000 feet high, lords it over the quiet valley. We saw deer, elk, bald eagles, and heard the almost constant calls of songbirds. The monks were cheerful, vibrant, and refreshingly open. I talked briefly with Father Joseph, the respected abbot. I greatly enjoyed the two monks I encountered in passing on different occasions and ended up having long discussions with: Brother Chuck and Brother Michael. Each time, I felt I had made a special friend. They were very warm, and they were generous with their time. For all of us at the retreat center, it was a great pleasure to share an hour with Father Thomas Keating, architect of Centering Prayer and founder of Contemplative Outreach. Father Micah came up to the retreat house on Sunday evening and led us through the practice of Lectio Divina.

Our retreat leadership staff was gracious and so open. They cooked our delicious meals. We would come out of the prayer hall to enticing smells that were anything but ascetic. Besides preparing these gourmet meals, they meditated with us, provided spiritual direction in the afternoons, and ran the whole program in their quiet, kind, and efficient ways. The retreatants—there were 21 of us in all, a full house—came to be very dear to each other. Both in the prayer room doing Centering Prayer and during the rest of the day, the camaraderie was genuine. The retreatants were from Australia, Ireland, Alaska, Massachusetts, Texas, Florida, Wisconsin, Virginia, New York, Indiana. Except for the one from Colorado, the two Californians had the shortest trips of all: about two thousand miles round trip. The ages of the retreatants ranged from Helen, a young college student, to Vincent and Elaine, a couple in their eighties whose wedding anniversary we celebrated with a surprise cake and ice cream party.

I went into this wonderful adventure with excitement, but also with a couple concerns: whether I would have a tough time handling ten days of silence and whether I would have a tough time handling the more than three hours a day of meditative stillness. Neither was a problem. Quite the contrary. (continued on next page)

## Snowmass Retreat! (continued)

First, at this retreat of silence, there were enough words for anyone with a reasonable appetite for them. Our staff read to us from Father Thomas's *Open Mind, Open Heart* during the otherwise silent breakfast and lunch. The evening meal was a talking meal, and everyone conversed readily. Each day, we watched two one-hour-long videos of Father Keating explaining the conceptual background of Centering Prayer. At other times, although the spirit was one of respectful silence to allow others their privacy, it was clear that a whispered question didn't violate that spirit. So the silence was not an arduous discipline. I needn't have been concerned. In fact, I craved more silence, and I look forward to attending a "more silent" post-intensive retreat as soon as I can.

Secondly, the extended meditation sessions have deepened and strengthened my solitary practice time since then, and my "within" to return to when I'm off-kilter is a more familiar and accessible place.

~Zachary Seech

## Centering Prayer Group - Temecula

We are a new group that began this year with the Introductory Workshop in January. There are 8 of us who meet, but our attendance is usually 3-4 people.

We are an intimate group with wonderful faith sharing. We center, learn, and share our experiences, thoughts, and journeys with one another. We have spent our year listening to and learning from Fr. Keating with the Spiritual Journey Series. (I think we are becoming Thomas Keating groupies!)

We find Fr. Keating's work inspiring, deep, and yet very real and down to earth. We are so grateful for his work, for all the servants who gave their day to teach us at the workshop. For our mentor who met with us for the 6 follow-up workshops, for one another. The support we give and receive, and to our loving, amazing God who heals, guides, restores, and resides within. It is powerful to walk on this path in community! Many blessings to you all.

~Jenny Alcazar

## CONSD Sustaining Members

In our last newsletter we put forward an appeal to our chapter membership to support our mission of presenting the method of Centering Prayer, building a Christ centered community, and supporting the contemplative life of its members. To this end we asked for an annual donation of \$25.00 or whatever amount is comfortable.

We are very pleased to announce that forty-seven members responded to this appeal. We wish to thank each and every one of you for your support. For those who may wish to make an annual donation please know that it can be made at any time during a given year. Your check should be made out to CONSD and mailed to CONSD, 908 Via Linda, Escondido, CA 92029

~Chris and Sue Hagen,  
CONSD Co-Coordinator

## Online Newsletter

The CONSD newsletter will soon be available on line. We will be using a free large group email service called "Mail Chimp." Using this service you will receive an email with a link to the newsletter. Just send me your email address to sue.hagen@sbcglobal.net if you would like to receive the newsletter electronically.

We will also use this service to send notices of upcoming events and other types of updates to the CONSD membership.

Please send us your email address so we can keep you up to date with CONSD activities. If you do not want to receive the newsletter on line just indicate that you are sending your email address to receive CONSD updates.

~Sue Hagen

## Prayer Group Facilitator Meeting

The CONSD quarterly Prayer Group Facilitators Meeting was held on June 4<sup>th</sup> at St John the Evangelist Catholic Church in Encinitas. Fifteen people attended. The meeting began with twenty minutes of Centering Prayer.

The purpose of the meeting was to share as facilitators and allow the Holy Spirit to affirm us.

Each facilitator introduced themselves and shared their group's current activities, especially the DVD's, Video's and Books they were using. There were some new books recommended to the group and some special practices the group found very meaningful, such as saying the Our Father very slowly and then physically blessing each other as a close to the meeting. Others told of how they were using Lectio to reflect on the next Sunday's readings. One group had incorporated an introduction to Centering Prayer into a special event at their church thus bringing in new members and making Centering Prayer more a part of their parish.

Chris and Sue asked if we were getting the flyers for special events. Since there has been less participation in the Saturday events and the purpose of these events is to establish a CONSD community, the group was asked if there are any days and times that are better and easier for people to attend besides Saturday. Suggestions from each prayer group were requested.

We reviewed the Format of a Centering Prayer Group the purpose of which is to increase our intimacy with God.

- A period of Centering prayer (minimum of 20 minutes)
- A half-hour of spiritual formation utilizing recommended formation materials before using other materials related to Centering Prayer.
- A period of faith sharing that also included time for questions, answers and discussion.

The facilitators asked that they have more "beginning" materials for "drop-ins" in addition to the pamphlets and it was suggested that Facilitators meet separately with newcomers to discuss their questions and

concerns whenever possible. Chris and Sue offered to have mini Introduction to Centering Prayer classes and encouraged us to use the first chapter of OPEN MIND OPEN HEART, as an introduction to new people.

We discussed some of Fr. Keating's teachings about which there have been questions:

1. The False Self
2. The Divine Therapy
3. The danger of Silence
4. The Center of Goodness
5. Is Centering basically a Listening Practice?
6. Do you have to buy into a certain theology to do Centering Prayer?
7. The Importance of Showing Up.

It was suggested that we might want to discuss these points in our groups. Our next Prayer Group Facilitator Meeting will be Monday October 17<sup>th</sup> at the Mission San Luis Rey in Oceanside. We will begin our meeting at 9:00am and after lunch we will have a Mini Retreat until 4:00pm. The cost is \$20.00 and you will have a private room. Please let Sue know **WHETHER OR NOT** you can attend.

*~Joan Gansert*

## CONSD Half Day Retreat

On Saturday, September 17th, CONSD will provide a half day retreat. The theme of the retreat is "Come to me all who are weary and I will give you rest." Matthew 11:28-30. This retreat will be an opportunity to draw away from the busyness of our summer activities and open ourselves to Christ's calming and healing love.

Date: Saturday, September 17th, 2011

Time: 9:00am (Hospitality and Gathering),  
9:30am-12:30pm (Retreat)

Place: St. Peter's Episcopal Church,  
334 14th St., Del Mar 92014

## The Blessings of Silence—A Half-Day Retreat

On May 7th, Christine and I arrived simultaneously at St. Bartholomew's Episcopal Church for the half day retreat based on the scripture, "What do you seek?" We enjoyed a few moments talking in the crisp, sunshine-filled May morning before exploring the lavish hospitality prepared by Winnie Baumer and her crew. You can always trust Winnie and company to do it right.

Comfortable conference chairs circled the familiar spiritual environment in the Parish Hall, and we soon found our places. Then we looked to Chris and Sue Hagen to direct our silent retreat: three periods of centering prayer each followed by a Taize chant, lectio divina, and time for reflection. We began the silence.

Chris struck the singing bowl three times, and Sue read the scripture. After that first sit, Sue moved to the piano, and we sang these words four times: "Bless the Lord, my soul, and bless God's holy name. Bless the Lord, my soul, who leads me into life." Again, the quiet. Chris then led us in the monastic form of lectio divina reading the scripture passage four times and asking us each time to respond to it in a different way. The scripture was John 1: 35-39. "Jesus turned and saw them following, and said to them, "What do you seek?" They said to Him, "Rabbi (which means teacher) where are you staying?" He said to them, "Come and you will see." So they came and saw where he was staying; and they stayed with Him that day."

A 15-minute period of personal reflection followed the lectio divina. Gregorian chanting provided a quieting backdrop as many of us circled the room in a meditative walk. On the windows, Chris had placed pictures of Jesus with the scripture passage that we had just heard in lectio divina, but the pronouns were changed to include us. "Jesus turned and saw me following and said to me, "What do you seek?" I said, "Rabbi, where are you staying?" He said to me, "Come and you will see." So I came and saw where he was staying, and I stayed with Him that day." On the other side of the room were provocative quotations describing God and Jesus such as, "Christ is our destiny and the way to our destiny." Raimon Panakar, the mystery of Christ is the mystery of our lives. We are images of Christ: thus

we are created to bear Christ within us and to express the life of Christ in the world." St. Bonaventure

We responded to the retreat format gently yet purposefully. The cadences of Gregorian chanting, the mid-morning light, the waving of sycamore leaves in the frames of the room's generous windows penetrated our senses. Centering prayer, Taize chanting, lectio divina, personal reflection, all created a circle of love, of opening, of silence. We became one with the rhythm of the retreat.

During the last reflection I sat outside. An unexpected breeze cooled my sun-warmed arms. Details of the patio widened before me—the weathered wood seats, mottled shadows from the miniature sycamore forest, the sweet tastes of banana bread and lemon-kissed water. I was blessed by the beauty and peace—such a contrast to the tangled mind of my dear father sweetly cared for at home by my patient husband who gave me this gift of retreat.

We closed our time together with words of affection and appreciation for Sue and Chris who once again blessed us with their leadership and creativity. Sue smiled and said in response to our thanks, "The Spirit does keep us busy." We shared insights from the lectio divina—"We need to be with Jesus not seek Him." Christine mentioned the importance of music in general and read a poem she found in the sanctuary. One line said of music, "[It] speaks what cannot be expressed, flows from hearer to the soul." Chris shared his favorite quote from the postings on the windows: "Christ is your destiny and a way to your destiny." Winnie said, "Take some food home. There's plenty."

We ended the retreat by recapturing the silence of the circle, and then Father Keating's soft voice could be heard, "May the Lord bless you and keep you; may the Lord make his face to shine upon you and be gracious to you; may the Lord lift up his countenance upon you and give you peace." Amen, Amen.

~Linda Dollins

## Experiencing Presenter Training

On May 2nd through 6th, 2011, I was honored to be one among the group of seventeen contemplatives (including several from San Diego County) who underwent training and formation for Contemplative Outreach service at Holy Spirit Retreat Center in Encino, CA. Three seasoned leaders and presenters – Linda Snow, Bonnie Shimizu, and Bob Blair – gently and patiently guided us through a process that was at times intensive, nerve-racking, humorous, and moving.

The week was both glorious and challenging. Glorious because it was May in Los Angeles, fresh, clear, and suddenly warm after some unseasonable rains. The grounds of the retreat center were suffused with a variety of flowers, and at sunset, just before many of them closed their petals, they would release their vapors into the balmy air, tempering the night with a wild, dewy sweetness. I recall a walk around the grounds at twilight, with a just-past-new crescent moon floating like a luminous eyelash in a violet-blue sky. The buildings, formed from gracefully angled sweeps of concrete, evoked feelings of both expansiveness and hominess. This place is a temple, truly holy ground, I thought. Of course, lovely and unfamiliar places appear sublime when we first encounter them – this is a large reason why traveling is so enjoyable. But as I walked around this center, I had the sense of entering a history and a future that I'd previously glimpsed in some half-forgotten dream.

That is, until the brighter light of afternoon, when our practice presentations occurred. Each day began with centering prayer and breakfast in silence, after which one of our teachers would model for us one of the four “conferences” or talks comprising an introductory program on centering prayer. In the afternoon, we would separate into small groups for the practicum, during which each individual would stand up and present an encapsulated version of the conference. As familiar as I was with the method of centering prayer, I was amazed and a little bemused to see how nervous I could become while presenting before a very small – and sympathetic and supportive – audience! I discovered that virtually everyone else was going through the same thing. Even our experienced guides admitted to a certain degree of nervous tension while presenting before new groups.

Beyond that unavoidable nervousness, three elements of this training will stand out in my memory. The first is the quiet but noticeable camaraderie that builds at contemplative events like these that span several days. This is fostered, I believe, by group centering prayer and by enjoying the first meal of the day in communal silence. There is a gentle bonding that occurs through silently resting in God with others. For me, it reinforced the recognition that contemplative prayer is a community building and strengthening activity.

The second aspect that stands out to me involves some particulars of the four conferences themselves. Both the opening and closing conferences have been modified to facilitate the flow of information – and they are briefer than they were previously. The Contemplative Outreach faculty has discerned that the “meat” of an introductory program is in Conferences Two and Three, during which participants learn and practice the method of centering prayer itself as well as the important teachings on thoughts and the use of the sacred word. Trimming the amount of information offered in Conferences One and Four enables the participants to mentally retain more of the essentials of the centering prayer method itself. Further explanations and clarifications on contemplative prayer as a deepening relationship with God tend to happen naturally during the six follow-up sessions – or during an ensuing centering prayer gathering. I appreciate the wisdom in this decision.

Finally, at the end of the five days, I was moved by our teachers' explicit acknowledgment of something that I was inwardly recognizing: centering prayer – and this formation in teaching the method – is a sacred gift. We, as new presenters-in-training, were responding to a call to participate in the loving and demanding service of passing this gift on to others. After being nourished through prayer and elder-wisdom and community, we were now accepting the charge to help carry forward the evolving renewal of contemplative prayer within the Christian tradition. This is a great honor. And it is also deeply humbling in this noisy and distracted world that is so needful of silence, divinity's first language. Lord, hear our prayer.

--Mary Williams

## Prince of Peace Abbey Retreat

Anticipation increased as the last weekend of July drew near, and we prepared to gather for a retreat at the Prince of Peace Abbey in Oceanside. Reasons for attending this special event were probably as numerous as the 44 people who reserved their place at the abbey. Peace, renewal, and transformation were unifying factors and at the core of most intentions. Many members of the group had participated in extended retreats in the past, but for some it was the first time they would spend two full days in prayerful silence with our Lord as their closest companion.

Our relaxation began in unison with the decreasing speed of our cars as they left the Friday freeway frenzy and slowed at successive turns on the approach to the abbey. The final road to the destination begs even more slowing as it becomes a winding uphill ascent to the top of the mesa. When the mind also is allowed to drop down a gear or two, one realizes that the modified hairpin turns on this ascent are both practical and symbolic, signaling to the driver that at this point, intentional slowing down is not only a wise thing for preserving the body, but also is infinitely beneficial for thirsting spirits. Within this process the demanding world begins to fall away. At the summit comes the first of many satisfying “ahhhhhh” moments that grace each person’s visit to this holy place, when a striking image of a larger-than-life statue in the form of our Lord appears... a symbol of the Prince of Peace, with outstretched arms, openly welcoming all who choose to be with Him. Christ’s words come flooding in... “Come all who are heavy laden and I will give you rest.” Our weekend of blessed peace began here.

After a friendly registration (thanks to Winnie and Elena along with our leaders Sue and Chris Hagen and others who went ahead of us to arrange the retreat and also help some of us above and beyond the call of duty!) we received keys, maps, and schedules, and settled in our rooms. Before dinner we all gathered for our first 20 minute centering prayer period, where the welcomed peaceful presence was undeniable. We then learned from Chris and Sue that ample time for reflection was provided throughout the schedule. Although we could choose to be very engaged in the available activities listed on our retreat schedule and on the op-

tional Abbey schedule, each person was free to tailor his or her own experience throughout the weekend.

After dinner we met again. Our leaders greeted everyone and the session opened with introductions and announcements. Several areas and churches were represented and a few people came long distances to be part of the retreat. Chris had prepared a guide that stated and explained the theme for the weekend: **Before God: Deepening Our Awareness of God’s Presence in All.** He had discussed the theme with Fr. William Menninger who offered that we could consider using one approach which he shares in his book titled, [A Joyful Noise: A Monastic Approach to the Psalms.](#)

Here he suggests reading the Psalms in the three-stage Lectio Divina manner. Fr. Menninger writes “reading the psalms with any understanding at all is to be immersed in the all-pervading Providence of a loving God”, and this in itself is prayer and meditation. Psalm 139 was given as an example, where it is revealed that “nothing is beyond the scope of God’s love and protection.” Many found the guide and this meditative method comforting and useful in their personal prayer and reflection throughout the weekend. The session and our evening together ended with a 20-minute centering prayer period that was then followed by silence, meant to be maintained until the retreat came to an end.

Freedom to plan and design each day around the schedules was a pleasure. In addition to our centering periods, some chose to attend all activities, while others spent their time resting, reflecting, reading, writing in journals, or walking in and around this beautiful site with its ocean views, breathtaking sunsets, and temperate breezes. The weather cooperated fully, which was an added gift to this already special event. The church interior is simple, yet resplendent with magnificent stained glass art windows and multiple religious articles; symbols that God is fully present in this setting and cannot be denied. Our members and others from the community are welcomed to join the monks in celebrating daily Mass in the church and at all “offices” (Liturgy of the Hours) that take place at scheduled times throughout each day beginning with Vigils at 5:30am; Lauds at 7am; Vespers at 5pm; and Compline at 8pm. (Continued on next page.)

## Prince of Peace Abbey Retreat (continue)

Many from our group attended some of these offices, and a few attended all.

On Saturday morning, our contemplative schedule included two consecutive 30-minute centering prayer periods with a meditative walk in between them. After reflection and lunch, we gathered again for three consecutive 20-minute periods and the interim walks; this was the first time our leaders planned three prayer periods together for our local group. While still in silence, the wonderful day ended with a 30-minute prayer period after dinner. When silence was broken at the end of the retreat on Sunday, members described their experiences. A few who are just beginning their contemplative journey, told of initial personal doubts about their own success in being able to manage three consecutive periods of silent meditative prayer, but

they were surprised and pleased at how meaningful this experience became for them. And how, in communion with the Holy Spirit, the time seemed to “disappear” and “melt away.”

Intention...the desire to be with God...is the prayer. Many stated in several beautiful ways that the people and the setting made this a profoundly peaceful retreat. In our centering prayer and in our love for our Lord and one another, the theme which was presented to us at the beginning of our retreat had truly come to life, as we “joined before God, deepening our awareness of God’s presence in ALL”.

*~Pat Worret ,  
A Grateful joiner*

### Discernment of Spirit

"How do you discern what is going on within you as you prepare to make a decision?

St. Ignatius in his Guidelines - Discernment of Spirit - takes a realistic look at how the Holy Spirit helps us work with the good and the evil, the consolations and desolations, the moments of powerlessness, the living in the darkness of one's secrets and the disregarding of the destructive patterns in our lives which we hope will disappear without effort.

Fr. Carl, a longtime associate of Fr. Thomas Keating, is a highly sought after speaker and retreat leader. He is known throughout the United States for his simultaneously humorous and penetrating spiritual presentations. You will not want to miss this opportunity.

Date: Saturday, November 19th, 2011

Location: St. Bartholomew's Episcopal Church,  
6275 Pomerado Road, Poway CA

Time: Registration & Snacks: 9:00am please  
bring a sack lunch.  
Centering Prayer 9:30am.  
Presentation: 10:00am–3:00pm

Suggested Donation: \$35.00

### Trinity Prayer

God for us, we call You Father,  
God alongside us, we call You Jesus,  
God within us, we call You Holy Spirit.

You are the Eternal Mystery  
that enables, enfolds, and enlivens all things,  
even us,  
and even me.

Every name falls short of your  
Goodness and Greatness.

We can only see who You are in what is.  
We ask for such perfect seeing.

As it was in the beginning, is now,  
and ever shall be.

Amen

*~Fr. Richard Rohr,  
Trinity Prayer*



## A Moment of Reflection

“As long as you run from where you are (your powerlessness to heal yourself), and distract yourself, you cannot fully let yourself be healed. A seed only flourishes by staying in the ground in which it is sown. When you keep digging the seed up to check whether it is growing, it will never bear fruit. Think about yourself as a little seed planted in rich soil. All you have to do is stay there and trust that the soil contains everything you need to grow. This takes place even when you do not feel it. Be quiet, acknowledge your powerlessness, have faith that one day you will know how much you have received”

~Henri Nouwen,

The Inner Voice of Love:  
A Journey Through Anguish  
to Freedom, page 31

## CONSD – COSD SACRED SATURDAYS

Our 2<sup>nd</sup> Sacred Saturday took place at Gethsemane Lutheran Church. As we signed in we could hear the soft music of Gregorian Chants coming from the sanctuary. I felt this morning was going to be special and it turned out to be just that.

At 9:30, Diane Langworthy welcomed us all to experience the silence. Diane and Kathy Agnew led two sessions of Centering Prayer. Sherlene Mollerstuen and Nancy Datte led the Lectio Divina.

In between each session we enjoyed quiet times in the garden filled with beautiful shade trees and flowers.

We also walked the peaceful outdoor labyrinth and some had a cup of coffee while writing in journals in the hospitality room. The silent morning ended with sharing time led by Kathy. A few of us brought a sack lunch so we continued our sharing in the hospitality room. We look forward to another Sacred Saturday soon.

~Winnie Baumer

## About Centering Prayer

Thoughts are a necessary and integral part of Centering Prayer. We welcome thoughts during Centering Prayer as they play a significant role in the dismantling of the false self. The four Rs give us the essential guidelines as to how we should respond to thoughts during Centering Prayer. They are:

1. Resist no thought,
2. Retain not thought,
3. React emotionally to no thought, and
4. Return ever-so gently to your sacred word when engaged in a thought. The fourth guidelines is quite important. Since thoughts will flow freely during Centering Prayer we do not return to our sacred word every time we become aware of a thought. As we sit in silence we simply allow thoughts to drift by. However, when we become aware that we are actively engaged in and thinking about the content of a particular thought we then gently return to our sacred word.

~Fr. Thomas Keating

## Q & A with Fr. Keating

Q “How do you let God act in this prayer?”

A “It’s difficult to let God act under all circumstances. Letting go and not reflecting on what you are doing is the correct way to conduct yourself in this prayer. The method doesn’t consist in how you sit or in the length of time you give, but in how you handle the thoughts that arise. I think it can be said that the essential point of all the great spiritual disciplines that the world religions have evolved is the letting go of thoughts. Everything else is subsidiary to that. The goal is to integrate and unify the various levels of one’s being and to surrender that integrated & unified being to God.”

~Fr. Keating

Open Mind, Open Heart, page 87

## CONSD & COSD EVENTS

### CONSD 2011

#### TEAM MEETING

**Date:** August 27, 2011  
**Time:** 9:00am–12:00pm  
**Location:** Hagen's home  
 ALL ARE WELCOME!!

#### HALF-DAY RETREAT

**Date:** September 17, 2011  
**Time:** 9:00am–12:30pm  
**Location:** St. Peter's Episcopal Church,  
 334 14<sup>th</sup> Street, Del Mar  
**Suggested Donation:** Free Will offering

#### INTRODUCTORY WORKSHOP PROGRAM

**Date:** September 24, 2011  
**Time:** 8:30am–12:30pm  
**Location:** Grace Episcopal Church,  
 1020 Rose Ranch Road, San Marcos  
**Suggested Donation:** \$25.00

#### CO ANNUAL CONFERENCE

**Date:** September 29–October 2, 2011  
**Location:** Marriott San Francisco Airport Hotel,  
 1800 Old Bayshore Highway, Burlingame, CA

#### TEAM MEETING

**Date:** October 8, 2011  
**Location:** Hagen's house  
**Time:** 9:00am–12:00pm  
 ALL ARE WELCOME!!

#### PRAYER FACILITATOR MEETING

**Date:** Monday, October 17, 2011  
**Time:** 9:00am–4:00pm, meeting in morning and re-  
 treat in the afternoon  
**Location:** Mission San Luis Rey,  
 4050 Mission Avenue, Oceanside

#### PRESENTATION

**Facilitator:** Fr. Carl Arico  
**Event:** Discernment of Spirit  
**Date:** November 19, 2011  
**Time:** 9:00am–3:00pm, please bring sack lunch  
**Location:** St. Bartholomew's Episcopal Church,  
 16275 Pomerado Road, Poway  
**Suggested Donation:** \$35.00

### Have You Changed Lately?

Have you recently changed your home address, email address, and/or phone number? If you have please send us the changes. This will help us keep in touch with you and reduce our mailing expenses. It costs CONSD \$1.05 for every newsletter that is returned in order to find the new address. Please call Sue Hagen at 760-745-8860 or email her at [www.consd@cox.net](mailto:www.consd@cox.net)

No COSD Events are scheduled.

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

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

Contemplative Outreach of North San Diego is a non-profit ecumenical spiritual organization. The Newsletter is published quarterly. Editors: Chris and Sue Hagen. Email Address: [consd@cox.net](mailto:consd@cox.net). Website: [www.consd.com](http://www.consd.com). Telephone: (760)-745-8860. Post: CONSD, 908 Via Linda, Escondido, California 92029. **Postmaster: please send address corrections to the address above.**

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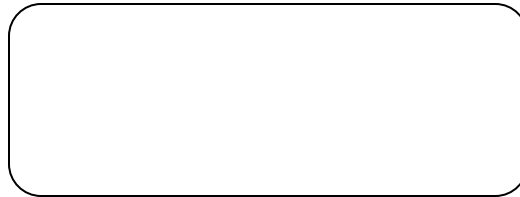
	Area	Facilitators	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 <sup>th</sup> Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Sun Spriggs & Lori Thomas	858-947-5131 760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 3:00 to 4:15 pm
3	Encinitas (1)	Christina Linehan & Shirley Shetula	760-944-1778 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	(Call for meeting location)	1st & 3rd Mondays: 6:30 pm
6	Escondido	Linda Dollins	760-745-5100	First United Methodist Church 341 S. Kalmia, Escondido	Mondays: 4:30 pm
7	Fallbrook (1)	Marcy Burge	760-723-2773	Fallbrook Presbyterian Church 463 S. Stagecoach Lane, Fallbrook	Saturdays: 8:30 to 9:30 am
8	Fallbrook (2)	Barbara Hudson	760-728-5791	Home of Barbara Hudson (Call for directions)	Tuesdays: 1:30 pm
9	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey McKeon Center Room 12	Wednesdays: 7:00 pm
10	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church 1450 S. Melrose Drive	Thursdays: 1:00 pm
11	Oceanside (3)	David Butterfield & Martha Treutle	760-434-5650 760-598-1701	First Presbyterian Church 2001 El Camino Real, Oceanside	1st & 3rd Mondays:: 6:15 pm
12	Poway (1)	Elena Andrews	858-451-2098	San Rafael Catholic Church, library 17252 Bernardo Center Drive, San Diego	Fridays: 9:30 to 11:00 am
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 pm
14	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 pm
15	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation 16889 Espola Road, Poway	Monday: 5:00 to 6:30 pm.
16	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary Catholic Church, Chapel 537 E Street, Ramona	Fridays: 8:30 am Daily Mass Chapel
17	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
18	Rancho Santa Fe	Marlyne McCullogh	760-436-1924	Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 am
19	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
20	Sun City	Amanda Rines	951-245-9962	St. Stephen's Episcopal Church 26704 Murrieta Rd., Sun City	Thursdays: 3:00 to 4:00 pm
21	Temecula	Jenny Alcazar	951-696-5657	St. Thomas of Temecula 44651 Avenida de Misiones, Temecula	Tuesdays: 7:00 to 8:30 pm
22	Temecula	Deb Potts	951-265-7502	Temecula United Methodist Church 42690 Margarita Road, Temecula	4th Monday: 6:00 to 7:00 pm

Contemplative Outreach  
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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