



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 5 Number 1 February 2010

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Come Away To A Lonely Place – Mark 6:31

Our Lord bids us come away with Him to a lonely place. He invites us to a secluded spot where we can be refreshed and find peace. How His words appeal and tug at some deep center within us. But we ask ourselves, who has time for this? In an age when we are caught up in a struggle to earn a living, is this not a luxury? We find a myriad of reasons for not having time. It is not practical, not realistic. It seems extravagant and thus expendable in our lives. Yet, that which we perceive as a luxury can ultimately be the most essential and precious ingredient of our being. Our Lord never insists we come away. He simply invites us. We are free to go or to stay. If we accept, we begin a journey – a journey of the spirit, one which takes us to regions not dreamed of in our human understanding, yet which parallels and gives meaning to earthly life. Each “lonely place” we discover is varied and unique, beautifully suited to the particular path and need of our soul. Our “place” may be five minutes at the office, a daily walk, a quiet time before Mass. It may take on a more formal structure through the endless variety of retreats now available. The outer form changes. What matters is that once we have said yes to our Lord, He takes over. The One who knows the “secrets of our hearts” leads us tenderly and with great care. As we persevere in the journey, we come to realize with humility and gratitude that this is what our hearts need and what our souls had longed for. We have come home. For it is here in our “lonely place” that we receive the living waters that permeate and transform the fiber of our lives. That which we had considered most expendable becomes that which is most dear.

~Margaret Joy Granger, Camaldolese Oblate, Centering Prayer Practitioner

Centering Prayer Goes to Church, College and Camp Pendleton

We have been asked to give two Lenten presentations on Centering Prayer.

On March 10th we will do a Mini Introductory Workshop Program at St. Peter's Episcopal Church in Del Mar and on March 17th we will present another Mini Intro at St. Bartholomew's in Poway. On February 22nd we will present a Mini Intro to a religion class at Camp Pendleton and then on March 1st and 2nd we will return to Palomar College to present yet another Mini Intro to Professor Zach

Seech's World Religion classes. We are so privileged to have these wonderful opportunities to bring so many to the Prayer.

~Sue and Chris Hagen

“God does not love us if we change. God loves us so that we can change. These are two very different scenarios, but most of Christian history has sadly chosen the first”.

~Fr. Richard Rohr

Reflections on the St. Louis Retreat Gathering

“Deepening The Contemplative Dimension Of Servant Leadership,” St. Louis, Missouri.

We are still searching for adjectives to express an experience that eludes easy descriptions. We had no idea how deeply we would further our awareness and foster a scriptural understanding of the nature and essence of service in the contemplative dimension. Thirty-one of us arrived on November 8th to participate in five days of deep prayer, periods of silence, reflection and knowledge. Each day focused on different conferences and Wisdom Circles and ended after dinner with Lectio Divina. The Conferences were presented by Susan Komis, Susan Rush, Sr. Maria Tasto and John Kelsey. The topics included Thomas Keating’s: “Dispositions on Servant Leadership”, “Spirituality of the Servant Leader,” Archetypes of Leadership: Seven

Deadly Attitudes,” Members of a Royal Priesthood; Jesus Christ, Model of Contemplative Service,” “Humility: A Paradox,” “Four Levels of Listening,” “What is Contemplative Discernment?” and “Servant Leadership and Consensus.” Each Conference included time for lively and deep discussion by the participants.

We have come from this time of prayer and formation having solidified previous acquaintances and formed new friendships with our contemplative companions who, like ourselves, are more deeply committed than ever in serving the Living Christ through the spiritual network of Contemplative Outreach, Ltd. We are grateful for the opportunity to have been there and to continue our spiritual growth.

~Sue and Chris Hagen

Prayer Group Facilitator training

On Saturday morning, Oct. 31, 2009, CONSD held the first of four sessions that will cover all the material included in the CO Facilitator Formation course to our prayer group facilitators and prayer group members. This information and enrichment program is designed to enhance the practical skills of current and potential prayer group facilitators as well as deepen their spiritual life. Usually, this training requires travel to and attendance for seven days at a retreat center for a substantial cost. CONSD has been able to sponsor this no-cost program for our chapter because we have a local member, Rebecca Crowley, who attended a week long “train the facilitator trainer” formation in the summer of 2008. She has adapted the spiritual formation and classroom topics to fit into four Saturday morning meetings times during 2009 and 2010 as well as recommend personal spiritual enrichment activities to be done between Saturday sessions.

In our first session, a CONSD FACILITATOR HANDBOOK was distributed to all attendees. It

included materials to help facilitators understand the CO and CONSD organizations, history, vision, roles and needs as well as outlining the topics to be covered in the remaining sessions and practical and spiritual homework assignments. In the Feb. 6th session, we will be reviewing the material in the Introductory Program and the Continuing Sessions to be better able to mentor new practitioners of Centering Prayer. On May 8th, the session will center on Prayer Groups (format variety, guidelines, group dynamics and life cycles) and Facilitators (their role, preparation-spiritual and practical, listening and attention skills). In our last meeting, Sept. 11th, we will discuss some of challenges faced by facilitators, review what we have covered over the year and have a commissioning ceremony. At each session additional material on the covered topics will be added to the handbooks. We are recommending that our participants go on a retreat as a spiritual close to their year of study.

Saint Andrew Episcopal Church Prayer Group

Each Thursday evening 6:30-7:30 at Saint Andrew Episcopal Church in Encinitas, a small group of five to ten people gather for Centering Prayer. This group has now been gathering for a little over two years. One of the more interesting things about this group is that it is made up mostly of men; in fact, there are times when only men are present.

Father Larry Hart, Episcopal Priest, pastoral counselor and spiritual director, was asked by parishioners at Saint Andrew to begin a Centering Prayer group when he accepted the call to serve as the Pastoral Associate of the parish. There had been unsuccessful attempts to establish such a group in the past and so there were initial concerns about viability. Father Larry decided to take a relaxed approach in keeping with the contemplative spirit and announced that at 6:30 pm on Thursday evenings he would be sitting in contemplative prayer, and any one interested was welcome to join him. People were invited to come anytime to explore whether Centering Prayer was for them, and told that they were welcome whether they were able to come often or seldom.

The time begins each week with a the reading of a Psalm from Nan Merrill's Psalms for Praying, we use

a CD timer with a wonderful gong sound and so no one has to keep time as we then sit silently for twenty minutes. After the gong sounds at the end and we slowly return there is usually a second reading. The second reading has been from all sorts of authors – Nouwen, Thomas Merton, Roberta Bondi, Thomas Keating, and Gerald May. Such as the Imitation of Christ as well as other spiritual classics. After this second reading people may want to very briefly share something the reading has stirred in them; although, sometimes we just continue to sit quietly in the open space of quiet for a few moments and then, as always, end with a brief closing prayer.

What most of the people who come consistently have found is that there is something unique and powerful about practicing this prayer as part of a centering, contemplative, community – even a small one. It is not, of course, that centering as an individual, or living a contemplative life style as an individual, is any less powerful – it's just different and very good. To become concerned with which is better is to become entangled in the sort of dualistic thinking that is the antithesis of Apophatic spirituality; and is rather like asking: "Which is better, to inhale or exhale?"

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 15th and Saturday the 16th to present information on the Enneagram. The Enneagram is a system of spiritual psychology based on an ancient Sufi typology of nine personality types or primary roles. Each personality type is characterized by specific patterns of thought, speaking style, feelings, emotions, sensations and belief systems which are universal to each type. Fr. Meninger recommends reading one of two books prior to his presentation. "The Wisdom of the Enneagram" by Riso and Hudson or "Discovering the Enneagram" by Rohr. Mark your calendars now!

About Centering Prayer

In contemplative prayer the spirit places us in a position where we are at rest and disinclined to fight. By his secret anointing the Spirit heals the wounds of our fragile human nature at a level beyond our psychological perception, just as a person who is anesthetized has no idea how the operation is going until after it is over interior silence is the perfect seedbed for divine love to take root. In the Gospel, the Lord speaks about a mustard seed as a symbol of divine love. It is the smallest of all seeds, but it has an enormous capacity for growth. Divine love has the power to grow and to transform us. The purpose of contemplative prayer is to facilitate the process of inner transformation.

~Fr. Thomas Keating, Open Mind Open Heart , pg. 45

CONSD VISION & MISSION STATEMENT

The vision of Contemplative Outreach of North San Diego is to foster the process of transformation in Christ in one another through the practice of Centering Prayer. The mission statement is to:

- Teach Centering Prayer
- Build a Christ centered community, and
- Support the contemplative life

Contemplative Outreach of Northern San Diego — CORE VALUES

Value – Christ Centered

We will know we are living by this value when we:

- Commit ourselves to be faithful to the practice of Centering Prayer twice a day.
- Embrace the inspiration and direction of the Holy Spirit in accomplishing our Vision and Mission Statements.
- Share the method of Centering Prayer with utmost charity and humility.

Value – Humility

We will know we are living by this value when we:

- Acknowledge that any good accomplished by CONSD is the work of the Holy Spirit.
- Are transparent in our actions.
- Treat everyone we meet, within and outside of CONSD, in a non-judgmental manner.
- Respond to every issue that comes to us in a non-judgmental manner.

Value – Utmost Charity

We will know we are living by this value when we:

- Reach out with compassion, understanding, and joy in the pursuit of our Vision and Mission Statements.

- Accept and value each person wherever she/he may be on their spiritual journey.
- Treat every person and issue with utmost patience.

Value – Community

We will know that we are living by this value when we:

- Cultivate and foster a spirit of unity and utmost charity throughout the spiritual network.
- Relate to people within and outside of our Christian tradition with honor and respect regardless of our differences in outlook, theology or practice.
- Are always open to hearing, sharing, learning, and growing in union with one another with God as our center.
- Reach out with utmost hospitality in all that we say and do.

Value – Encourage and Support

We will know we are living by this value when we:

- Regularly offer the Centering Prayer Introductory Program.
- Regularly present programs/events that encourage spiritual illumination, growth and transformation.
- Hear and respond to the needs of the CONSD membership.

Q and A with Fr. Keating

Q. I have been meditating for many years, yet I have no spiritual experience. Can you address that?

A. Many people meditate because they receive consolation once in a while. Every now and then they get a ray of light or a sense of peace that supports them on the journey. But someone who is not receiving consolations and still perseveres deserves the first prize.

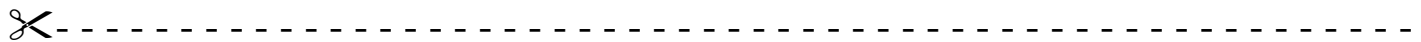
John of the Cross is a great help here. One of his major contributions to the knowledge of the spiritual journey is the alternative he describes for the exuberant mysticism of Teresa of Avila. He teaches that there is also a mysticism of pure faith, which he calls the "hidden ladder," which is characterized by darkness and habitual dryness all the way to transforming union. The ladder of pure faith is like taking the back stairs of Teresa's Interior Castle. But what difference does it make when you are trying to get to the top of the castle whether you take the main staircase with its gilded banisters or the back stairs assigned to the servants? The main thing is to reach the top. In John of

the Cross's view, the Night of Sense does not necessarily lead, as Teresa seems to think, to the exuberant mysticism of the prayer of quiet union and full union. Some and perhaps even most persons who are led into the Night of Sense continue in it until it turns into the Night of Spirit, without a period of profound spiritual consolation.

Ruth Burrows in her book *Guidelines for Mystical Prayer* distinguishes between "lights on" spirituality and a "lights off" spirituality. According to her, both ways lead to the transforming union. Those who go the path of exuberant mysticism (lights on) run the risk of becoming attached to their spiritual experiences. The way of pure faith or the hidden ladder--John of the Cross's contribution to the mystical journey--is a great consolation to people who have spent years on the journey and felt that they got nowhere because they had no consolation. My answer to the question is, "You are very close to the top, just keep going."

CONSD'S First Annual Retreat

Our first annual retreat will be held at the Prince of Peace Abbey in Oceanside October 29-31, 2010. Check-in time is after 3:00 on Friday and check-out time is at 1:00 on Sunday. The retreat will be led by Susan Rush, Coordinator of New Mexico and Co Convener of the Contemplative Outreach, Ltd. Circle of Service and Chris and Sue Hagen. The Guesthouse has 13 double rooms and 18 single rooms and they all have private baths. The rate per person for a room, three meals and use of the facilities is \$85.00 per night. A non-refundable deposit of \$50.00 will be required by June 1st and it can be paid by check or cash only. The balance is due upon your arrival at the retreat. Please make the \$50.00 check payable to Prince of Peace Abbey and complete the registration form below and mail to: CONSD, 908 Via Linda, Escondido, CA. 92029. Early registration is suggested as space is limited. The Chapter is requesting an additional suggested donation of \$10.00 to be offered at the time of the Retreat to partially fund the cost of bringing in a Retreat Facilitator.



CONSD RETREAT REGISTRATION FORM: One person per form, do indicate who your roommate will be.

Name: _____ Address: _____

Phone: _____ Email: _____

I will be sharing a room with: _____

Enclosed is a \$50.00 non-refundable deposit payable to Prince of Peace Abbey We will confirm your reservation. Blessings, *Sue and Chris Hagen*

Contemplation and Contemplative Living

On a crisp, sunny autumn day in the middle of November, our group gathered at Saint Bart's to enjoy the third presentation in the Living Flame II series. The presenter Anne Mazza, left Long Island a day earlier at the end of a "nor'easter" storm to bask in our lovely weather. The pleasure turned out to be ours as we enjoyed Anne's unimposing, open style while she shared herself and multiple messages with us throughout the day. Upon reflection at the end of the day, it emerged how rich the time was for us, filled with both practical and spiritual gifts.

We began the seminar with light refreshments and fellowship then did two centering prayer periods separated by a voluntary walk outside. Some of our group chose to remain sitting in silence between periods of prayer. We are grateful for choice. After Anne's introductions and honest, disarming disclosures, we learned that the day's content was mainly a product of Fr. Thomas Keating who saw a need during formation of the modern centering prayer movement and set out to bring the practical as well as the spiritual aspects of centering prayer to practitioners. We learned we would focus largely on practical ways to bring centering prayer into our daily lives. Some of us geared our thinking toward lists and procedures, but we were continually surprised and pleased by the subtle cognitive dance that moved between practical suggestions and enriching spiritual messages.

Fr Keating knew, wrote, and taught that the contemplative life is more than just a personal transformation. We read reinforcing excerpts from other in support of Keating. Thomas Merton in *New Seeds of Contemplation* said, "living contemplatively begins with ourselves, but leads us in the end to embrace deeply, not only our truest selves, but God, neighbor, and all of creation....deepening our awareness of our connectedness and communion with others" Mother Theresa of Calcutta told this in her own way..."love cannot re-

main by itself, for by itself there is no meaning. Love has to be put to action, and that action is service." Keating often states in his writings and speeches that the fruits of our trust, consent, and surrender to the presence and action of God in our lives are manifested in our daily lives and in our loving service to God... His people doing His will.

During our ongoing journey toward transformation, we commit to practices that assist in bringing us closer to God. Anne reviewed some that appear in Keating's book, *Open Mind, Open Heart*. These include (1) Commit to periods of centering prayer...two or more "sits" each day as a way of cultivating and deepening our relationship with God; (2) Choose and practice an Action Prayer. Many members carry action prayers in their hearts, have memorized and say them throughout each day. One prayer offered by Anne is "Free me Lord to trust your will, lead me to surrender"; (3) say the Welcoming Prayer in times of need (4) speak a Forgiveness Prayer for self or others (5) join a centering prayer group that provides many opportunities... to reinforce our individual practice, increase understanding of the centering process (discussions, tapes, book readings), encourage us to persevere and continue our spiritual journeys when alone and in communion with others.

One presentation highlighted Father Keating's *Six Moments Of Centering Prayer* practice, to assist us on our way to transformation. Many in the group were familiar with four "moments" so this subject generated a long period of interest and discussion. The full day closed in small groups in a 4 part reflexive exercise similar to those suggested by Basil Pennington. We end with monk Mychal's prayer..."Lord, take me where you want me to go...let me meet who you want me to meet...tell me what you want me to say...And, keep me out of your way". Amen

~Pat Worret

Father Carl Arico in North San Diego

“There is no theology of prayer that is not also a theology of compassion.” ~*Thomas Merton*

I always look forward to Fr. Carl Arico’s visits to our southern California contemplative community. His welcoming demeanor, expansive explorations, and humorous anecdotes never fail to nourish the spirit. His December 2009 Advent talk, “Opening to Divine Compassion,” was no exception. He served us a feast of down-home mysticism and wisdom *al dente*, with plenty of New Jersey Italian storytelling sauce on the side.

Advent, Fr. Carl asserts, is essentially an awakening (and a re-awakening) to Divine Compassion. It is the liturgical season that invites us to see with new eyes and to hear with new ears. We behold the coming of Christ, a freshly “newborn” Presence who, seemingly paradoxically, is always and already with us. Our experience of “waking up” to this eternally present Christ at ever-deepening levels is what lends the sense of anticipation and *newness* to the Advent and Christmas season. The birth of Christ is the birth of “not just any child,” Fr. Carl pointed out; it is a Divine event that reverberates within time and beyond time – in the eternal Now -- and an embracing of Incarnation as our call to transformation. The Christ child is born and re-born in us as we consent to God’s presence and action in everyday life.

Fr. Carl drew a connection between contemplation, which is an openness to God, and compassion, which is an openness to persons. Both require a mode of being present; moreover, our presence to the *Other* during contemplative prayer can invite the grace of being present to *others* during acts of compassion. Compassion literally means “to feel with” and “to suffer with.” While everyone has the capacity for compassion, most people avoid it because it is uncomfortable and difficult. (This avoidance and resistance can bring on psychic numbing, Fr. Carl noted, which in itself is a subtle and often-unrecognized form of suffering.) Despite this difficulty, compassion can begin with the simple feeling of rapport with another. If the rapport is sustained, one will begin to feel “tuned in” with another, and concern and empathy will arise. The desire

to act on that empathy flowers into compassion.

Fr. Carl focused on three elements of compassion. First is the ability to grieve and to feel for other people within their difficulties – which, he emphasized, is a supernatural gift of grace and not something that can be conjured up on one’s own. The second element is the embracing of forgiveness as a way of life. And the third element is hospitality, that broad generosity of spirit that welcomes everyone. Christ-like compassion is extended to all people, even our so-called enemies. “Disagree vehemently with your enemies,” said Fr. Carl, “but never take them out of your heart.” Here Fr. Carl shared a little anecdote about how enemies often become friends with the passage of time: not too many years after the end of World War II, Americans were driving German Volkswagen cars and watching Japanese Sony televisions. “Who knows?” Fr. Carl mused. “Someday you may be driving a Taliban Van!”

Blocks to compassion include judgment and perceiving others as separate or disconnected from one’s self. While we are distinct individuals, we are never really separate from others. As Fr. Carl opined, “Be tender with the young, compassionate with the aging, and sympathetic with the intolerant, because at some point, you yourself are all of those things.” Genuine compassion may seem daunting, painful, and difficult until we remember that it always begins as a gift of grace, not as a willful or compulsive act of the self. Moreover, when one continues to let go and to surrender to the flow of God’s love in contemplative prayer, they often find that it becomes easier to allow themselves to feel painful emotions and to care deeply about others. The process of releasing and surrendering in centering prayer can become an abiding attitude in daily life, enabling us to be more completely *open and present* to whatever the moment requires of us – while simultaneously “*letting it all go*” into the flow of God’s love. This non-clinging, non-possessive attitude towards our experiences brings about a great inner freedom, Fr. Carl concluded, for “when you possess nothing, you have everything.” Eventually, we begin to see that we are being carried along in a river of divine compassion, and that our main “work” is to *open and consent* to its flow.

~*Mary Williams*

CONSD & COSD EVENTS

CONSD 2010

UNITED IN PRAYER DAY

Date: Saturday, March 20

Facilitators: Hosted by COSD

Time: 9:00am–12:30 pm

Location: Mission San Diego de Alcala,
California Room, 10818 San Diego Mission Road

Suggested Donation: Free Will Offering to be split
with CO Ltd.

HALF-DAY RETREAT

Date: May 22

Time: 9:00am–12:30pm

Location: San Dieguito United Methodist Church,
170 Calle Magdalena, Encinitas

Suggested Donation: Free Will Offering

HALF-DAY RETREAT

Date: August 14

Event: The Sacred Name

Time: 9:00am–12:00pm

Location: TBD

Suggested Donation: Free Will Offering

PRESENTATION

Date: October 15–16

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: TBD

RETREAT

Date: October 29–31

Event & Location: Retreat at the Prince of Peace Ab-
bey, 650 Benet Hill Rd., Oceanside

COSD 2010

INTRODUCTORY WORKSHOP IN SPANISH

Date: February 6th

Time: 8:30am–3:00pm

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

Suggested Donation: TBD

HALF-DAY OF PRAYER

Date: February 13th

Event: Silent Saturday

Time: 8:30am–12:00pm

Location: First Presbyterian Church,
500 Farragut Circle, El Cajon

Suggested Donation: TBD

Contact: Anne Clark (619) 444-9700

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 6th Avenue (near Balboa Park)

Suggested Donation: TBD

Contact: Kathy (619) 749-4141 for information

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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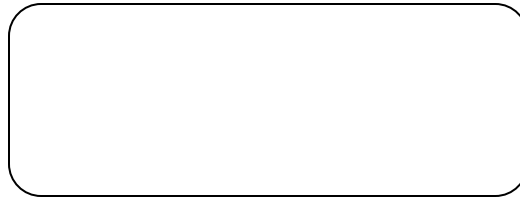
	Area	Leader's)	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 p.m.
2	Del Mar (2)	Kathy Agnew Lori Thomas	858-481-8754 760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Mondays: 3:30 to 5:00 p.m.
3	Encinitas (1)	Christina Linehan Shirley Shetula	760-525-6721 760-436-6721	Home of Christina Linehan 350 N. El Camino Real #70, Encinitas	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 12	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.

Contemplative Outreach
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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