



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 7 Number 2 May 2012

SPECIAL INTEREST

Sustaining Membership page 1

Trees & Evie page 2

Intro Workshop page 2

CONSD Retreat page 3-4

November Speaker page 4

United in Prayer page 5

Prayer at College page 5

Becoming Christ page 6

Q&A page 6

Open Mind page 7

Faith page 7

CONSD & COSD Events page 8

Centering Prayer Groups page 9

Become a Sustaining Member of Contemplative Outreach of North San Diego

The Mission of Contemplative Outreach of North San Diego (CONSD) is to: TEACH Centering Prayer, BUILD a Christ centered community and SUPPORT the contemplative life of its members.

The following are some examples of how CONSD strives to achieve its mission: We present the Introductory Workshop and six follow-up sessions to teach Centering Prayer numerous times throughout the year. We also provide many Centering Prayer awareness building workshops throughout the year at churches as well as places such as Palomar Community College and Camp Pendleton. Ongoing support for those who have learned Centering Prayer is provided either by phone, email or in person. Similarly, we provide information to those seeking information about Centering Prayer. We pay the expenses for members to attend the seven day Presenter Training program required by Contemplative Outreach in order to present the Introductory Program. Ongoing support for our twenty two Centering Prayer groups is essential. It includes quarterly Prayer Group Facilitator support meetings, the recently completed yearlong Prayer Group Facilitator training program (which will repeated periodically), and the continuous availability of the Chapters Co-Coordination. We bring in nationally recognized speakers to present full day formation workshops. In addition, numerous half day retreats are provided throughout the year. CONSD also organizes and facilitates a three day retreat at Prince of Peace Abby in Oceanside. Finally, CONSD publishes a quarterly newsletter and maintains a web site (CONSD.com).

While CONSD does not have paid staff nor does it rent office space it does incur expenses in the course of fulfilling its mission. For example, their expenses incurred in the daily operation of the CONSD office, the mailing of our newsletter and other forms of written communication with our membership. CONSD pays the expenses to periodically send members to Contemplative Outreach training such as Introductory Program presenter training. There are costs involved in the provision of the Introductory Centering Prayer Program and all of the other Centering Prayer events.

Your annual tax deductible donation of \$25.00 or whatever is comfortable for you will help sustain CONSD's ability to TEACH Centering Prayer, BUILD a Christ centered community and SUPPORT the contemplative life of its members. Enclosed in this newsletter is a self-addressed envelope for your convenience. 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, Co-Coordination

"Trees will always be a presence of God to me." - Evie

Silence, sharing, stories, scripture, singing and dancing – these were all close to Evie's heart. So it was with much gratitude and joy that our St. Gabriel's prayer group weaved all these elements into the ceremony dedicating the planting of a tree – a Double Pink Weeping Chinese Cherry – in Evie's honor at St. Bartholomew's in Poway. After much concern over when the tree would be leafing and blooming the date of April 14th was chosen. It turned out to be perfect timing – it was both leafing and blooming. We were blessed to be joined by Evie's husband, Jerry, her daughter, Maureen, and daughter-in-law, Monica, as well as a group of Evie's closest friends.

The service started with a period of Centering Prayer after which Nancy Datte and Elena Andrews performed a "song and dance" of the classic tune "Nature Boy (Girl)." Next Elena shared the meaning of the articles on the St. Gabriel altar in the center of the room - mementos gathered over the 20 year life of the group of which Evie was the leader for the first 15. The altar was placed on the CONSD prayer quilt with the memorial stone and decorated with numerous "Joseph's Coat" roses from Sylvia Webb's yard. Sylvia then shared a story of one of their many camping vacations

together where they found themselves in a "cathedral" of redwood trees with Evie turning circles, arms raised. Sue Hagen filled us in on the choosing of the tree and her reflections on what Evie meant to CONSD. A few other Evie stories were shared amid laughter and tears. Psalm 125 was read and then we all moved outside to place the memorial stone by the tree. Chris Hagen gave a beautiful blessing and the service concluded with everyone singing and moving to the chant "All shall be well" led by Nancy Datte as the rain began to fall. Finally, we enjoyed refreshments lovingly set-up and decorated by Winnie Baumer and Patti Stoner. A lovely remembrance bookmark was created with the help of Chris Hartman. There are still extras available which will be brought to upcoming CONSD events or contact anyone from the St. Gabriel prayer group.

Blessed is the one who trusts in the Lord, whose hope is in the Lord. She is like a tree planted beside the waters that stretches out its roots to the stream; it fears not the heat when it comes, its leaves stay green; in the year of drought it shows no distress, but still bears fruit. Jeremiah 17:7-8

~Elena Andrews

Introductory Workshop Program

On Saturday, March 31st, 2012 CONSD held its latest "Centering Prayer Introductory Workshop" at Saint Patrick's Catholic Church in Carlsbad. The day was a little cloudy and misty but that didn't dampen the spirits of those involved. We were delighted to have 22 participants for the program. Of those, seven were there for a refresher course and 15 were new to learning about the practice of Centering Prayer. The group included a good mix of men and women, from many different churches, some having come from as far away as Ramona to participate in the workshop. Our two skilled presenters for the morning were Diane Langworthy and Chris Hagen. Both Diane and Chris were able to draw on their long personal experience with the prayer in order to convey not only the method of the prayer but also the beauty and the transformative power of the prayer. The newer, shorter presentation and format continue to be very well received. It

is our practice to ask all participants to fill out an evaluation of the workshop each time we hold one since it is always our desire to look for ways to improve on what we are doing. The comments were uniformly positive on the evaluations and it was clear that people's lives had been enriched through their participation. Also, almost all the new participants had signed up for the six follow-up sessions which will be held at Saint Patrick's. These sessions are being led by Mary Williams. Many thanks to the CONSD team who did all the work to advertise and organize the program and to those who worked that day seeing to registration, materials and participant needs. It really does take a team to make it all run smoothly. And a very special thanks to St. Patrick's for their hospitality and especially to Nora Gintowt and Carlene Galvan who provided wonderful treats and generally saw to our every need both before and during the workshop.

CONSD HALF-DAY RETREAT - APRIL 21, 2012

At the San Dieguito United Methodist Church, Encinitas. In the Church's Parish Hall, approximately 40 very blessed individuals from many San Diego Centering Prayer Groups attended the CONSD Half-Day Retreat. Our leaders were North County Co-ordinators, Chris and Sue. The Hospitality team were: Beth Ward, Winnie Baumer, and Patti Stoner. The Greeters were: Janet Williams and Pat Worret. Our heartfelt thanks to all who participated in our morning of Prayer, Lectio Divina, Taize Song and Peaceful Silent Reflections. The Room was set for our circle of grace with comfortable chairs and our altar in the center of the circle. At one end of the room Chris had set up a slide presentation of the Passion, Crucifixion, and Resurrection of Jesus. There were hand-outs for the above.

After the Welcome and our self-introductions, the retreat schedule was announced and we went into our first period of Centering Prayer after which we sang the Taize song: "My peace I leave you, my peace I give you: Trouble not your Heart. My peace I leave you my peace I give you: Be not afraid"

Lectio Divina was led with both Chris and Sue reading passages from "Heart Speaks to Heart" by Father Henri Nouwen. In these passages we hear a person expressing her/his thoughts and feelings to Jesus about the Last Supper with Him, His crucifixion, and His resurrection; all three were beautiful.

In the first reading we heard thoughts and feelings of self-doubt about one's worthiness to have Jesus wash one's feet, and Jesus reassures us of his love because Jesus loves us as God loves, unconditionally. Then we hear, "Lord your love is a love that comes from your human heart. Oh dear Jesus, your heart is only love. I see you, I hear you, I touch you. With all my being I know that you love me. I trust in you Lord, but keep helping me in my many moments of doubt. I know you walk with me. Help me walk with you today, tomorrow and always." Next we are at the Last Supper where we hear, "I am looking at you again, Lord. You invite me to the table. You take bread, say the blessing, break the bread and give it to me. "Take and eat" you say, "This is my body given for you." Then you take a cup, and after giving thanks, you hand it to me saying "This is my blood, the blood of the new cove-

nant poured out for you." You pour for me your very self. You wash my feet and then you give me your own body and blood as food and drink." I felt as if I had just taken part in the very first communion and I had fifteen minutes of silence to reflect upon that feeling!

After a second period of Centering Prayer and a second Reading followed; we are now at the crucifixion of Jesus and we hear, "I look at your pierced side and see blood flowing from your heart. Your heart knows no revenge, only forgiveness, no jealousy, only encouragement, no hatred, only peace. Your heart is a heart where evil has no place, only love. I see not only blood flowing out, but water as well. Like blood, the water that flows from your side is life-giving water. It is water by which you give us your innermost self and make us a part of your communion with your Father. It becomes a spring in us welling up for eternal life. The blood and water flowing from your side show a new life, given to me through your death. But it is also a life that calls me to give all that I am in the service of your love for the world."

Another period of silent reflection provides time to reflect upon this Jesus. After our third period of quiet centering and contemplation we moved into the final period of Lectio Divina, the time of His resurrection. "Again I look at you. You rose from the dead and now appear to me. You say to me "Peace be with you" and you show me your wounded hands and your wounded side. Lord Jesus, I look at the wounds in your glorified body and try to enter into the mystery of your resurrection. I am painfully aware of the timidity, the fear and doubt that fill my own heart. Even though you love me without limit, I live as though there is something more important to be found outside of you. Jesus, look at me in my struggle and show me your compassion. You cry out "let anyone who is thirsty and believes in me, come to me and drink." But I feel pulled in so many directions. I act as though you are not visible enough, not audible enough, not tangible enough. And I run away from you, pulled by the colors, sounds, and substance of my surroundings, I accuse you of not being concrete enough and

(continued on next page)

CONSD HALF-DAY RETREAT (Continued)

I say, 'unless I can put my hands in your side, I refuse to believe.' You are so patient, Lord. You are not angry or resentful. You stand there and say 'put your hand into my side. Do not be unbelieving any more, but believe.' Oh Lord, it is true, I know it. Every time I overcome the fear of my own wounds and dare to touch them gently, joy and peace come to me in ways I never dreamed of. Thank you Jesus, for your heart. Thank you for showing me your heart. Thank you for letting me believe more every day, hope more every day and love more every day. Here I am Lord, take my heart and let it become a heart filled with your love."

Our final period of reflection brings a silent prayer for God's love and blessings in this very moment. Martin

Luther wrote, "Prayer is a powerful thing for God has bound and tied himself to it. No one can believe how powerful prayer is, and what it is able to effect, but those who have learned it by experience." How blessed we are for the privilege of attending weekly prayer groups and events like the one I have just described. And there was more; a period of heartfelt and beautifully expressed words of sharing our experiences of morning.

Finally, we celebrated the very special birthday of Lucille Nawy, a long time member and contributor to the growth of Centering Prayer in San Diego. Happy Year, Lucille!

~Sherlene Mollerstuen

Special November Speaker

David Frenette, a long time close associate of Fr. Thomas Keating, will be with us November 16th and 17th, 2012. His talk is titled "The Sacred Breath of God." This will be the first time that this highly sought speaker and retreat facilitator will share his wisdom with the West Coast.

David began searching for meaning as a young man in the 1970s and started practicing daily meditation in Hindu and Buddhist traditions. He became a Christian in 1981 and changed his contemplative practice to centering prayer. In 1983, he met Father Thomas Keating, who became his mentor and whom he still considers to be his spiritual father.

David has taught centering prayer since 1985, when he co-created and co-led a contemplative retreat center in upstate New York for ten years under Father Keating's auspices. He has served in many leadership and consultative roles within Contemplative Outreach, Father Keating's international organization, including guiding long term centering prayer practitioners.

He is on the staff of the Center for Contemplative Living in Denver and leads annual retreats at the Garrison Institute in New York and at St. Benedict's Monastery Retreat House in Snowmass, Colorado. He has an MA

in transpersonal counseling psychology, guides clients as a spiritual director, and is an adjunct faculty member in the Religious Studies Department at Naropa University. Although David still dedicates significant time each day to solitary contemplative prayer, after spending much of the last thirty years in monastic retreat, he increasingly experiences God when engaged in the ordinariness of everyday life. He enjoys travel, music, film, mountain walks, coffee shops, and life in Colorado with his wife, Donna.

David's new book, *The Path of Centering Prayer; Deepening Your Experience of God* will be published in September by Sounds True. For more information on his work visit his website davidfrenette.com.

An Invitation To Serve

CONSD needs two more Hospitality people to add to the Servant Leadership Team. For questions please call Susan Elmore at (760) 729-8387 or Winnie Baumer at (858) 451-9461. To volunteer please call Sue Hagen at (760) 745-8860.

Contemplative Outreach 20th Annual United in Prayer Day

On a rainy, misty Saturday morning, we drove from Rancho Bernardo to La Jolla to gather with other groups from around the city to celebrate our faith and renew friendships. All Hallows Catholic Church offered a beautiful room with glass windows that on a sunny day offer views of the ocean. Even though the fog was dense, it offered a beautiful view of nature.

We gathered for the opening remarks and welcoming. Following this we went into the circle for a period of centering prayer. At the end, we had 15 minutes of silent reflection. After which we watched a 44-minute DVD of Father Keating filmed at St. Benedict's Monastery, Snowmass, on Colorado July 2011.

Father Keating's presentation was so packed with enriching ideas I can only hope to mention a few. He took us through the process of understanding that through the practice of centering prayer we can begin to let go of the things that keep us anchored spiritually. Dispossession of

material things-letting go of our need for control allows us to empty our being-allowing for God's presence. He mentioned the metaphor of entering the womb of God and being attached as an umbilical cord

is attached in our Mother's womb. However, in the womb of God, we receive our spiritual nourishment and never experience the separation we had in our physical birth. This is an individual developmental process as each of us seeks to get closer to our authentic self. Father Keating assured us that our soul has the capacity for God consciousness with centering prayer. As we learn to *intentionally* stop thinking and create spiritual stillness we can experience the inflowing of the Spirit. This awareness of the mystery of God humbles us in realization.

Following the film, we gathered in small groups for faith sharing. It was clear how much we all gained from the teachings of Father Keating. The collaboration of ideas allowed each member of the group to enhance their understanding of his teaching.

Finally we came back together for final words from leadership. After a closing prayer we ended a fruitful morning. All thanks to the staff who planned this wonderful day and to those who provided refreshments in this wonderful venue.

~Susan Pliner

Centering Prayer at College

On April 11th we spoke once again to Professor Zach Seechs' Philosophy of Religion class at Palomar College.

We began by playing the DVD "Reaching out to the World" in which Contemplative Outreach Ltd. describes Centering Prayer. Chris then provided the conceptual background using a power point presentation. I then passed out brochures and taught the guidelines of how to practice the Prayer. After choosing a sacred word the twenty-five students practiced the Prayer for ten minutes. They were then invited to join the Centering Prayer Group which meets twice a week on the campus at Palomar. It was a joy to teach the Prayer to so many young people.

~Sue Hagen, Co Coordinator

Sitting

Just in the act of sitting
receptive and still---
Just in the desiring to pray---
is the moment of grace.
Just in the small attention
given to letting go
is the dying itself.
For God delights in my desiring
and is content with my restlessness.
God sits with my nothing,
gently loving me in it all.

The author, Edwina Gateley is a modern day mystic, poet, writer and religious educator. She will be coming to speak to our Chapter on September 7, 2013. Mark your calendar now!

Becoming Christ

It is a beginning stage in the Christian life to concern oneself with practicing virtue, with the effort to be a better person. This is the positive process of adding behavior and attitudes of goodness, through a combination of the exercise of our own will and God's grace. But the practice of virtue, while always a part of the human journey into God and therefore never complete, is not all there is.

There is also the process of subtraction, of dying to the false self, where, through a combination of awareness and grace, we lose our attachments, our habitually destructive ways of being. In this subtractive process, becoming a better person is not a matter of replacing destructive patterns with positive ones. For when we die to the false self, it is not up to us, through our own efforts, to resurrect ourselves into a new manner of being. Resurrection is God's work, not ours. When we

subtract the false self, the new person comes into being by grace.

This is nothing less than the emergence of Christ resurrecting within us. It is not as if by dying to the false self we then build up a better "me." When we die spiritually, when our attachments are subtracted through awareness and grace, what is left is Christ. Our true nature is Christ, and instead of becoming a new "me," we become Christ, or more accurately, Christ becomes us. Christ is what is left when we subtract the false self. Dying to self is not a matter of merging into a shapeless divine void: it is a matter of getting out of the way so that the specific character of the resurrected Christ may emerge from its previously blocked position within. Brian C. Taylor in *Becoming Christ: Transformation Through Contemplation*. Reprinted with permission from Fr. Taylor.

Q & A with Fr. Carl J. Arico

Fr. Carl is a long time practitioner of Centering Prayer and a long time close associate of Fr. Thomas Keating, sought after speaker, retreat facilitator, and spiritual director.

Q: After many years of Centering Prayer and feeling that I was just where I should be, things have changed for me. When I go to prayer there is nothing but thoughts, thoughts, thoughts. And I am thinking, Who am I fooling? Myself? God, if there really is one? Other people? There is nothing. Nothing! I feel like a cheater, a make believer! There's nothing there? Is this all a hoax? I am empty and I don't feel like this is the "dark night of the soul." I feel like it is nothing.

A: Thank you for your question. These are not easy times for you in prayer. It is noteworthy that your questioning begins concerning your own worth. This is the first temptation. Let's step back for a moment. Remember how in the teaching of Centering Prayer you heard that when we say 'let us pray' we are saying 'let us have a relationship'? Your faithfulness to Centering Prayer shows your willingness to enter more deeply into relationship with God. Now, in every relationship there are times when there is dryness and

feelings of frustration - wondering 'where am I going in this relationship?; is it worth the effort?, am I really being appreciated?', it felt so good in the beginning' ... etc. What does the lover do at this time - run away or work things out? When the lover stays to work things out, remembering that God loves you unconditionally, then it is worth staying faithful, letting go of expectations and allowing the prayer to go into a deeper level. Remember: this is a lifelong commitment not just an affair.

These are my recommendations: Re-read the leaflet on Centering Prayer (see Centering Prayer Brochure); attend a retreat or another introductory session on Centering Prayer; read the question and answer sections in *Open Mind Open Heart*. What you need is a honeymoon and a fresh start to build on your years of commitment to the prayer. And remember when you begin to feel as nothing - meaning your fixed point of reference is disappearing - then you begin to allow the Lord to be the center of your life once again. So just begin again and again and again. Re published with the permission of Fr. Carl Arico.

~Fr. Arico

Open Mind

The root of prayer is interior silence. We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. Deep prayer is the laying aside of thoughts. It is the opening of mind and heart, body and feelings—our whole being—to God, the Ultimate Mystery, beyond words, thoughts and emotions. We do not resist them or suppress them. We accept them as they are and go beyond them, not by effort but by letting them all go by. We open our awareness to the Ultimate Mystery whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing—closer than consciousness itself. The Ultimate Mystery is the ground in which our being is rooted, the Source from whom our life emerges at every moment.

We are totally present now, with the whole of our being, in complete openness, in deep prayer. The past and the future—time itself—are forgotten. We are here in the presence of the Ultimate Mystery. Like the air we breathe, this divine Presence is all around us and within us, distinct from us, but never separate from us. We may sense this Presence drawing us from within, as if touching our spirit and embracing it, or carrying us beyond ourselves into pure awareness.

We surrender to the attraction of interior silence, tranquility and peace. We do not try to feel anything, reflect about anything. Without effort, without trying we sink into this Presence, letting everything else go. Let love alone speak; the simple desire to be one with the Presence, to forget self and to rest in the Ultimate Mystery. This Presence is immense, yet so humble, awe inspiring, yet so gentle, limitless, yet so intimate, tender and personal. I *know* that I am *known*. Everything in my life is transparent in this Presence. It knows everything about me—all my weaknesses, brokenness, sinfulness—and still loves me infinitely. This Presence is healing, strengthening, refreshing—just by its Presence. It is nonjudgmental, self-giving, seeking no reward, boundless in compassion. It is like coming home to a place I should never have left, to an awareness that somehow was always there, but which I did not recognize. I cannot force this awareness or bring it about. A door opens from within me, but from the other side. I seem to have tasted before this mysterious sweetness of this enveloping permeating Presence. It

is both emptiness and fullness at once. We wait patiently; in silence, openness and quiet attentiveness; motionless within and without. We surrender to the attraction to be still, to be loved, just to *be*.

~Fr. Thomas Keating

Faith

Faith is strengthened by reading and meditation on the Word of God, prayer, fidelity to the duties of our state of life, and the acceptance of the circumstances of life. We must try to perceive Christ in the interruption of our plans and in the disappointment of our expectations; in difficulties, contradictions, and trials. No matter what happens, “We know that in everything God works for good with those who love him” (Romans 8:28).

The Holy Spirit works on our evolution not only by purifying and enlightening us from within, but also by allowing difficulties, trials, and temptations to assail us from without. This much is certain, that once we make up our minds to seek God, he is already seeking us much more eagerly, and he is not going to let anything happen to prevent his purpose. He will bring people and events into our lives, and whatever we may think about them, they are designed for the evolution of his life in us.

~Fr. Thomas Keating

September Halfday Retreat

CONSD will hold a Half Day Retreat on September 8th 2012. The theme of the retreat is “Living the Call of Psalm 23 in Everyday Life.” This reminds us that God is available to us in the here and now; in the midst of our questions, concerns, anxieties, sadness, and grief. It is an invitation to open to God’s walk with us in the ebb and flow of our daily life.

During the retreat we will have Centering Prayer, Taize chant, interpretive readings of Psalm 23, and time to reflect upon its meaning. Registration and hospitality starts at 9:00am and the retreat at 9:30am-12:30pm.

CONSD & COSD EVENTS — 2012 & 2013

CONSD EVENTS 2012-2013

RETREAT

Event: Weekend Retreat

Date: July 27-29, 2012

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

EVENT

Event: Sacred Saturday

Date: August 18, 2012

Time: 9:00am-12:30pm

Location: Gethsemane Lutheran Church,
2696 Melbourne Avenue, San Diego
Free Will Offering

RETREAT

Event: Half-Day Retreat

Date: September 8, 2012

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

PRESENTATION

Event: The Sacred Breath of God

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

COSD EVENT 2012

PRESENTATION

Event: "just noticing" Workshop

Date: September 14-15, 2012

Presenter: Paul Ilecki, Ed.D

Time: 6:00-9:00pm & 9:00-4:00pm

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

Suggested Donation: \$55.00

Annual CONSD Retreat

There are still a few spaces open on our July 27–29, 2012 Retreat at the Prince of Peace Abbey in Oceanside. The cost of the retreat is \$170.00 which covers the room and all meals. Please call Sue Hagen at (760) 745-8860 if you would like to attend.

Have You Changed Lately?

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

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The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd.
Editors: Sue and Chris Hagen
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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	760-753-3207	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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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