



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

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Annual CONSD Retreat

CONSD will hold its annual three day retreat at the Prince of Peace Abbey in Ocean-side July 27th through July 29th 2012 .

The theme of this year's retreat is Silence, Solitude, and Simplicity. In silence, we will deepen our capacity to discern God's will in our lives. In solitude, we will create a space for the old self to die and the new self to be born. Through the practice of simplicity, we will discover what we need to let go of in our lives. Silence will be observed throughout the retreat, including meals, from the end of our opening gathering until the beginning of the Sunday church services. We will have multiple periods of Centering Prayer each day as well as time for private reflection and rest.

Also, participants are welcome to attend the Abbey's Offices of the Day during the retreat. On Sunday both an Ecumenical service with Communion and a Catholic Mass will be available. While written material related to the retreat theme will be made available there will be no educational talks or videos. Participants can avail themselves of the books in the Abbey's library or bring their own material. However, since the primary purpose of the retreat is to further open our hearts to the presence and action of God within participants are encouraged to minimize activities that appeal to the mind.

The cost of the retreat is \$170.00 which covers room and meals. There are thirteen double rooms and eighteen single rooms. All rooms have a bathroom. We encourage you to sign up soon as there are only forty four rooms and they have filled up quickly in the past. If you want to reserve a place on the retreat or obtain more information about the retreat contact Sue Hagen: 760-745-8860 or sue.hagen@sbcglobal.net

~Chris Hagen, Co-Coordinator

Evie McGreevy's Tree

In late December Evie's double pink Chinese weeping cherry tree was planted at St. Bartholomew's Episcopal Church.

As you go up the stairs to the church it is on the right hand side. As soon as the tree starts to bloom we will have a dedication service and place her memorial stone. Evie's Prayer Group from St. Gabe's is planning the service and we will notify everyone when that will take place.

~Sue Hagen, Co-Coordinator

Lenten Prelude

True to form, Fr. William Meninger repeated his practice of warmly greeting the participants of his seminars, as we entered the door to St. Bartholomew's Church in Poway. Well over a hundred people arrived in anticipation of his presentation, *The Mystics: Models of Contemplation*. Some wondered if his energy may have waned a little by the end of a full week in San Diego, but that notion was quickly put to rest. His enthusiasm was energizing and his humor was contagious throughout the two days that were filled with cognitive and affective moments intended to broaden and demystify our understanding and knowing related to contemplative mysticism. In multiple ways he reiterated and emphasized that our constant and accessible God Is love, and is present in all things, including our centering prayers.

Mysticism, defined as the pure love of God exists on many levels. We were reminded that several forms of mysticism exist throughout the world, and that Christ-centered mysticism is primarily focused on the love of God, spiritual enlightenment, and union with God (or transformation by divine grace). Fr. Meninger included examples from several other religious and spiritual models as well, that supported this theme and emphasized God's omnipresence and unfailing love that exists even in our suffering. To explore that teaching and promote audience perceptions, Fr. Meninger offered several conceptual models that spanned a continuum concerning God's loving presence in our lives. The models he chose ranged from simplistic examples that occur in the course of every day life, to some of the more complex models told by celebrated Christian mystics and proponents of contemplative prayer, who have recorded their personal experiences with God, and are available for us to search out and read. Comfort comes from knowing that we have access to many sources, and only need to be open, aware, and willing.

To the delight of listeners, Fr. Meninger enjoys story telling. He proceeded through his continuum of models, from the concrete to the supernatural, using many stories and examples to explain the loving presence of God. He began with the countless "natural" things of life that almost any open person can behold (witness-

ing God in the star filled night sky; a new father's awe that requires no words when looking into the face of his newborn child and knowing a miracle). He touched upon how we may be moved, and often are moved by the inspiration inherent in gifted writings, including but not limited to The Word in scripture, or a variety of prose, or poetry that stirs our souls.

Fr. Meninger discussed the distinction between the cataphatic and apophatic forms of knowing God, and often quoted the writings of several mystics, such as author of *The Cloud of Unknowing* and others, stating that although the true God is unknowable (in our limited ways), God can be loved, that love is the language of God, and that God is love. Fr. Meninger also cited the unfortunate aspect of some religious teachings that stop at the cataphatic level, pursuing understanding of God through the mind, but not progressing to and through the apophatic knowing of God in and through the heart. He carefully stated that cataphatic teachings were necessary, and are the foundations that precede the apophatic way (from purgative, through illuminative, to unitive). We can offer our wills to God, but only God can stir our hearts and give us the desire to be one with (Him). God chooses; we are chosen. An illustration of this, of being called by God, came to us in the form of a one page handout from Fr. Meninger on the first day, but was explained only at the end of his presentation. It was a succinct, metaphorical culmination of all he had described. The handout seemed to be a simple pictogram that was anything but simple. In a series of cartoons it depicted a boy who finally found "the source" after going through the steps most of us take; those of being totally independent, willfully thinking we are capable of existence on our own, while God patiently waits for us to mature, and finally come to truly "know" and then serve God from our hearts.

Throughout his presentation, Fr. Meninger reinforced that our practice of Centering Prayer is a way to the source. God meets us where we are but does not leave us where we are. We consent and begin with *Matthew 6:6*.

~Pat Worret

Contemplative Discernment with Fr. Carl Arico

Fr. Carl Arico began his November 19, 2011 presentation on contemplative discernment on a characteristically humorous note. Discernment, he explained, comes from an old French word that translates as “to separate, sift, and divide or set apart.” With discernment, we learn to distinguish what has true value from what we need to let go of. Centering prayer, of course, is a Christ-rooted spirituality of letting go. But lessons in letting go are available in myriad ways in everyday life. “Even the airlines offer a spirituality of letting go,” Fr. Carl quipped, “by losing our baggage.”

One of Christianity’s greatest teachers on discernment, Ignatius of Loyola, began his spiritual journey while he was recuperating from a severe leg wound, a painful period of loss and recovery that required him to let go of his plans for a military career. With plenty of time on his hands (and no TV), he spent many hours praying and studying the lives of the saints. This led him into some profound spiritual experiences, through which he came to see that he was called to be a soldier for Christ. Ignatius eventually founded the Society of Jesus (the Jesuits) and wrote *The Spiritual Exercises*, a handbook of prayers, meditations, thought experiments, and examinations of consciousness that invite a deeper conversion into life with God in Christ.

The Spiritual Exercises provides various rules for the “discernment of spirits.” As Fr. Carl pointed out, Ignatius began to develop this form of discernment during his convalescence. He noticed different interior movements and feelings as he imagined his future, and he interpreted these as coming from “good spirits” or “evil spirits.” He refers to the feelings that are provoked by the spirits as *consolation* or *desolation*.

Consolation could be experienced as a deep sense of God’s presence: interior joy, love, hope, awe, peace, communion, generosity, and gratitude. Desolation might be an experience of darkness, turmoil, doubt, anxiety, sadness, resentment, self-preoccupation, and isolation. The key question is: where are the feelings and thoughts coming from, and where are they leading us? When people deliberately close themselves off from God, the good spirit might stir up sadness, re-

morse and anxiety (feelings of desolation), while the evil spirit seeks to keep them happy and content (consoled) with their self-preoccupations and distractions. On the other hand, for those who are consenting to God’s grace, the good spirit strengthens, consoles, and gives peace, while the evil spirit tries to stir up anxiety, doubt, and resentment.

This offers much wisdom for those walking the contemplative path. As Fr. Carl maintained, “One cannot be on a spiritual high (or low) all the time. There is no ‘good’ without the ‘bad.’” Endless contentment and perfect satisfaction would make for a sterile life. Every spiritual journey will have its times of consolation and desolation. What matters most is how one chooses to respond to these inevitable experiences. If you receive a consolation, “Enjoy it, for God’s sake!” said Fr. Carl. Allow it to happen and accept it with gratitude for the gift that it is. But the most important of Ignatius’ rules, in Fr. Carl’s opinion, is the suggestion on what one should do during a period of desolation. While in desolation, people should not make any changes to their spiritual practices. They should continue with the same practices they were engaged in on “the day preceding such desolation.” Moreover, when the sense of consolation is predominant, one should make a specific plan on what to do when desolation returns, when “the enemy will try to attack you at your weakest points.”

What we are encouraged to do is stay the course with our contemplative practice whether the bend in our path takes us through consolation or desolation. Both consolation and desolation are temporary, passing experiences. So, we must cultivate patience, neither clinging to consolation nor giving in to the temptation to abandon our practice during desolation.

During the last part of his presentation, Fr. Carl also offered a process of contemplative discernment for times when an important decision needs to be made: (Continued on next page)

Contemplative Discernment with Fr. Carl Arico

- It begins with **Silence**.
- During this discernment process, you may find it useful to begin with Centering Prayer and later pray the Welcoming Prayer when you find yourself getting caught up in your thoughts, feelings, emotions, or body sensations.
- **Listen:** Present the issues, questions, or concerns to God. When and how is God calling you?
Simply listen.
- **Open:** Reflect on whatever arises in response to the call of the Spirit of God. Continue to listen.
- **Open further:** Remain silent with a listening heart.
- **Response:** Ask yourself – what is my response? How am I being called?
- **Wait and Listen.**
- **Thoughtfully and prayerfully identify** the advantages of the presented issues, questions or concerns, as you perceive them In the same way, identify the disadvantages. Journal for additional insights.
- **Rest:** Rest with the advantages and disadvantages and spend time in silence and solitude.
- **Allow** yourself the space and time you need to sort through your thoughts, feelings, emotions, and body sensations. Continue to remain present to the process.
- **Wait and Listen.**
- **Rely on God** to carry you through the process. Allow God to reveal to you what has to be done. Step out confidently in God.
- As you move through everyday life, **maintain the commitment** to the guidance you've received.
- Every time a challenge to your decision arises from the unconscious or from an outside source, recognize that this is the false self in action. Submit yourself to the action of the Holy Spirit within you and **anchor yourself in faith and trust** in your discernment.

~Mary E. Williams

The Parable of the Sparrows Noticing

The spiritual journey is like the migration of English sparrows, each weighing about an ounce and a quarter, who twice each year take off into the unknown, committing themselves to the air and flying over the ocean where there are no landmarks to give them any guidance. And yet without hesitation, every fall thousands of them take off, and in the spring thousands return undergoing the same hazards.

This migration, Evelyn Underhill believes, is a good example of what the spiritual journey is all about. We have no idea of where we are going, there are all kinds of difficulties we cannot foresee. The birds commit themselves to the elements by way of blind trust in the instinct. The spiritual journey is basically a surrender in blind trust to our conviction that what we hope to find on the journey we either already have or will certainly find. We must let go and let the wind (the Holy Spirit) take us where we hope to go. It is a commitment of immense proportions and requires an eminent trust that God will bring us where we hope to go if we submit to this inner conviction or urging that we have to start. It does not matter how many difficulties there are, we have to go. There is no turning back once we have started.

~Fr. Thomas Keating
Intimacy with God, page 114

April Half-Day Retreat

On April 21st we will gather to contemplate the meaning of the passion, death, and resurrection of Jesus in our daily lives. We will have several periods of Centering Prayer, Taize songs, and times for personal quiet reflection.

Date: April 21, 2012

Time: Registration and hospitality at 9:00am, Retreat 9:30am – 12:30pm

Location: San Dieguito United Methodist Church, 170 Calle Magdalena, Encinitas, 92024

Telephone: 760-753-6582

For further information contact:

Sue Hagen: 760-745-8860/consd@cox.net

Welcoming Prayer

Centering Prayer is a Christian contemplative practice of sitting in open, receptive, expectant silence, "listening" for Divine Presence. It can be a vitalizing, grounding practice. The minimal recommended practice is two daily twenty-minute periods. However, it may be that the practitioner's emotional reservoir drains to a rather low level by the second meditation of the day. Welcoming Prayer, sometimes referred to as "consent on the go," infuses that grounding and vitality into our engaged daily activities, virtually without pause from our activities. We certainly can't close our eyes to center ourselves as we're driving down the highway, and we probably won't find it practical when the kids are fussing and dinner is late, or as we enter the conference room for a presentation at the office, or when the bank teller sounds downright unsympathetic. However, we can run quickly through the steps of Welcoming Prayer that we have earlier practiced at a slower pace. The three crucial steps are: (1) *Focus, feel, and sink into any sensation in the body* that calls for your attention, (2) *Welcome the Divine Indwelling* in that feeling, (3) *Let go* of the bottleneck energy centers by resolving, "I let go of my desire for security and survival; I let go of my desire for affection and esteem; I let go of my desire for power and control.

Then, in a slightly longer version, you can again *welcome* the Divine Indwelling (instead of resisting or over-thinking the feeling), and finally confirm to yourself that you need change nothing in your present experience. This practice was developed by Mary Mrozowski, based on the work of Jean-Pierre de Caussade (primarily in his eighteenth century book, *Abandonment to Divine Providence*) and the more recent work of Father Thomas Keating.

Cherry Haisten's booklet, "The Practice of Welcoming Prayer," is available online at contemplativeoutreach.org/categories/categories/welcoming-prayer on the Contemplative Outreach website. Although I have practiced Welcoming Prayer on my own, I recently attended Cherry's Welcoming Prayer workshop/retreat at the Franciscans' "San Damiano Retreat Center" at Danville near San Francisco. Her open and artful presence, along with her thoughtful words, helped me make the practice "my own." Cherry is director of the Center for Christian Formation at St. Andrew's Episcopal Church in Seattle.

~Zachary Seech

Weekly Support Group

"Comfort and encourage each other."
1 *Thessalonians 4:18*, NLT

While Centering Prayer is done privately most of the time, a weekly sharing of the experience in a small group has proven to be very supportive, as well as a means of continuing education.

The weekly meeting also serves as a means of accountability. Just knowing that one's support group is meeting together each week is an enormous encouragement to keep going, or an invitation to return to the practice of Centering Prayer if circumstances have prevented one from carrying out one's commitment to

daily practice for a time. By sharing the experience of Centering Prayer with others, one's own discernment of the ups and downs of the practice is sharpened. The group serves as a source of encouragement and can normally solve problems that might arise regarding the method.

~ Fr. Thomas Keating,
Open Mind Open Heart, page 135

"The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you." *Psalms 32:8*, NLT

Just Noticing

Chris and I attended a three day Workshop and Retreat at St. Benedict's Monastery in Snowmass recently. Dr. Paul Ilecki who led the retreat is a former priest and monk and he currently serves on staff of Intensive Centering Prayer retreats, conducts his own meditation retreats and workshops and teaches reflective journaling. Paul describes his "Just Noticing" workshop as "Awareness noticing is a set of mindfulness and writing exercises to help the contemplative practitioner break the habits of insight and understanding and develop habits of attentiveness and receptivity. This process brings to awareness consciousness without attachment, analysis, diagnosis, storied insight or understanding. Awareness noticing is simply a way of holding life's experiences and awareness in consciousness only long enough to give those events and awarenesses sufficient attention before letting them flow by onto the next awareness or experience." This is similar to Fr. Keating's instruction to not play the false self tapes over and over again.

The daily schedule was deeply intense and all meals except the final dinner were in silence. Following the two morning Centering Prayer periods were breakfast, an optional opportunity to go to Mass at the Monastery, a fifteen minute Centering Prayer period followed by an hour conference. Following a break there was another prayer period and conference. After lunch the schedule was the same. After dinner there was another prayer period and discussion. The conferences were rich in experiential practices and the sharing of those experiences as well as direct teaching of awareness noticing. Chris and I found the Retreat to be fascinating, very informational and deeply spiritual. I personally am changed in many ways which is proof that the Holy Spirit was very busy! We encourage you to go to this Retreat/Workshop when Paul comes to San Diego on September 14th and 15th. We will publicize this when details become available. Don't miss this once in a lifetime opportunity!!

~Sue Hagen

Advent Sacred Saturday

David and I have been to several Sacred Saturday retreats since they began about a year ago and each one has been a special time to go deeper into the silence and God's presence. We usually have two sits, Lectio Divina, faith sharing and individual time to walk the labyrinth or just sit in the lovely garden at Gethsemane Lutheran Church. This time was unique since Pastor Gloria set up ten *Advent Prayer Retreat Centers* around the chapel for us to do a silent self-directed retreat and she supplied handouts for us to read, pray and ponder between sits. Some people lingered at one or another station while others walked the labyrinth, journaled or just sat in silence. It was such a wonderful way to start our Christmas preparation, centering together and opening our hearts to allow Christ's

peace-filled Presence to be born anew.

Some examples of the advent stations were the Serenity Prayer, A Prayer of Confession, A Prayer of Loss and Mourning, A Prayer of Thanksgiving, Psalms, etc. At each one there were questions for us to reflect on and/or do something. It was very moving to hear small blue stones being placed in a blue vase at the Prayer of Loss and Mourning, symbolizing our loved ones who had touched our lives and had passed on. In the faith sharing at the end, Evie McGreevy was very much present in our hearts and minds as she had been the inspiration for these lovely Sacred Saturdays.

~Cherie Herrera

Lake Tahoe Retreat

Contemplative Outreach of Northern Nevada and the St. Teresa of Avila Parish will hold a Lenten retreat March 30th – April 1st 2012 at the Zepher Cove Presbyterian Conference Center at Lake Tahoe. Contact Deacon Dennis Schreiner. 775-849-0910 or rks366@charter.net

Awareness Listening

To listen is very hard, because it asks of us so much interior stability that we no longer need to prove ourselves by speeches, arguments, statements, or declarations. True listeners no longer have an inner need to make their presence known. They are free to receive, to welcome, to accept.

Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings. The beauty of listening is that

those who are listened to start feeling accepted, start taking their words more seriously and discovering their true selves. Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.

~ *Henri J. M. Nouwen,*
Bread for the Journey

A Moment for Reflection: Sacred Word

If we seek with energy we will become blocked in opening to the unknown. "Most of our problems in prayer come from praying as if God is absent." St. Theresa of Avila

Sacred word versus struggle word – struggle to feel God

Don't introduce the sacred word – let the sacred word come to you.

Let the sacred word pray in you – let the word have its life – let the living God arise in you – let God's sacred word, Christ, arise in you.

Let God be God in you – in the unknown – trust the

unknown of Centering Prayer.

Let the sacred word have a life in you – the presence of God is already within us.

Awaken to God as a living reality not an object outside of you.

We don't find God- we open to be found by God.

When we let go of the desire for a tangible presence of God we go into a deeper faith in God – this is transforming. Let go of a felt experience of God and open to the mysterious presence of God.

~*David Frenette*

Hospice Volunteer Program

Many thanks to those who inquired and showed interest in learning about our Hospice Volunteer Program under the auspices of Silverado Hospice in San Diego. Ten interested contemplative friends and fellow practitioners gathered on Saturday January 21. Julie Bahr, volunteer coordinator, and Frank Modic, hospice chaplain, gave detailed presentations on the purpose and goals of volunteering and its rewards.

That was followed with a round table exchange of information, questions and answers on what

we do as volunteers. The training schedule was established and the sessions will be held at the Hospice Office in *Kearny Mesa*. For anyone interested, but were not able to attend on January 21, please contact Julie at 1-888-328-4558 or Sherlene at 858-451-6825. I have been volunteering for five years and can say the work I do has become a very important and rewarding part of my spiritual journey. Please come join us!

~*Sherlene Mollerstuen*

CONSD & COSD EVENTS 2012 & 2013

CONSD 2012-2013

EVENT

Event: United in Prayer Day

Date: March 17, 2012

Time: 9:00am–12:00pm

Location: All Hallows Catholic Church,
2390 Nautilus St., La Jolla

Free Will offering to be divided
among CO, Ltd. COSD and CONSD

INTRODUCTORY WORKSHOP

Date: March 31, 2012

Time: 8:30am–12:00pm

Location: St. Patrick Catholic Church
3821 Adams St., Carlsbad

Suggested Donation: \$25.00

RETREAT

Event: Half Day Retreat

Date: April 21, 2012

Time: 9:00am–12:30pm

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

Free will offering

EVENT

Event: Sacred Saturday

Date: June 2, 2012

Time: 9:00am–12:00pm

Location: Gethsemane Lutheran Church
2696 Melbourne Ave., San Diego

Free Will Offering

RETREAT

Event: Weekend Retreat

Date: July 27–29, 2012

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

Preregistration required

RETREAT

Event: Half Day Retreat

Date: September 8, 2012

Location: TBA

Free will Offering

PRESENTATION

Date: November 16–17, 2012

Presenter: David Frenette

Time: 7:00–9:00pm & 9:00–3:00pm

Location: TBA

Suggested Donation: \$35.00

PRESENTATION

Date: January 11–12, 2013

Presenter: Susan Komis

Time: 7:00–9:00pm & 9:00–3:00pm

Location: TBA

Suggested Donation: \$35.00

PRESENTATION

Date: September 7, 2013

Presenter: Edwina Gateley

Time: 9:00am–3:00pm

Location: TBA

Suggested Donation: TBA

There are no COSD events scheduled.

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.
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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)	Lori Thomas & Kathy Agnew	760-753-3207 858-481-8754	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 4:30 to 6:00 pm
3	Encinitas (1)	Shirley Shetula	760-436-6721	Home of Shirley Shetula 532 Leucadia Village Ct., 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	San Dieguito United Methodist Church 170 Calle Magdalena, Encinitas	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)	Susan Gross	760-451-0514	Home of Susan Gross 3853 Lake Shore St., Fallbrook	Tuesdays: 1:30 pm
8	Fallbrook (2)	Ann Keegan	760-723-0855	(Call for location)	Saturdays: 8:30 am
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 Gabriel Catholic Church, 13734 Twin Peaks Road, Poway	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	Call for location	Thursdays: 11:00 am
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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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