



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 5 Number 4 November 2010

Contemplative Outreach Annual Conference

Chris and I were so grateful to be able to attend the Annual Conference in Atlanta September 23-26. The theme was “Awakening to the Contemplative Dimension of Life” and Fr. Keating said that awakening refers to “something that is within us and already there.” What Christ is inviting us to—is to AWAKEN to the consciousness of the Divinity of God and to the immense tenderness, love and care for us.” Each day began with a keynote speaker and in the afternoon there were workshops. The ones we attended were: Introducing the New Revised Resource Handbook, The Essential Role of the Centering Prayer Group Facilitator, Awakening to the Word of God in Scripture, and Awakening to Voices of Tradition. Friday evening, there was a DVD of Fr. Keating on the Human Condition. Saturday evening we had a banquet and special program. It was wonderful to see friends from around the country and exchange ideas. Fr. Keating was with us in spirit. Next year, the Conference will be in San Francisco Sept. 29th-Oct. 2nd and the theme will be “Reawakening to the Contemplative Dimension of Life.” Mark your calendars now!!

~Sue Hagen

Grace of the Ascension

The key to being a Christian is to know Jesus Christ with the whole of our being. How great it is to know his sacred humanity through our senses and to reflect upon it with our reason, to treasure his teaching and example in our imagination and memory, and to imitate him by a life of moral integrity. But this is only the beginning. It is to the transcendent potential in ourselves—to our mind which opens up to unlimited truth, and to our will which reaches out for unlimited love—that Christ addresses himself in the Gospel with particular urgency. Not only is it essential to know Jesus Christ with the whole of our being; it is also essential to know Jesus Christ in the whole of his being. We must know Christ, first of all, in his sacred humanity and historical reality, and, more precisely, in his passion, which was the culminating point of his life on earth. The essential note of his passion is the emptying of his divinity. We enter into his emptying by accepting the emptying process in our own life, by laying aside our false self, and by living in the presence of God, the source of our being.

~Fr. Thomas Keating, *The Heart of the World*, pg. 85

Advent Reading

We would like to suggest that everyone participate in Advent in a very special way this year. Because we are not going to have an Advent event as we usually do, we decided that we would all do some special reading. In Fr. Keating’s book “The Mystery of Christ” the first chapter is on the Christmas-Epiphany Mystery and our Prayer Group is going to read and discuss this during December.

~Sue and Chris Hagen

SPECIAL INTEREST

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Embodying the Silence: A Deeper Surrender

During the final three days of October 2010, New Mexico Contemplative Outreach coordinator and retreat leader Susan Rush invited the forty-four of us gathered at Prince of Peace Abbey to step more deeply into a level of awareness that could be described as “embodied spaciousness.” As Susan explained, there is a way in which the combination of contemplative silence and responsive wakefulness can “morph into presence,” an open-hearted condition in which we “put on the mind of Christ” and welcome our bodies into the “homeland of God.” While Centering Prayer is primarily a practice of letting go and consenting to God’s presence and action within, Susan maintains that outside of the periods of prayer we can also “partner with God” —that is, actively cooperate with the Divine — to bring about a “fuller yes and a deeper surrendering” to Presence. As co-creators with God, our greatest call is to “be who we are,” to embrace our own particular, unique way of living the contemplative presence. Spiritual and meditative disciplines are rightly criticized when they encourage the cultivation of disembodied or dissociated states of consciousness that split Spirit off from body and/or mind. But for today’s contemplative Christianity, Susan pointed out, spirituality is neither body-denying nor body-indulging, but incarnational: fully human and fully divine. Spirit, body, and mind, interwoven and fully present in this homeland of God, on earth as it is in heaven.

The retreat offered many opportunities to rest, awaken, commune, and “pray with God.” In between our periods of Centering Prayer, Susan gave a few contemplative pointers—brief quotes and accessible teachings from the likes of John Cassian, Meister Eckhart, Thomas Merton, Thomas Keating, among others. She also taught us some wonderful chants. Chants—brief repeated prayers set to simple melodies—bring in the resonance of tones and voices, and the hum in the heart is delightfully grounding and liberating. (I have heard it said that chanting is like praying twice.) The meals in silence, along with the option to attend the Abbey’s daily Mass and the monastic prayers of the hours, helped to create a rhythm of prayer, silence, song, and movement that was both restful and invigorating.

One level of reflection that I especially appreciated was the contemplative awareness walk that Susan invited us to do mid-way through the retreat on our own. I—and many of you as well, I’m sure—enjoy walks in nature during silent retreats, and there is a kind of relaxed alertness and clarity that can emerge after repeated periods of contemplative prayer that allows one to slow down, sink in, and savor the simple beauty of each moment. Here is where I recognize the truth in Fr. Keating’s assertion that “God is giving himself to you in every cup of water, in every sorrow and in every joy.” As a preface to our the contemplative awareness walk, Susan noted the three levels of contemplation as described in Keating’s book *The Word Made Flesh*: 1) The ability to see God in all things, 2) The ability to see all things as God’s gift, and 3) The ability to see God giving God’s self in all things. With this in mind, Susan encouraged us to walk with a deeply receptive attitude, not actively looking for any particular thing, but rather allowing ourselves to be drawn to something along our path. To let God find us through all things.

This had already begun for me at the silent breakfast earlier that morning, when I noticed small tasty details of the moment—Evie McGreevy’s “Be Present” T-shirt, and Kathy Agnew’s drinking coffee out of a mug that said “Best Dad” (these are the monks’ mugs? I chuckled to myself), the cranberries in the cookies, the giggles induced by the loudness of me scootching my chair, and Marlene Rogers’ salting and peppering of her cantaloupe. God’s spicy sweetness!

Later that afternoon, on my walk, divinity beckons to me through the rich abundance of the living and dying things that populate autumn in southern California. A trail carpeted with dead leaves and chips of bark, with new grasses poking through. Spider webs glinting in the sun. Flies and gnats hovering near my ears, as if I am a flower full of the nectar they crave. Sand sparkling beside the plain wooden crosses that mark the graves of past Benedictine monks. Life and death all tangled up together, birth and loss and resurrection singing out a wild and holy harmony.

(continued on next page)

Embodying the Silence: A Deeper Surrender (continued)

The day has been warm, but a hint of crispness arises as the shadows deepen in the crevices of the hills. I think of the trajectory of my life, of various energies and agendas that have been dying away even as new yearnings sprout and flower. A brisk breeze is blowing, causing the trees to bow and bend, making the leaves tremble and shimmer. There is that wonderful line from a Gwendolyn Brooks poem: Conduct your blooming in the noise and whip of the whirlwind. I linger in the crackling of wind-blown leaves and the shining radiance of the ocean in the distance. Cosmic

applause, I say to myself. And divine ovation. God beholding God in all things. Then I sit for a time inside the little gazebo along the Abbey path known as the Way of the Cross. An editor and writer by profession, I cannot help but be drawn to the various graffiti carvings in the wooden beams. Wow: retreat graffiti? I wonder. God in all things? But it is true: next to "Terry was here" and "Tim loves Debbie forever" is etched the divine anthem: I AM.

~Mary E. Williams

Facilitator Training

On Saturday morning, Aug. 28, 2010, Chris and Sue Hagen, CONSD Chapter Coordinators, presented certificates of recognition and a red rose to 18 people who completed the first offering of a CONSD developed Facilitator Training Program. Chris and Sue expressed their gratitude to the entire group for providing CONSD with a new, large pool of trained facilitators who can assist with weekly prayer groups and the six Continuing Sessions that follow an Introductory Workshop. Rebecca Crowley, one of our chapter members, adapted the spiritual formation and classroom topics of the CO Facilitator Formation to fit into four Saturday morning meetings times during 2009 and 2010. She also provided recommendations for personal spiritual enrichment activities to be done outside the classroom. Over the course of the year, she developed the first complete CONSD Facilitator Handbook for the use of all our prayer group facilitators.

In the first session on Oct. 31, 2009, the history, vision, roles, services, contact information, and needs of the CO and CONSD organizations were covered. The

class on Feb. 6, 2010, included a review of the material in the Introductory Program and the Continuing Sessions to prepare facilitators to be better mentors to new practitioners of Centering Prayer. On May 8th, the session centered on Prayer Groups (format variety, guidelines, group dynamics and life cycles) and Facilitators (their role, preparation-spiritual and practical, listening and attention skills). In addition, practical and spiritual enrichment homework assignments were given out after each class. In our last meeting on Aug. 28th, we reviewed what we have covered over the year, reviewed additional materials and topics of interest, and discussed some of challenges faced by facilitators. CONSD wishes to congratulate all the following people who completed this training and thank them for their commitment to their own transformation through Centering Prayer: Kathy Agnew, Elena Andrews, Alicia Annas, Avril Bland, David Butterfield, Colleen Clementson, Linda Dollins, Susan Elmore, Barbara Hudson, Chris Ivancich, Sherlene Mollerstuen, Patricia Rice, Sun Spriggs, Joan Thompson, Martha Treutle, John Wavrik, Mary Wavrik, Mary Williams

About Centering Prayer

The eternal Word of God has always been speaking to us interiorly, but we have not been able to hear His voice. When we are adequately prepared, this interior Word begins to be heard. The external word of Scripture and the interior Word arising from the depths of our being become one. Our inner experience is con-

firmed by what we hear in the liturgy and read in Scripture. The ideal disposition for the divine encounter is the gathering together of one's whole being in silent and alert attentiveness. The practice of interior silence gradually produces the capacity to listen.

~Fr. Thomas Keating, *The Mystery of Christ*, Pg.45

Centering Prayer Group Formation at the Lutheran Church of the Incarnation

January 30, 2010, was the date for the second 'Incarnation' of an Introductory Workshop at my home church. The first Workshop took place on January 13, 2001. At that time, those of us participating in the follow up sessions were blessed to have Evie McGreevy as our facilitator. The second formation's follow up sessions were led by Mary Williams and she too, was a blessing.

Following that first formation and for a couple of years a faithful group of about five/six met regularly for our prayer time. In October 2003, the Lord led us to St. Bart's Prayer Group in Poway led by Chris and

Sue Hagen. There we remained. Last year, I felt the need to hopefully reintroduce Centering Prayer at Lutheran Church of the Incarnation and so with much help and encouragement from my Prayer Group at St. Bart's the second Workshop was presented. As a result we now average six to eight in our weekly group. Included are church members plus support from Centering Prayer friends in other groups. We meet on Monday at 5:00 pm at the Lutheran Church of the Incarnation, 16859 Espola Road, Poway. You will be welcomed always. Sherlene Mollerstuen (858) 451-6825.

Stages of Prayer Related to Faith Development

On Saturday February 19th, 2011 Susan Komis will give a day long presentation on the stages of prayer related to faith development. She will be at San Dieguito United Methodist Church in Encinitas from 9:00-3:00 pm.

The following is her description of the presentation. This workshop serves to broaden our understanding of how we are called to contemplative prayer and a deepening relationship with God. The day-long experience moves us through three major stages of spiritual growth and development of faith. This workshop also: Examines our early childhood experience of God through institutional/communal prayer.

Focuses on critical thresholds of growth from infantile concepts of God and changing modes of prayer. Examines barriers of each stage that inhibit our consent to the gift of contemplation.

This presentation is interactive with group participation. The day will provide time for Centering Prayer in community, small group process, and large group reflection and dialogue. This workshop is excellent for anyone on the spiritual journey, particularly for Centering Prayer group facilitators, leadership team members and anyone engaged in service to Contemplative Outreach.

Sustaining Member of CONSD

The mission of Contemplative Outreach of North San Diego is to: TEACH Centering Prayer, BUILD a Christ centered community, and SUPPORT the contemplative life of its members. We invite you to help sustain our Mission through an annual donation of \$25.00. CONSD is a volunteer organization. While we have no paid staff we do incur expenses. For example the expenses incurred in the daily operation of the CONSD office, mailing of our newsletter and other forms of written communication with our membership as well as the provision of the Introductory Centering

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

~Sue and Chris Hagen

Reflections on the visit of Cynthia Bourgeault to Mary Magdalene Apostle Catholic Community

The church overflowed with joy and with guests, many from CONSD, who attended the recent visit of Rev. Cynthia Bourgeault, on September 26th, who was the homilist and co-presider of Catholic liturgy with Dr. Jane Via, the pastor of Mary Magdalene Apostle Catholic Community in San Diego. Cynthia was touring southern California to publicize her most recent book, *The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity*. In addition to the liturgy, the evening included time for a book signing and reception, and concluded with Cynthia leading us in Sacred Chant in the chapel.

Cynthia's homily wove together both the Gospel reading from Luke 15: 1-10 (the story of the lost sheep and, the lost coin,) as well as her insights about the significance of Mary Magdalene as an apostle, intimate friend of Jesus, and purveyor of Sacred Wisdom. Cynthia commented that a key piece of the Jesus teaching is that "if you are lost, you will eventually be found...and you may end up better than if you had never been lost at all!" We were urged to look at Jesus from within the succession of the prophets, especially from Ezekiel 36:26, where God says "I will give you a new heart and put a new spirit within you. I will remove your heart of stone and give you a heart of flesh." Jesus, The Master Cardiologist, is both the answer and the fulfillment of this promise. As the "heart technician," Jesus can perform this heart surgery quite delicately. We were challenged as Cynthia commented "It is possible to be good with your heart still hard, to

do all the right things, observe all the observances, and still have a heart of stone. The whole business of life is to break our hearts wide open so that the stone is shattered, and out of it comes a heart of flesh. This is the core teaching of the Jesus path."

Cynthia described Mary Magdalene, not as a reformed prostitute, which scholars are now saying was pure fabrication on the part of the patristic church as there is no record of Mary Magdalene as a prostitute in the scriptures. All four gospels identify her as an apostle, as a model of conscious love. She, like us, was called to a path of transformation of the heart in love. This is a path which can be practiced by all people.

"Be Still and Know that I am God" we chanted, as one contemplative community of Catholic, Episcopal, Lutheran, and other denominations of Christians. We shared bread, wine, the Word, and the silence. How I treasure the memory of this gathering and the practice of Centering Prayer, deeply "knowing" that we are one, and that from this place of quiet faithfulness, our hearts of stone are gradually turned to hearts of flesh. (Cynthia's book, an excellent read, is available through www.amazon.com. Contact langworthy4@cox.net for a CD of the Sept 26th homily.

*~Diane Langworthy,
Centering Prayer Group
Leader at MMACC*

Save the Date!

Contemplative Outreach Ltd. will be holding the 2011 International Annual Conference September 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. Don't miss this wonderful opportunity!

Centering Prayer Goes To College Again

In early November, Chris and Sue Hagen went to Palomar College to be guest speakers in Professor Zachary Seech's Philosophy of Religion classes. We introduced Centering Prayer by watching a videotape "Reaching out to the World" produced by Contemplative Outreach, Ltd. Chris then gave a history and overview of the practice of Centering Prayer and Sue taught the four guidelines. The forty-five students then practiced the Prayer for ten minutes. The student's responses were positive and we were pleased to have this opportunity once again.

Enneagram Event

On Friday and Saturday, October 15 and 16, CONSD was blessed to host one of the “founders” of Centering Prayer, Fr. William Menninger, who presented a workshop on the Enneagram. The Enneagram is a spiritual/psychological tool used to discern individual personality types – nine in all. To quote the registration flyer, “In the study of the Enneagram... we can learn to identify our hidden, addictive motivations and learn the truth about our personality type; then let ourselves fall into the Center, into God.” Fr. Menninger told us a story about a treasure map that had very detailed directions on where to find the hidden riches but did not include where to start. He likened the Enneagram to discovering the starting point of the treasure map. The humility of learning the truth about ourselves sets us free. We realize we are not God but how dependent we are on Him and that the only way we will find sufficiency is in His mercy and love.

Friday night began with an explanation of the background and principles of the Enneagram and a brief overview of the 9 types. We learned that it has roots in the Christian, Jewish and Muslim traditions. Its Christian roots date back to the third century and the naming of the seven capital sins – pride, envy, anger, sloth, greed, gluttony, and lust. These “root sins”, with the additions of deceit and fear, are the “shadow side” of each of the nine personality types – the part of ourselves we do not want revealed. Each type also has its own special gifts and strengths. He went on to explain the principles of the Enneagram. That it is a tool, not a religion and that it does not have all the answers. He stressed that it is based on the reasons we have for what we do. In other words, it is our **motivation** more than our behavior that determines our type. Although we have some qualities of all nine types, our type is determined by where our strongest motivations lie. He also emphasized that our individual type is influenced both by our natural tendencies and personality and by the circumstances of our childhood development. He said we stay in the same type through our life but that we ideally mature into our type and “reflect your special image of God,” as well as the best elements of all nine types as Jesus did. He then gave short descriptions of each type and finished the night with an illuminating bedtime story of The Wizard of Oz ex-

plained as an allegory for the spiritual journey. We went home that evening to dream of rainbows, emerald cities and ruby slippers.

We started on Saturday, after some tasty contemplative hospitality, with a very short and simple but telling test to help us determine our “number.” Fr. Menninger warned that tests are not always accurate because it takes some discernment, study and honest reflection on our motivation. He also had some other helpful tips for finding your type including asking family or friends and even looking at which type you dislike the most. More often than not, he said, that could be your type. We then got into the meat of the day, an in-depth look at each type and perhaps the most enlightening part, his interviews of volunteers representing each personality type. We met in description and in person:

One – Perfectionist/Reformer, **Two** – Cheerleader/Helper, **Three** – Performer/Achiever, **Four** – Tragic Romantic/Dramatist, **Five** – Thinker/Perceiver, **Six** – Loyalist/Manager, **Seven** – Optimist/Entertainer, **Eight** – Champion/Boss, **Nine** – Mediator/Peace Maker.

Fr. Menninger proved a skillful interviewer, asking a few probing questions and letting the interviewees explain how they viewed and reacted to others and the world. He also let the audience ask each of them questions. It was an invaluable opportunity to see life through the lens of another’s perspective. More than one credited Centering Prayer with helping them heal negative motivations and mature into their type. Many thanks to the volunteers for their generosity, candor, and honesty. Thanks as well to all who helped make it happen, including Fr. Menninger, the Hagens, the hospitality and registration teams, St. Bart’s and everyone else who participated in this very informative day. If you missed it and are curious to know what all this talk about “number” and “type” is about there are some great books available including “The Wisdom of the Enneagram” by Riso and Hudson and “Discovering the Enneagram” by Richard Rohr.

~Elena Andrews

Vulnerability

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"

Quiet Mondays at 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 nature. 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.

Many Thanks!

On behalf of CONSD we would like to thank Rebecca Crowley for her outstanding Facilitator training meetings over the past year. We would also like to thank the eighteen new facilitators of Centering Prayer groups and the six Continuing Sessions. Our Chapter is so fortunate to have such dedicated people!

~Sue and Chris Hagen

Plan Ahead!

Here are the dates for the next three years for our weekend retreat at the Prince of Peace Abbey in Oceanside: July 29-31, 2011, July 27-29, 2012 and October 18-20, 2013. We are now accepting \$50.00 deposits for the 2011 retreat. All deposits must be given to the Abbey by March 29, 2011. Please make your check out to the Prince of Peace Abbey and indicate whether you want a single or double room. Please indicate who your roommate will be if you request a double room.

~Sue Hagen

God's Presence

"He who has seen me," Jesus said, "has seen the Father." (John 14:9). The Word of God was always present beyond time. In the incarnation, he became present in time. He enfolds us therefore, both within the temporal sphere and beyond it, at one and the same time. As the bride in the [Song of Solomon](#) said, "His left hand is under my head and his right hand ready to embrace me." (Song of Sol. 2:6). His left hand signifies the dimension of time and his right hand the dimension of eternity. With the two arms of his human and divine natures, he enfolds us in the mystery of the incarnation in an incredibly strong embrace.

CONSD & COSD EVENTS

CONSD 2010—2011

HALF DAY RETREAT

Date: January 15, 2011

Time: 9:00am–12:00pm

Event: Sacred Name

Location: San Rafael Catholic Church, Social Hall,
17252 Bernardo Center Dr., Rancho Bernardo

Suggested Donation: Free Will Offering

INTRODUCTORY WORKSHOP

Date: January 22, 2011

Time: 9:00am–2:30pm

Location: St. Thomas of Canterbury
44651 Avenida de Misiones, Temecula

Suggested Donation: \$25.00

TEAM MEETING

Date: January 29, 2011

Time: 9:00am–12:00pm

Location: Hagen's house, all are welcome!

FACILITATOR MEETING

Date: February 6, 2011

Time: 9:00am–12:00pm

Location: TBA

PRESENTATION

Date: February 19th, 2011

Time: 9:00am–3:00pm

Event: The Three Stages of Prayer

Facilitator: Susan Komis

Location: San Dieguito United Methodist Church,
Encinitas

Suggested Donation: \$30.00

UNITED IN PRAYER DAY, CONSD

Date: March 19, 2011

Time: 9:00am–12:00pm

Location: TBA

TEAM MEETING

Date: April 16, 2011

Time: 9:00am–12:00pm

Location: Hagen's house, all are welcome!

TAIZE PRAYER SERVICE

Date: December 1, 2010

Time: 7pm–8:00pm

Location: 1st Presbyterian Church,
500 Farragut Circle, El Cajon

Contact: Kathy DeFede (619) 749-4141

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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CONSD Centering Prayer Groups

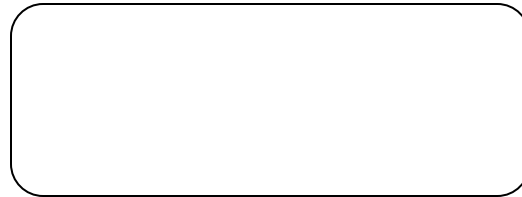
	Area	Leader's)	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Sun Spriggs & Lori Thomas	858-947-5131 760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 3:00 to 4:15 pm
3	Encinitas (1)	Christina Linehan & Shirley Shetula	760-525-6721 760-436-6721	Home of Christina Linehan 350 N. El Camino Real #70, Encinitas	Mondays: 10:30 am
4	Encinitas (2)	Mike & Ann King	760-753-1575	Home of Mike and Ann King (Call for directions)	Thursdays: 7:00 pm
5	Encinitas (3)	Sharon Hoffman & Beth Ward	760-635-9463 760-436-6589	(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	Murrieta	Debbie Linsday	951-698-8368	Home of Debbie Lindsay 23511 Silverwood, Murrieta	Thursdays: 12:30 pm
10	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey McKeon Center Room 12	Wednesdays: 7:00 pm
11	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church 1450 S. Melrose Drive	Thursdays: 1:00 pm
12	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
13	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
14	Poway (2)	Colleen Clementson & Rebecca Crowley	858-748-8548 858-748-3801	Community Church of Poway 13501 Community Road, Poway	Tuesdays: 6:30 to 8:00 pm
15	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 pm
16	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation 16889 Espola Road, Poway	Monday: 5:00 to 6:30 pm.
17	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary Catholic Church, Chapel 537 E Street, Ramona	Fridays: 8:30 am Daily Mass Chapel
18	Rancho Bernardo	Maureen Anderson	858-673-8886	San Rafael Catholic Church, Chapel 17252 Bernardo Center Drive, San Diego	Wednesdays: 7:00 to 8:00 pm
19	Rancho Santa Fe	Marlynn McCullogh	760-436-1924	Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 am
20	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran 2696 Melbourne Dr , San Diego	Tuesday: 7:00 to 8:30 pm
21	Sun City	Amanda Rines	951-245-9962	St. Stephen's Episcopal Church 26704 Murrieta Rd., Sun City	Thursdays: 3:00 to 4:00 pm
22	Temecula	Amanda Rines	951-245-9962	St. Thomas of Temecula 44651 Avenida de Misiones, Temecula	2nd Wednesday of month: 4:00 pm

Contemplative Outreach
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PERMIT NO. 2325

ADDRESS SERVICE REQUESTED



CONSD Donation Form

Your Name(s) _____ Phone _____

Address _____ City _____

State _____ Zip(+4) _____ E-Mail _____

circle one

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

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

CONSD Registration Form

Name of Event _____ Date & Location of Event _____

Your Name(s) _____ Phone _____

Address _____ City _____

State _____ Zip(+4) _____ E-Mail _____

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