



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

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Introductory Workshop Program

On January 22, 2011, the most recent Centering Prayer Workshop Program was held at St. Thomas of Canterbury Episcopal Church in Temecula. Although the program had been well advertised there were only three people officially registered beforehand and those of us who were there to help wondered if we would outnumber the registered participants. However, as soon as the doors opened people began arriving and we ended up with eighteen registrants who would be practicing the prayer for the first time as well as several who were there to refresh their knowledge. Those who came expressed a real excitement about the opportunity to learn Centering Prayer.

This was the first workshop to be given using the new format developed by Fr. Keating and contemplative Outreach. The program still includes four conferences and two twenty minute practices of centering prayer but has been shortened so that the entire workshop is complete in four hours. Conferences one and four covering "Prayer as Relationship" and "Deepening our Relationship with God" have been shortened; conferences two and three covering "The Method of Centering Prayer" and "Thoughts and the Sacred Word" have remained the same length. Although shorter, the program is complete in its description of the method of prayer and of the beauty and depth brought to the relationship we experience with God when we practice the prayer.

The presenters, Alicia Annas and Chris Hagen, did a wonderful job of teaching both the newcomers and those of us who were there to listen again. Their presentations were filled with thoughtful examples of what it means to practice Centering Prayer. At the end of the day many of the attendees signed up to attend the six week follow-up sessions which will be facilitated by Diane Warden who lives in the Murrieta area. It is hoped that this will be the beginning of a new Centering Prayer group in the Temecula area.

Many thanks to the Daughters of the King at St. Thomas of Canterbury for their hospitality and for the delicious and abundant food they prepared for the group. Special thanks especially to Jenny Alcazar, also from St. Thomas, who worked closely with the Introductory Workshop Service Team to make this workshop such a success. For those of us who volunteer at the workshops there is always a special blessing in getting to meet those at the host church who are excited to bring the knowledge of Centering Prayer to their church communities.

~Carol Sumner

Save the Date!!

Contemplative Outreach, Ltd. will be holding the 2011 International Conference Sept. 29 - Oct. 2, 2011 in San Francisco. The Conference "RE-Awakening to the Contemplative Dimension of Life" will be held at the Marriott San Francisco Airport Hotel. Registration begins in May. Don't miss this wonderful opportunity!

On the Road to Contemplation: Three Critical Stages of Prayer/Faith Development

As a child, where and how did you learn to pray? What form(s) did your prayer take? What was your concept of God? How was it formed? What was your relationship to or with that God concept?

In **Stage 1** of her February 19th interactive workshop, “The Three Stages of Prayer”, Susan Komis posed these very questions to the 50+ attendees and then invited us to share with the group our childhood recollections and experiences. In many cases, these were surprisingly similar. They often included the beliefs and teachings of parents, clergy, institutions, the Bible and other writings, memorization, rituals and/or traditions. This first Critical Stage of Prayer/Faith development covers a child’s life from infancy to adolescence. It is the **Believing** stage that lays the foundation for a child’s initial belief in God, faith, and prayer and is largely based on the beliefs of others. At this stage, children tend to believe what they are told without much self reflection and their concept of God usually is external to self. *At the same time, by the close of this stage, a child’s False Self value system is fully operational.* Although many people remain at this stage throughout their lives, others reach a critical threshold that moves them to:

Stage 2 is a major growth step in faith and prayer. For many it is the most critical stage of spiritual development in which, as late adolescents, we begin to doubt and ask questions. This signals a turning point of new growth and transformation that continues into our 20’s-30’s. Stage 2 awakens our intuitive faculties and spiritual senses. No longer satisfied with the prayer/fault limits experienced in Stage 1, we now avidly need to know things for ourselves. Our concepts of God, of prayer, of faith deepen and mature. As Spirit calls us to remember who we are in God, we become aware that God knows us, loves us, and dwells within us. He calls us to a personal relationship with Him and, when we commit to it, new dimensions of spiritual life open to us. We embrace silence and new ways of praying including meditation, interior prayer, Centering Prayer. As Spirit fortifies our faith, our attitudes and values begin to change. We become less judgmental, more compassionate and forgiving. We seek out community and have a desire to be of service to

others. With our spiritual transformation well under way, *we also begin to dismantle parts of our False Self, but our ego is still intact.*

Stage 3 is the stage of **Interior Knowing, of Pure Faith**, in which our spiritual journey comes totally under the direction of the Holy Spirit. With Spirit as our guide, we expand our spiritual concepts and intimacy with God still further. We live more in the present moment (where God is). We surrender the desire for knowledge and control. In Centering Prayer we open to the light, life, and love of God. We are invited to the experience of contemplation and to purge any leftover obstacles to union with God. It is a stage of great gratitude, awe, and joy.

Last of all, Susan examined the major obstacles to transformation and further growth in faith and prayer that may surface during any of the three stages. She warned us to beware of these danger signals:

1. I have little or no grasp of God within me (the Divine Indwelling.)
2. I feel unworthy to be loved by God so I can’t bear to have an intimate relationship with Him.
3. I’m afraid of the unknown – of moving out of my childhood comfort zone –especially my Stage 1 conditioning.
4. I’m experiencing loss of control in prayer, especially in Centering Prayer.

Under Susan Komis’ gentle, wise guidance we were led to dissect three critical stages of our own prayer/fault spiritual journey in order to see how, through the inspiration of the Holy Spirit, our faith and prayer life evolve as God keeps opening doors for us to get to know Him better. As we reflected, in Stage 1, on our childhood faith and prayer experiences, we began to see the origins of our personal spiritual journeys. Then, in Stage 2, as we observed our individual journey points, we noted how God has been leading us every step of the way along our prayer/fault road to the point we are at today. From Believing what others told us (Faith) to our own Interior Knowing (Pure Faith) our prayer life gradually evolves toward contemplation under the inspiration of the Holy Spirit.

~Alicia Annas

Not the Cross

It wasn't the cross - displayed on an elegant quilt on the floor almost out of sight. It wasn't the speaker - readings from scripture. It wasn't the facilities - comfortably plain. It was the Presence, the Presence of the Spirit of God. I almost missed it. I had busyness to attend to. Providentially Joyce responded to my previously emailed invitation in the affirmative, so I felt obligated. A little before 8:30 a.m., Saturday, January 15, 2011, we headed down our hill toward Gopher Canyon and I-15. At Mountain Meadow Road, I exited to get gas. Entering the driveway of the gas station, I took a nasty whack on my tire. Not a good sign. I navigated through Escondido on freeway lanes divergently dangerous in their under construction mode. We exited properly in Rancho Bernardo on the correct street, but the place of the address appeared to be a tennis club. We continued on Bernardo Center Drive futilely and retraced our route to discover San Rafael Catholic Church located behind the tennis club.

The classroom-size social hall was crowded to overflowing. Chris Hagen was directing the moving of chairs to create another circle within the larger circle. The shuffling went on amid friendly chatter and partaking of refreshments. Promptly at 9:30 a.m. three soft bells sounded. Silence dropped. Everyone tuned in. The retreat program with the theme of "Take up

your cross daily and follow me" began with self-introductions. Chris asked that we give our names and prayer group locations. I was surprised to hear Evie's voice right behind me. Often the leader of these retreats, she is living with her cancer. Chris explained that he had expected fifty participants and instead here we were sixty. In distributing the fifty handouts, instant sharing was the response so that there was excess as in the feeding of five thousand. Our scheduled activities rotated in silence: sitting, walking, reading, reflecting, and listening. The modes followed like the seasons, like the hours without a misstep. Refreshments were graciously replenished as quickly as they were consumed. At noon, it was time for faith sharing. I volunteered that "God beyond God" is like the galaxies beyond the galaxies. Evie spoke with gratitude of a palpable love. That was it. That was the key to this retreat. We came into this room, and the Presence came with us. The practice of centering prayer swept aside the busyness. We had overcome obstacles to be here and now we were on holy ground. We were abiding in the moment. We were being still. We knew that God is God. For the benediction, we heard the voice of Fr. Thomas Keating saying, "May God take good care of you." The day deserved a standing ovation. Reverently we disbanded.

~Fay Chang

Prayer Group Facilitator Meeting

Sue and I very much look forward to being with you at our first Prayer Group Facilitator Support and Affirmation meeting of the New Year. It has been a year since we were all together and we are certain we have much to share including the experiences of those who went through the Prayer Group Facilitator training program with Becky Crowley.

Date: March 5, 2011

Time: 9:00am—12:00 pm Centering Prayer .

Place: Lutheran Church of Incarnation,
16889 Espola Rd., Poway

~Chris and Sue Hagen

CONSD Half Day Retreat

Deepening Our Relationship with Jesus the Christ

And 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. John 1:38-39. We invite to a half day of reflection upon the meaning of John 1:38-39 in our lives today. We will have periods of Centering Prayer and Lectio Divina. There will also be times for personal silent reflection as well as Taize songs.

Date: May 7th, 2011

Time: Gather at 9:00 am for hospitality.

Retreat at 9:30 am - 12:30 pm

Location: St. Bartholomew's Church, Poway

About Centering Prayer

“Any form of resisting thoughts is itself a thought. Moreover, it is a thought with an emotional charge to it. Emotionally charged thoughts hinder the basic disposition you are engaged in cultivating, waiting upon God in the mystery of His presence. This is God’s opportunity to talk to you. It (i.e. thoughts) would be like interrupting someone who wants to confide something to you. You know how it is when you are trying to tell a friend something important and he keeps interrupting you with ideas of his own. In this prayer you are listening to God, listening to His silence. Your only activity is the attention that you

offer to God either implicitly by letting go of all thoughts or explicitly by returning to the sacred word. Let it be a time of the interior silence and nothing else. If God wants to speak to you in successive words, let Him do so during the other 23 hours of the day. He will be more pleased that you preferred to listen to His silence. In this prayer God is speaking not to your ears, to your emotions, or to your head, but to your spirit, to your inmost of being.”

~Fr. Thomas Keating,
Open Mind Open Heart, pgs. 82-83

Oceanside Centering Prayer Group

Our group has been meeting for about three years. We have 11 on our roster but five to seven is an average group. A number of us are Stephen Ministers and we have found the practice of Centering Prayer beneficial in a number of ways. In particular, sharpening our listening skills, it also tends to promote compassion for ourselves and others and a more non-judgmental approach to living. Although we have benefited from books penned by Thomas Merton, Thomas Keating and others our main focus when we meet has been the Centering Prayer itself. The emphasis has been practice rather than the accumulation of knowledge and sometimes we introduce Lectio Divina. We have also enjoyed an occasional retreat.

The encouragement we can offer one another as a group supports our individual practice that for many

has been a transformational experience. I hope we are becoming persons reflecting truth and grace and people who extend grace to others. We don’t stop being who we are when we choose to follow Christ, but we do start to examine who we are and to seek our true self as Scripture and the Holy Spirit reveals it to us. As regular practitioners of Centering Prayer we want to offer a forum for others to experience the silence and to serve others from our center, that we nurture in our private room

Event: Oceanside Centering Prayer Group

Location: First Presbyterian Church,
2100 El Camino Real, Oceanside, CA 92054

Co-Facilitators: David Butterfield and Martha Treutle

Time: 6:15 pm Mondays

A Moment of Reflection

“The desire to go to God, consent to His presence within us, does not come from our initiative, but from the grace of God. We do not have to go anywhere to find God because He is already drawing us in every conceivable way into union with Himself. It is rather a question of consenting to an action that is already going on in us. To consent to God’s presence *is* His presence.”

~Fr. Thomas Keating

Sustaining Members

The mission of Contemplative Outreach of North San Diego is to: TEACH Centering Prayer, BUILD a Christ centered community, and SUPPORT the contemplative life of its members. We invite you to help sustain our Mission through an annual donation of \$25.00. We would like to thank the eight members who have already made a Sustaining Member donation for 2011.

Humility: A homily given by Fr. William Meninger

The first reading this morning from the book of the prophet Malachi is obviously addressed to priests. "And now, O priests, this commandment is for you: if you do not listen, if you do not lay it to heart to give glory to my name, says the Lord of hosts, I will send a curse upon you." The Gospel reading takes up the same theme addressed to the scribes and Pharisees who speak with the authority of Moses. "Observe all things whatsoever they tell you, but do not follow their example. For they preach but they do not practice."

This gospel is proclaimed today to the entire Church so it must have relevance to us all and not merely to the priests. I think we see this in the conclusion of the Gospel where we are told, "Do not be called Master. You have but one master, the Messiah. The greatest among you must be your servant. Whoever exalts himself will be humbled, but whoever humbled himself will be exalted." So we are all committed to practice the virtue of humility. Humility is probably the most misunderstood of all the virtues. Sometimes people think that humility means that you pretend to be something less than you are. This is not humility this is deceit. Humility is simply knowing the truth about yourself. This was recognized as far back as the time of Aristotle who said that the first principle of human living is to know thyself.

This is humility. Humility than is self-knowledge. We should understand that self-knowledge is foundational to knowledge of God. To know God we must know ourselves in order to understand how we relate to God. St. Benedict in his holy rule advises his monks to look for humility in candidates for the monastic life. Above all things, he says, the novice must love humility. In today's first reading from Malachi and in the Gospel

we see that humility is also required of those who have long graduated from the ranks of novices. All of the mystics tell us that the two virtues necessary for contemplative prayer are humility and love. In fact, humility and love are necessary for any prayer. Humility is knowing who we are with our strengths as well as our weaknesses. It is also knowing the truth about our dependency on God and our total inability to do anything without God in whom we live and move and have our being. Humility causes us to realize that our sufficiency is found only in Christ. This is what St. Paul meant when he said 'when I am weak then I am strong' because the realization of his weakness forced him to turn to the strength that only Christ could give. It is only when we throw ourselves on the mercy of God through humility that we then experience what is meant by the love of God.

When God receives us in our humility, acknowledging our weakness, he transforms that humility by his grace into love. This is what we mean when we say "Lord I am not worthy but only say the word and I shall be healed". This is what Mary meant when she said "The Lord has looked upon the lowliness, the humility, of his handmaid so all generations will call me blessed." This is what Jesus meant when he said, "Unless you become as little children, you shall not enter the kingdom of heaven." All of this is beautifully expressed in Psalm 131 where we pray: "O Lord, my heart is not proud, nor are my eyes haughty; I busy not myself with great things, nor with things too sublime for me. Nay rather I have stilled and quieted my soul, like a weaned child on its mother's lap, so is my soul within me. In you Lord, I have found my peace."

~Fr. William Meninger

Quiet Mondays Mission San Luis Rey

Escape the noise and hectic pace of everyday life. Enjoy some solitude and keep the balance between activity and contemplation in your life. The day is yours to create, experience time on your own to meditate in your room, the chapel or the gardens, and enjoy na-

ture. Quiet Days are every Monday of the month from 9:00 am to 4:00 pm. The cost is \$20.00 which includes a private room and lunch. Please pre-register by calling the Retreat Center office at 760-757-3659 or online at www.sanluisrey.org.

Sacred Saturdays

The Mission Statement of CONSD has three very important components:

First to teach centering prayer.

Second to build a Christ centered community.

Third to support the contemplative life.

In following through with the second and third commitments, we would like to invite you to a Retreat morning of contemplative prayer. Many different Contemplative Outreach regions have successfully offered these mornings of prayer for a number of years. Often these retreats have been called "Silent Saturdays". Because we have come to believe that everything is sacred, we are choosing to call our Saturdays, "Sacred Saturdays". Actually, three "S's" come to mind when we gather on these Saturday mornings: Sacred, Silent, and Simple.

To Build a Christ centered community, and to support your personal contemplative life please join us Saturday, March 12th at Gethsemane Lutheran Church,

2696 Melbourne Avenue, San Diego, CA 92123. The time will be from 9:30 am - 12:00 noon. In keeping with the simple theme, there will be no formal presentations. We will simply center together, have a chance to walk the outdoor labyrinth, and to be present upon the grounds of the church campus in silence. Bring your journal if you like. After the silence we may possibly have some faith sharing as a conclusion to the morning. Many of us are being drawn more and more to times of silence and simplicity, and along with this often comes a strong desire to belong to a Christ centered community, we hope that Sacred Saturdays will meet both of these desires. Join the contemplative community for our first Sacred Saturday and let's see where the Spirit of God leads us from here.

A free will offering will be taken. Coffee and tea will be available; however, there will be no food. For information call Contemplative Outreach North San Diego (760) 745-8860.

~Evie McGreevy

On Awakening to the Contemplative Dimension of Life

You can observe that the contemplative dimension of life is somewhat different from a particular religious expression. As I see it, the contemplative dimension of life is the innate capacity of every human being and is the patrimony common to the world religions in their most advanced teachings. These point to an indescribable state that stimulates generous persons with great motivation, so they seek God who cannot be 'known' by our human faculties and, yet, who is so present to us. Contemplation, then, is something with which we are born. The only requisite is to consent – to let God be God in us. That is the measure that He has given us

as gift. The Christian tradition considers contemplation a gift, and this, of course, is correct. But we must emphasize, over and over again, that *this is a gift that has already been given*. We do not have to go anywhere to obtain it. We cannot go anywhere to avoid it. It simply *is*, it is within our very existence. Therefore, the purpose of the great religions is simply to take us to the interior of that relationship with Reality—one so intimate that no word is capable of describing it. Anyone who finds it or practices it—is influencing and modifying the future of the world.

Plan Ahead!

Here are the dates for the next three years for our CONSD weekend retreat at the Prince of Peace Abbey in Oceanside: July 29-31, 2011, July 27-29, 2012 and October 18-20, 2013. The entire cost is \$170.00. We are now accepting \$50.00 deposits for the 2011 Re-

treat and there are still a few single rooms and several double rooms available. If you are requesting a double room please indicate who your roommate will be. All deposits must be made out to Prince of Peace Abbey and they are due by March 25th.

Vulnerability

A Place of Peace

The love of Christ manifested itself in his sheer vulnerability.

The crucifix is the sign and expression of the total vulnerability of Jesus: the outstretched arms, the open heart, the forgiveness of everything and everyone. This sheer vulnerability made him wide open both to suffering and to joy. It was this vulnerability that caused him to experience the pain of Judas' betrayal, as well as the joy of celebrating the Pasch with his disciples. If there had been no possibility of betrayal, there could have been no Eucharist.

If the disciples were to be admitted to his intimate friendship, there could only be loneliness and disappointment when they all abandoned him and fled. Only in the heart of one with boundless readiness to forgive could there have been the pain of Peter's triple denial, and afterwards the joy of reinstating him as chief of the apostles.

Vulnerability means to be hurt over and over again without seeking to love less, but more. Divine love is sheer vulnerability-sheer openness to giving. Hence, when it enters the world, either in the person of Jesus or in one of his disciples, it is certain to encounter persecution-death many times over.

But it will also encounter the joy of ever rising again. "For love is stronger than death. Many waters cannot quench it" (Song of Solomon 8:6-7). Being vulnerable means loving one another as Christ loved us. If we did not have to forgive people, we would have no way of manifesting God's forgiveness toward us. People who injure us are doing us a great favor because they are providing us with the opportunity of passing on the mercy that we have received. By showing mercy, we increase the mercy we receive. The best way to receive divine love is to give it away, and the more we pass on, the more we increase our capacity to receive.

~Fr. Thomas Keating,
"Heart of the World"

Today I must rest,
Retreat a short distance,
Move out of the light,
Find solitude,
Where conscience can sleep.
A place of peace,
Free of the guilt
That imprisons my soul,
A space that is mine,
Not to be shared
With the world,
A quiet place,
Where conscience and spirit
Can find harmony and freedom
Once more.
Tomorrow I will again
Stand in the light,
Allowing soul and spirit
To explore a new path,
In a new light,
Free from the chains
Of yesterday.

~Chris Roe

Q & A with Fr. Keating

Q The mood I was in was one of expectation. Then I found myself thinking about the fact that I was expecting something to happen.

A "Have no expectations in this prayer. It's an exercise of effortlessness, of letting go. To *try* is a thought..... To struggle is to want to achieve something.... Waiting in God's presence without expectation or effort is sufficient activity.

CONSD & COSD EVENTS

CONSD 2011

SACRED SATURDAY

Date: March 12, 2011

Time: 9:30am–12:00pm

Location: Gethsemane Lutheran Church, 2696 Melbourne Avenue, San Diego

Suggested Donation: Free Will offering

HALF DAY RETREAT

Date: May 7, 2011

Time: 9:00am–12:30pm

Event: Deepening Our Relationship with Jesus Christ

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

Suggested Donation: Free Will Offering

UNITED IN PRAYER DAY

CONSD & COSD

Date: March 19, 2011

Time: 9:00am (hospitality)–12:30pm

Event: Invitation from God DVD

Location: St. Andrews Episcopal Church, 890 Balour, Encinitas

Suggested Donation: Free Will offering to benefit CONSD, COSD and CO Ltd.

CONSD WEEKEND RETREAT

Date: July 29-31, 2011

Event: Prince of Peace Abbey, Retreat

Location: 650 Benet Hill Road, Oceanside
Pre registration necessary

TEAM MEETING

Date: April 16, 2011

Time: 9:00am–12:00pm

Location: Hagen's house

ALL ARE WELCOME !

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

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 so we can keep our data base up to date. 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](http://www.consd.com).

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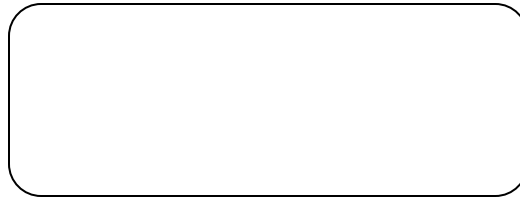
	Area	Facilitators	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Sun Spriggs & Lori Thomas	858-947-5131 760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 3:00 to 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	Marlynn 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

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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