

Consd News



THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 6 Number 4 November 2011

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Introductory Workshop Program

Pam Wheatland and Sandra Phelps of Grace Episcopal Church of San Marcos graciously hosted CONSD's "Centering Prayer Introductory Workshop" on Saturday, September 24, 2011. It was a lovely, Fall day and an idyllic setting for the presentation of the precious practice of Centering Prayer. The ladies of Grace Episcopal, along with members of the Servant Leadership Team, provided a wonderful assortment of beverages and finger foods for our nourishment.

Carol Sumner opened the program by welcoming guests and thanking Grace Episcopal for planning, organizing the event, and for their kind hospitality. She introduced Father David Marshall, the rector of Grace Episcopal. Father Marshall welcomed CONSD and shared a bit of the remarkable history of this intimate 1880's church. Father Marshall expressed his appreciation to CONSD for bringing the introductory program to Grace. Sue and Christ Hagen, co-coordinators were introduced and Sue gave some general information about CONSD. After asking participants to share their names, their churches and/or prayer groups, Carol introduced our presenters for the morning, Alicia Annas and Mary Williams.

There were twenty-four present with seven new to Centering Prayer. The new half day format was followed which includes the four conferences: Prayer as a Relationship, Method of Prayer, Thoughts and the Sacred Word, and Deepening our Relationship with God and two twenty minute Centering Prayers. The presenters described the method and intention of the prayer. Through carefully chosen examples and selections from Thomas Keating's writings and personal insights they brought the understanding of the prayer as a method of responding to God's invitation to know Him more deeply. They conveyed so elegantly the transformative power of a regular practice of entering into the Silence with the intention of letting go of distractive thinking and opening oneself to the Presence of the Holy Spirit within. It is a privilege to be able to hear and observe in our presenters, again and again, the fruits of the Spirit in their lives from their faithfulness to this prayer practice.

David Butterfield was introduced during the workshop. Eight signed up for the six follow up sessions which were to begin at Grace Episcopal on Tuesday or Wednesday evening following the workshop. These sessions provide opportunity to expand upon the presentations, ask questions and begin the practice of the prayer on a regular basis. It is hoped that a new prayer group at Grace may emerge out of these sessions or that attendees will find their way to one of our current prayer groups where encouragement and support are given and received.

~Gail Carr

Vincent Pizzuto on Educating the Minds and Hearts of the Youth

He was “a find” but I had “a tip.” The find was the kindred spirit of another contemplative in academia. The tip was from Father Carl Arico. Two years ago, at his Advent address at Saint Batholomew’s Church in Poway, Father Arico suggested that I contact Vincent Pizzuto, a faculty member at the University of San Francisco, because the contemplative aspects of the college courses I was teaching seemed to have something in common with Professor Pizzuto’s approach. Father Arico even handed me a worn professional card of Vincent’s. I called, but Vincent’s sabbatical was underway and I didn’t succeed in making contact.

Two years later, I found myself reminded of the hoped-for connection as I saw Vincent Pizzuto’s name on the program for the 2011 Contemplative Outreach Conference in San Francisco. I sent an e-mail to Vincent, and he responded promptly and warmly. We agreed to try to meet at the conference, and indeed we did get several visits together over the weekend there. Thanks for the tip, Father Arico. My find promises to be a continuing yield for me. I will take a few paragraphs of your time now, dear reader, to give you a short review of Vincent Pizzuto’s featured presentation to the conferees.

Vincent began by observing that the Bible is distanced from us historically, culturally, linguistically, and in terms of world view. We don’t think of it as a “page turner.” It’s often cumbersome and obscure. Thus, analytical study of the Bible is justified by our need to access the archaic world that is its context. However, even when we access it in scholarly terms, we may still be unable to access the spiritual heart of it. Vincent analogized to a geode: dusty and uninteresting on the outside but beautiful within. Only in prayerful contemplation can we access the beauty within scripture. The mere analysis of scripture does not yield deep understanding. If we were to disassemble a compass, we might understand when we put it back together why it always points north. We then could understand how it works as a whole. No one has taught us that the dissection of our historical sacred text is the beginning, not the end of deep understanding. Vincent observed that only the contemplative heart can put it back to-

gether again, and see clearly the “North” to which it always points.

The motto of the University of San Francisco, “Educating minds and hearts to change the world,” describes his methodology in the classroom. The sustained practice of Centering Prayer is central to each of his contemplative courses. From the CO Heartfulness program that he saw “debuted” at the Garrison Institute two years ago, he distilled an undergraduate program in three parts: Theology, Scripture, and Tradition. Under Tradition, students read biographies of the saints and samplings of their often contemplative writings. Silence and Centering Prayer take place three times during each class session as there is a shift from lecture to discussion, and so on.

Vincent noted the receptivity of the students, and the energy and idealism that echoes the 1960s youth movements. What was lacking then, he observed, was mentorship, and it is mentorship that Vincent hopes we can provide to this new generation. He observed that in the Judaic tradition, adults invite the youth into a sense of wonder at the Mystery, and let the *students* ask the questions. The adults answer the earnest inquiries of the youth, rather than didactically drilling the students in the answers to questions that have not been earnestly asked. Contemplative education would be a mentored exploration of the contemplative life, driven neither by social conformity to something outside themselves nor by the tyranny of radical individualism. Our individual uniqueness is to do what Christ did: to refract the divine light through our own gifts. (Here, recalling the “Walk this way” scene in the film *Young Frankenstein*, Vincent invited us to distinguish between the mimicry of Christ and a genuine *following* of Christ.) Teaching contemplation is “radically counter-cultural,” Vincent claimed, as it values being over doing, and thus addresses a folly shared by both youth and older people who are obsessed by mere productivity. Again, emphasizing mentoring, he told us that if we want to see young contemplatives, we must mentor them since “We learn by being among.” (continued on page 3)

Educating Youth (continued)

Once more, Vincent cited the optimism, creativity, and energy of the youth as vital resources for the radical gospel. As a closing, Vincent told us a touching story about the creation of a song by one of his students whose passion is music. She put to song her deep feelings about contemplation, and she was there at the conference to personally deliver to us a hauntingly beautiful rendering. Hayley Zeuercher's lyrics gave full-hearted closure to the session:

Deep, deep are the lonely ones
far away home
Deep, deep are the lonely ones
far away from home
Pray now to our Father's Son
Far away from home
Pray now to our Father's Son
Far away from home
Take the highest road
inward to the land of gold
Take the highest road
inward to the soul
Take the highest road inward to the soul
Here come the lonely ones
closer now, nearer now
Here come the lonely ones
closer to home

~Zachary Seech

With Gratitude

On behalf of the membership of Contemplative Outreach of North San Diego we would like to thank Maureen Anderson for her fifteen years of service as a Prayer Group Facilitator. Her group has met weekly at San Rafael in Rancho Bernardo and all who have attended have benefitted from her dedicated leadership.

Audrey Spindler has graciously agreed to serve as the new Prayer Group Facilitator and the group will now meet on Wednesdays at 3:30PM.

Holy Chat

The sacred and the secular. The profound and the profane. The silence and the chatter. I like the alliteration of sounds and sensations in words and events.

Silent walks and sits and listens comprised the ritual of the retreat at St. Peter's Episcopal Church in Del Mar, September 17, 2011. Fifty people from San Diego, El Cajon, and Laguna Beach. The Taize piece was lengthy but its peaceful music spoke in my mind as simply, "Go with God." With each repetition, I named those who have died, those who are living, and those dying.

Two weeks later at First Presbyterian Church in Oceanside, I was writing and talking amidst twenty-four participants. This workshop on "Discovering Your Next Step" asked questions about life, people, and events. We wrote brief answers on vari-colored post-its which we then posted on matching vari-colored spaces in our workbook. After the silent introspection we broke into groups to chatter. The volume increased to where I could not hear the person next to me. My confidante and I discovered that we had each lost a person close to us; she, her mother and I, my husband. She gently squeezed my hand as we both teared up. I was a stranger and she took me in. Her actions were both common and divine. The interactive workshop was a contrast to the silent retreat. I had regarded silence as the trendy, better way to know God. Now comes a reminder of a capacious, inclusive galaxy. God cares. God comes. I know.

~Fay Chang

About Centering Prayer

Everybody who does Centering Prayer always asks, "How can I be a contemplative in everyday life, with its noise, turmoil, and constant interruptions? How can I be interiorly quiet when the world is getting noisier and the pace of life faster?" The answer is to slow down and pray more. Prayer has the great advantage of giving us a perspective on what we have to do. If we practice Centering Prayer every day, we find that we have more time for everything else.

Centering Prayer: A Healing Response to Everyday Stress

Stress is the plague of our time. For that reason I was eager to hear the presentation, “Centering Prayer: A Healing Response to Everyday Stress” at this year’s CO Conference in San Francisco. The well-qualified presenter, Jane Ferguson Flout, is currently the Parish Partnerships Director for Catholic Charities and is a presenter commissioned by Contemplative Outreach, Ltd.

Dr. Flout highlighted the health benefits of centering prayer in her doctoral dissertation, in the journal, *Pastoral Psychology*, and in a book project titled, “Contemplative Practices in Action: Spirituality, Meditation and Health.” While serving as Director of Pastoral Care and Community Ministry at a parish in Los Gatos, California, Dr. Flout began facilitating a centering prayer group. As she shared the results of this experience with us, Dr. Flout made it clear that centering prayer is not merely a stress-reduction technique. Because its main purpose is to deepen our relationship with God, we can anticipate periods of anxiety or discomfort. Transformation, after all, rarely comes without some form of pain. The good news, however, is that regular centering prayer brings about measurable healing.

The 15 participants in Dr. Flout’s group had no previous experience of centering prayer and were given pre and post assessments to gauge changes of attitude and well-being over the course of 11 weeks. They attended an introductory workshop, opening and closing retreats, twice daily prayer sits and a weekly two hour support group. At the end of the study, when compared with a control group, participants demonstrated an increased Collaborative Style (“God and I are active partners”) and decreased Self-Directing Style (“I’m solely responsible, without God’s help”).

They also reported a heightened sense of God’s presence, increased calm and greater detachment from negative thoughts and situations. What can be gleaned from Dr. Flout’s elegant study is that centering prayer counters stress as it enables individuals to release repressed emotions and helps them view circumstances in more constructive ways. Although centering prayer practitioners already had some notion that this was true--now they know it is, thanks to the new empirical data.

~Jane Milligan

Silverado Hospice Spiritual Volunteer Orientation

Have you wondered what a Hospice Spiritual Volunteer does? On Saturday, January 21st from 9:00am to 11:30am there will be an introduction to the types of volunteer work at Silverado Hospice for those who practice Centering Prayer. You will learn how we volunteers are an important part of the interdisciplinary team of nurses, social workers, and care givers.

This ministry to the sick and dying was the vision of Evie McGreevy for members of CONSD and COSD. For the past seven years, members of this ministry have offered their love and companionship to those who are on their final journey. The time has been a blessings for each of us. If the Holy Spirit moves you to become a part of this ministry of presence, please call one of the Spiritual Volunteers listed below with your RSVP or with any questions you may have.

Sherlene Mollerstuen, CONSD 858-361-5316

Winnie Baumer, CONSD 858-451-9461

Nancy Datte, CONSD 858-748-9613

Janet Altmeyer, COSD 619-460-1491

Julie Bahr, MSW, Director of Volunteer Services 888-328-4558

The Contemplative Dimension

Speaking from the heart, David Frenette shared that God can turn every obstacle that we may experience on the spiritual journey into an aide for spiritual growth. He identified the first obstacle as the thoughts that deter us from our prayer commitment, and he explained that obstacles are the fuel for our spiritual journey. In encountering and facing obstacles, we can experience a radical shifting of consciousness as a part of us dies, or falls away.

David also named thoughts of despair, doubt, of self, and of isolation, as obstacles that can be transformed into faith, hope, and love that are beyond our emotions and feelings. Gently he encouraged us to continue to sit in God's presence where we are embraced by God's love. He framed the invitation to twice daily practice of Centering Prayer as a time to stop and rest in the Divine Embrace. This decision itself both begins and continues the transforming process. The false self is the spiritual obstacle on the spiritual path. The self behind the self-reflection is the problem. David admonished us to go deeper until we can smile and be in resurrected life. He also mentioned that clinging to our experiences of God can be obstacles, as in the gospel story of Mary Magdalene clinging to Jesus.

We are encouraged to open more to God in the emptiness, not to cling, and just experience God. The hope of our prayer practice is to let the change of relationship with thoughts flow into life. A final caution is "Don't wait until drowning to go deep into our practice."

I found David Frenette's presentation to be sincere, a wisdom infused with humility, reflective of his own Centering Prayer practice and shared from the heart from one contemplative to another. Grateful for the opportunity to take in his insights, I look forward with quiet joy to David presenting to our CONSD chapter November 16 – 17, 2012.

~Diane Langworthy,
Mary Magdalene Apostle
Catholic Community
Centering Prayer Group

A Time of Enrichment

Mark your calendars now so you will not miss this wonderful opportunity to be with Fr. Meninger and partake of his knowledge and wisdom. On evening of February 17th and all day on the 18th Fr. Meninger will share with us his presentation titled "Models of Contemplation."

In his following remarks Fr. Meninger provides a taste of the scope and depth of what he will share with us. "There are many models of contemplation. No two are alike, yet they all demonstrate the way to unmediated union with God in love. Each saint, mystic or model speaks of the same basic experience but with his or her own, unique grace and manner of imaging the likeness of God. Every age and culture blossoms forth with its own models. It is fascinating to see St. Augustine and St. Thomas Aquinas, St. Bernard and St. Bonaventure climbing the same mountain by their own pathways. The great English mystics of the 14th Century Julian of Norwich, Walter Hilton and The Cloud of Unknowing complement, expand and illustrate the similarities and differences of their special journeys. Even John of the Cross and Teresa of Avila have very different yet compatible stories. Evelyn Underhill and Thomas Merton bring us into our own age with still new, ever old insights and spiritual direction. Other great religions too have their contributions such as the great Sufi mystic, Hafis, the medieval Kabbala and the ancient Ox-Herding pictures. These are worthy companions of one another and of ourselves as we seek to follow their pathways and contribute our own imaging's of the Spirit of Christ."

~Chris Hagen

CONSD Email Service

Mail Chimp is a free large group email service. CONSD uses this service to send announcements and flyers for our upcoming events directly to our entire membership. The email will come from CONSD but will have the "Mail Chimp" at the end of the message. Please do not designate the email as Spam. If you are able, put "mail chimp" in your "save senders" file.

Aging: Spirituality of Change

Fr. Terry Ryan began his talk at the Contemplative Outreach Annual Conference by saying that growing older is not for sissies.

The attitude we bring to change—to getting older—is important. Enjoy what you can do and don't compare yourself to others. Aging is an opportunity for spiritual growth.

Growing in the Spirit is letting go—divesting. When you lose enough you can surrender. Younger people aren't ready to let go and this is a reason why so few practice Centering Prayer. He went on to say that after fifty-five we become open to mystery. There is a freedom in aging. We are free from fitting in. Age is a gift given to us. You are free to be you and you are who you are so let it be. Age begins to move us to where God dominates us. Everything will go but God never goes. He ended his talk by encouraging us to be with ourselves—in solitude. We are to do this for the sake of our soul.

~Sue Hagen

Let Your God Love You

Be silent.
 Be still.
 Alone. Empty.
 Before your God.
 Say nothing.
 Ask nothing.
 Be still.
 Let your God
 Look upon you.
 That is all.
 God knows
 And understands.
 God loves you with
 An enormous love,
 Wanting only to
 Look upon you
 With love.
 Quiet. Still. Be.
 Let Your God
 Love You.

~Edwina Gately,
 Writer, Artist &
 Modern Day Mystic

An Advent Sacred Saturday

Please mark your calendar for Dec 3, 2011, as we gather for a morning of silence and quiet at our next Sacred Saturday. The morning will include two 30 minute periods of Centering Prayer, an hour of quiet Advent reflection, and a time of faith sharing. The chapel will be set with sacred Advent symbols for you to ponder, or you may also stroll the grounds or walk the outdoor labyrinth if you like. Feel free to bring a journal, and a sack lunch if you would like to stay afterwards, to share conversation with others. Please join us in supporting each other in the quiet of the contemplative journey in the midst of the busy Christmas Season. We will meet at Gethsemane Lutheran Church (near Qualcomm Stadium) at 2696 Melbourne Drive, San Diego CA 92123. Hospitality begins at 9:00 am, and the retreat will take place from 9:30 am – 12:30 pm. A free will offering will be taken. Contact CONSD at (760) 745-8860 for more information.

Centering Prayer Goes to College Again

Once again Chris and I were invited to teach Centering Prayer to Professor Zachary Seech's Philosophy of Religion classes at Palomar College. On October 13th and 19th we played the video "Reaching Out to the World", presented the conceptual model of Centering Prayer, taught the Prayer and practiced it for ten minutes. It was a special joy to teach the practice of Centering Prayer to about fifty young people! Since our presentations Zack told us that there are now two Centering Prayer groups meeting on Mondays and Wednesdays and Tuesdays and Thursdays at Palomar. Since one of CONSD's goals is to bring more young people to the Prayer this is especially wonderful.

~Sue Hagen

Hope Within Darkness

You could say that among the most powerful of human experiences is to give or to receive forgiveness.

Much of Jesus' teaching is directly or indirectly about this mystery of forgiveness, God breaking God's own rules. That's not surprising, because forgiveness is probably the only human action that reveals *three goodnesses* simultaneously! When we forgive, we choose the goodness of the other over their faults; we experience God's goodness flowing through ourselves; and we experience our own goodness in a way that almost surprises us. This is an awesome coming together of one flow of power, both human and divine at the same time.

If you don't get forgiveness, you're missing the whole mystery of God. You are still living in a world of meritocracy, of quid-pro-quo thinking, a world of performance and behavior at which none of us succeed, if we are honest. Forgiveness is the great thawing of all logic, reason, and worthiness, and the primary way we move from the economy of merit to the economy of grace. Forgiveness is a collapsing into the mystery of God as totally unearned love, unmerited grace. It is the final surrender to the humility and power of a Divine Love and a Divine Lover.

~Fr. Richard Rohr,
Transforming Vision of
Saint Francis pg. 141, 146

Check It Out!!!

Check out the CONSD website at www.consd.com. You will find a wealth of information related to Centering Prayer.

You can read or download past newsletters as well as our current one. A list of upcoming CONSD and COSD events is available. There are numerous links to websites such as Contemplative Outreach, Ltd., Fr. Richard Rohr, Fr. William Meninger, and many more. You will also find links to retreat centers. This is just a taste of what you will find so check it out.

Q and A With Fr. Keating

Q: "How do you let God act in this prayer?"

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

~ Fr. Thomas Keating
Open Mind, Open Heart pg. 87

Seeking The Ultimate Reality

Many paths lead to the Source. Some call this Source the Absolute, the One God, the Holy Trinity, Brahman, Great Spirit, Allah, Ultimate Reality or other names, depending upon the cultural or religious frame of reference.

For the purpose of this discussion, I use the term "Ultimate Mystery" to designate the meaning that these words are trying to signify. All who seek to participate in the experience of Ultimate Mystery — that is, the meaning of the Reality underlying the cosmos through the practice of religion, love of nature, science, art, dedicated service of others, deep friendship — are united in the same fundamental search.

They can remain in their own chosen path or religious tradition and still contribute to the unprecedented awakening of trans-cultural values that has begun to take place throughout the world. The most significant contribution they can make is to cultivate the experience of oneness with Ultimate Mystery, oneness with all other human beings, and oneness with the cosmos.

~Fr. Thomas Keating,
Grace Upon Grace, pg. 6

CONSD & COSD EVENTS

CONSD 2011 & 2012

PRESENTATION

Event: Discernment of Spirit

Facilitator: Fr. Carl Arico

Date: November 19, 2011

Time: 9:00am-3:00pm, please bring sack lunch

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

Suggested Donation: \$35.00

EVENT

Event: Sacred Saturday

Date: December 3, 2011

Time: 9:00am - 12:30pm

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

MEETING

Event: Team Meeting

Date: January 14, 2012

Location: Hagen's house, all are welcome!

PRESENTATION

Event: Models of Contemplation

Facilitator: Fr. William Meninger

Date: February 17 - 18, 2012

Time: Friday: 7:00pm - 9:00pm, Saturday:

9:00am - 3:00pm, please bring a sack lunch

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

Suggested Donation: \$35.00

MEETING

Event: Prayer Group Facilitator Meeting

Date: March 3, 2012

Time: 9:00am - 12:00pm

EVENT

Event: United in Prayer Day

Date: March 17, 2012

Time: 9:00am - 12:00pm

Location: TBD

RETREAT

Event: Half Day Retreat

Date: April 21, 2012

Time & Location: TBD

RETREAT

Event: Weekend Retreat

Date: July 27 - 29, 2012

Location: Prince of Peace Abbey,
650 Benet Hill Road, Oceanside

COSD 2012

EVENT:

Event: Taize Prayer Service

Date: December 13, 2012

Time: 7:00pm - 8:00pm

Location: Our Mother of Confidence Catholic Church
3131 Governor Drive, San Diego

Have You Changed Lately?

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

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

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

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

The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd.
Editors: Sue and Chris Hagen
Layout and Design: Diana Conner
Printing, copying & mailing thanks to Chris Hartman of Posthaste Mailing.

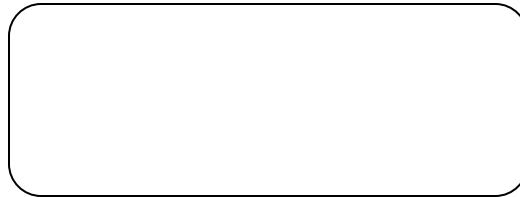
	Area	Facilitators	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Lori Thomas	760-753-3207	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 4:30 to 6:00 pm
3	Encinitas (1)	Christina 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	Audrey Spindler	858-208-8609	San Rafael Catholic Church, Chapel 17252 Bernardo Center Drive, San Diego	Wednesdays: 3:30 to 5:00 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	Temecula	Jenny Alcazar	951-696-5657	St. Thomas of Temecula 44651 Avenida de Misiones, Temecula	Tuesdays: 7:00 to 8:30 pm
21	Temecula	Deb Potts	951-265-7502	Temecula United Methodist Church 42690 Margarita Road, Temecula	4th Monday: 6:00 to 7:00 pm

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circle one

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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