

Consd News



THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

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Fall Half-day Retreat— the Journey Home

Saturday, October 20, 2012, a cloudy morning was ideal for embarking on a quiet interior journey. St. Bart's Parish Hall was a warm and welcoming hospitality. A prayerful morning divided into three segments: each beginning with a period of Centering Prayer, then a Taize chant, followed by a reading, a commentary on the day's theme, and a period of silent personal reflection. The retreat theme "The Journey Home" was beautifully organized and presented by Chris and Sue Hagen. A reflection on the three transformative phases of returning home described by Jesus in the Parable of the Prodigal Son and then interpreted by Henri Nouwen in his book "Return of the Prodigal Son," and in art by Rembrandt in his famous painting of the same name. Periods of silent reflection were enriched by Chris' creation of an experiential environment of recorded chant together with slide images of the Rembrandt painting. Both in its entirety and with many close-ups, that reinforced the parable commentaries. We were encouraged to identify with each phase of the parable.

Phase 1: The Younger Son: Leaves Home: "I am the prodigal son every time I search for unconditional love where it cannot be found. Why do I keep ignoring the place of true love in persistent looking for it elsewhere? Why do I keep leaving home where I am called a child of God, the Beloved of my Father?" Returns Home: "Leaving the distant country is only the beginning. Jesus makes it clear that the way to God is the same as the way to a new childhood. Becoming the child is living with unconditional love."

Phase 2: The Elder Son: "The elder son's dilemma is to either dare to be loved as his father longs to love him or to insist on being loved as he feels he ought to be loved. Can the elder son in me come home? How can I return when I am lost in resentment, when I am caught in jealousy, when I am imprisoned in self-pity? It is clear that alone I cannot find myself. I need God's light to conquer my darkness. God is looking into the distance for me, trying to find me, and longing to bring me home. It is only through trust that I can allow myself to be found by God and healed by his love."

Phase 3: The Father: Embraces Both Sons: "...the closer I come to home the clearer becomes the realization that there is a call beyond the call to return. It is the call to become the Father who welcomes home and calls for celebration. I cannot remain the child forever. I have to dare to stretch out my own hands in blessing and to receive my neighbors with ultimate compassion regardless of how they feel or think about me. Becoming the compassionate Father/Mother is the ultimate goal of the spiritual life." The morning's exploration of the three phases of this parable led us in an inward spiral to contemplate ever deepening levels of transformative Love, Trust, and Compassion as we travel our individual spiritual journeys home to God. ~Alicia Annas

Do You Feel Called?

CONSD is shepherded by its Servant Leadership Team. This team is comprised of individuals who volunteer to serve on one of the service teams listed below. Periodically there arises the need for new volunteers. While it may be difficult to commit to full year of service would you be willing to be on our Call List? The people on this list would be contacted to serve for a very limited amount of time. For example, to help register people at a specific event, or help with hospitality at an event. You would not be obligated to serve when called. You would serve only when you have time to do so and only when the needed service is something of interest to you. For more information please contact Sue Hagen, CONSD Co-Coordinator (760-745-8860 or sue.hagen@sbcglobal.net)

Centering Prayer Introductory Workshop Service Team: This team facilitates the implementation of the Centering Prayer Introductory Workshop.

Communication Service Team: This team provides any type of messaging that CONSD needs to communicate with members, prayer group facilitators, newspapers or religious organizations in the North County area of San Diego.

Spiritual Enrichment Service Team: This team plans and carries out half day prayer retreats.

Registration Service Team: This team facilitates the registration process for all events.

Hospitality Service Team: This team facilitates the provision of food and beverages at all events.

Financial Support Service Team: This team manages the finances and provides monthly and yearend financial reports.

Correspondence Service Team: This team provides written thank you notes and other forms of written recognition.

Webmaster Service Team: This team develops and maintains the website.

At Large Service Team: This team provides support and service as needed.

Hospice Outreach team: This team offers a contemplative healing presence to the elderly, the sick, and the dying.

Path of Deepening

What is Centering Prayer, and why is it especially valuable for newcomers? Centering prayer is a form of Christian contemplative practice or meditation, with ancient roots, designed for contemporary spiritual seekers. Hundreds of thousands practice it as a way of cultivating a relationship with the living God. Research is now being done to explore and document centering prayer's psychological, physiological and sociological effects, which can make the "non-spiritual" side-benefits values of its practice evident to newcomers. The principle effect of Christian meditation is that by practicing a contemplative relationship with God, deeper meaning in life awakens within and greater inner freedom is discovered, allowing more compassion for others.

Do you have to be Christian to do Centering Prayer? Similar to the way that *Hatha yoga* is practiced by people who are not Hindu, people practice

mindfulness meditation without having to be Buddhist. Centering prayer can be practiced without having to "download" its entire Christian spiritual context. For example, some people in twelve-step programs practice centering prayer as a way of relating to their own higher power, which helps them in their recovery from addiction, not because they are Christians. But, if one does center prayer with the intention of consenting to Christ there is a way in which the "blessings" of the tradition from which it arose are opened to one. These blessings include the *mystical love* within the Trinity itself.

Choosing a "sacred word" is one of the basic guidelines of a Centering Prayer practice. Can you please describe the concept of this "sacred word?" Because we are often overwhelmed by thoughts, trapped in the thinking process and identified with our feelings, we are rarely consciously in touch with God.

Path of Deepening (continued)

Centering prayer involves consenting to God's presence and action within. This consent, this "yes" to God's life within one, beyond and within thoughts and feelings, is done by praying, practicing with a sacred symbol. This symbol can be a one or two syllable word, a sacred word. This word, which one chooses oneself, can have a religious meaning, such as God, Jesus, Spirit, or shalom, or it might be a word that expresses a contemplative quality such as open, be, peace, or let go. Or one could even choose a word that is neutral religiously and spiritually. The word is sacred not so much because of its meaning but because of the way you practice with it, returning ever so gently to it when you are engaged with other thoughts. The great Christian spiritual classic, *"The Cloud of Unknowing,"* says that in order to relate to God—who can only really be "loved but not thought"—practicing with a short word like this helps one "forget" about other thoughts and also let go of thinking as the only way to relate to God.

In addition, what are the roles of the "sacred breath," the "sacred glance," and the "sacred nothingness" in this contemplative tradition? As my book, *"The Path of Centering Prayer"* describes, one can also practice with a simple inner glance—an inner turning or movement to God's unseen presence within—as one's sacred symbol. In addition, one can practice with the breath as the sacred symbol of consent to God. In this approach, when engaged with thoughts, simply notice your breathing, gently, rather than concentrating on it. Practicing with the sacred breath is helpful because it is an embodied, attentional way of deepening centering prayer. Those with some experience in Christian contemplation or meditation from another tradition might recognize the value of practicing centering prayer with what Father Thomas Keating and I term the sacred nothingness. As the dualistic thinking mind loosens its grip in the light of the divine presence, one has less need of a sacred symbol. There is no thought, no image, no perception, no symbol, no thing, needed with the more subtle ways of relating to, or, better said, relating in God, for in Christian contemplation God is a Trinitarian relationship that subsumes and transforms your consciousness in love. Practicing with the sacred nothingness in centering

prayer is about just being in God rather than trying to relate to God as any thing. It is a very formless, effortless expression of the practice. Actually, it is a lot like learning how to swim. You have to let go of the wall of the pool, let go of your inner tube, let go of every form of surface support in order to discover the unseen presence, hidden in the depths of the water that supports you. Practicing centering prayer with the sacred nothingness is like floating. You learn how to rest in God, not any object of thought or perception, for God is the hidden source of every thought, every "thing" in the mind.

Could you describe your relationship with Father Thomas Keating, who is recognized as one of the principal architects of the contemplative prayer movement, and who wrote the foreword for your new book? When I first met the Trappist monk Father Thomas Keating at a talk he gave in 1983, I immediately recognized him as a genuine spiritual master. A year later I went on the first retreat he gave outside his monastery, a two week intensive centering prayer retreat at an inter-spiritual community in New Mexico. A year later I began assisting in the spiritual work he was beginning by co-founding a contemplative retreat community under his guidance. Ever since then he has been my abba, a term that means "spiritual father." A spiritual father (or spiritual mother) in the Christian tradition is someone who mentors you on the contemplative path. Father Keating's spiritual mentoring of me has existed on both a subtle interior level, along with more exterior levels. On an interior level, he has manifested the spiritual qualities of the Christian contemplative life to me; which in his case include wisdom, compassion and patience. These qualities radiate through his exterior actions. In the first few years they shone through his teachings; later in the prayerful way he celebrated the Eucharist; in these last years especially through his humility, for he clearly says he is not the source of any of these gifts. Christ in him is the source. He is happy to be an ordinary human being. I have learned so much from him, in different ways, as my own path unfolded.

~David Frenette, Washington Post

Path of Waiting

“Passion is a kind of waiting - waiting for what other people are going to do. Jesus went to Jerusalem to announce the good news to the people of that city. And Jesus knew that he was going to put a choice before them: Will you be my disciple, or will you be my executioner? There is no middle ground here. Jesus went to Jerusalem to put people in a situation where they had to say "yes" or "no". That is the great drama of Jesus' passion: he had to wait for their response. What would they do? Betray him or follow him? In a way, his agony is not simply the agony of approaching death. It is also the agony of being out of control and of having to wait. It is the agony of a God who de-

pends on us to decide how to live out the divine presence among us. It is the agony of the God who, in a very mysterious way, allows us to decide how God will be God. Here we glimpse the mystery of God's incarnation. God became human not only to act among us but also to be the recipient of our responses. And that is the mystery of Jesus' love. Jesus in his passion is the one who waits for our response. Precisely in that waiting the intensity of his love and God's is revealed to us.”

~Henri J.M. Nouwen,
Finding My Way Home

Another Introductory Workshop

On October 13th CONSD sponsored its 18th Introductory Workshop. In March of 2006, our chapter began hosting workshops in North County. Susan Siciliano and Kathy Agnew were the original Introductory Team organizing ten events until the spring of 2009 when Susan moved from the area. Gail Carr, Diane Oldfield, Carol Sumner, and Linda Dollins were invited to be the new team. The real workers though, to no one's surprise, are and have always been Chris and Sue Hagen, who not only have attended and assisted at every workshop but also have often presented the four talks or conferences. Since that original workshop in 2006, we have learned from an additional group of ten trained presenters who have blessed us with the information we need to understand Centering Prayer.

At the most recent workshop, held at the First United Methodist Church of Escondido, we had a number of folks who were new to the prayer, 13 in all, who travelled from as far away as Murrieta and Fallbrook. Eight of the participants were “refreshers,” who came to encourage new folks and to hear again the background of Centering Prayer and the Conferences given alternately by Audrey Spindler and Mary Williams. The Conferences are entitled: Prayer as Relationship, the Method of Centering Prayer, the Use of the Sacred Word, and the Fruits of Centering Prayer. Almost all of those new to the prayer have signed up for the follow-up sessions, six Centering Prayer meetings where

we pray, view a half an hour video featuring Fr. Keating and have a time of faith sharing and discussion. The sessions are held on Mondays and again on Thursdays. From there, we hope that those who have participated will join a prayer group.

The Introductory Workshops are, from the feedback we get, most helpful. Over the years, we have streamlined the schedule and those in attendance have said that the workshops are more effective and that the flow is smoother. I also believe the Introductory Workshops are one of the reasons that, according to Sue's calculations, we have 640 members in our chapter. We know, of course, that we are simply the hands and hearts of God who guides us all in our faith journeys. But how uplifting to be part of this service and to share Centering Prayer on a fall Saturday morning. Thank you to all who served by advertising in newspapers, by calling area churches to encourage announcements, by setting up the site at the church, by bringing a delicious array of food, by registering folks, by providing a clear and concise slide presentation, by sharing information about CONSD, by presenting the four Conferences, by attending, and by following up on integrating new folks into our chapter. Whew! Our hearts, prompted by our Centering Prayer practice, leads us to give and to share. Blessed are we by God's Holy Spirit. Amen

~Linda Dollins

Advent Sacred Saturday

Please mark your calendar for Dec 1, 2012, 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 up 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, as our lives unfold 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 9:30am – 12:30pm. A free will offering will be taken. Contact CONSD at (760) 745-8860 for more information.

Prayer Group Facilitator Support and Affirmation Meeting

Seventeen prayer group facilitators from inland and coastal prayer groups gathered at St. Bartholomew's Episcopal Church in Poway for a morning meeting on Aug. 12, to consider the topic of Faith Sharing in Centering Prayer Groups. The facilitator for the quarterly CONSD meeting was Rebecca Crowley.

After a period of centering prayer, a series of questions was posed to the group. What is faith sharing? What is it not? Why is it an important part of our centering prayer group meeting? When do we do it in our groups? As each question was asked, individuals shared their ideas and answers. Next, the group took turns reading and reflecting silently on "The Essence of Faith Sharing" and "The Group Covenant" in Section 4 of the CO Facilitator Handbook. Then individuals were asked to emulate a faith sharing attitude in expressing their reflections on what was read.

Next, Rebecca read a short passage from a Thomas Merton book and invited a few individuals to engage in theological discussion while others observed how different it was from faith sharing just practiced. One important insight by the group was that the material used can provoke theological discussion instead of

faith sharing. Many asked for recommendations for "faith sharing" material that worked in each other's prayer groups. Then, facilitators shared how they encourage and invite faith sharing in their groups and how they guide the group when members stray from the ideal of faith sharing. Whatever method used was done with utmost charity and consideration of the feelings of the speaker. One suggestion was to read "The Essence of Faith Sharing" and "Group Covenant" regularly and especially when a new member comes. Another idea was to have a member in the group or a facilitator who is experienced in faith sharing share a personal reflection that gets faith sharing time back on track.

Many of the detailed insights shared in the discussions were documented and emailed to all the prayer group facilitators as well as existing lists of materials recommended over the years by CONSD facilitators. The next facilitator meeting will be Nov. 3. Facilitators will be invited to "show and tell" what has worked well in their groups to encourage faith sharing and to deepen their centering prayer practice.

~Rebecca Crowley

Lenten Prayer Retreat

Come join us at beautiful Lake Tahoe for a weekend away from the business and activity of everyday life. At Zepher Cove Presbyterian Conference Center - Tahoe Center. On March 1st, 2013, registration begins at 3:00pm and the Retreat ends March 3rd at 11:00am.

For more information or to register please call Deacon Dennis and Patty at (775) 849-0910 or email: brks366@charter.net.

Consenting to a New Light

There is no way of getting well...
 except through the cross.
 Our own wounds, our own limitations,
 our own personality defects,
 all the damage that people
 have done to us from
 the beginning of life until now
 and our personal experience
 of the pain of the human condition
 as we individually have experienced it
 --that is our true cross!
 That is what Christ asks to accept
 and to allow Him to share.
 ...It is all included implicitly in
 His cry on the cross
 "My God, why have you abandoned me?"
 ...This is the moment of our redemption.
 Why? Because His cry on

the cross is the cry of a desperate
 alienation from God, taken up into His,
 and transformed into Resurrection.

As we sit there and sweat it out
 and allow the pain to come up,
 we realize that it is Christ suffering
 in us and redeeming us.

Centering Prayer is focused
 on the heart of the Christian mystery,
 which is Christ's passion, death
 and Resurrection.

Each time we consent to a new light
 on our weakness and powerlessness,
 we are in a deeper place with Christ.

*~Father Thomas Keating,
 Intimacy with God*

The Community Church of Poway

The Community Church of Poway Centering Prayer group has been meeting regularly since May of 2001. It was formed after the Community Church of Poway sponsored an introductory workshop. The workshop was given by Contemplative Outreach of San Diego, (before our North County chapter was formed). Harry Starbuck and Evie McGreevy were the main facilitators at the event. Both Harry and Evie had been practicing centering prayer for several years and offered much wisdom to the new contemplatives who attended the workshop. Evie McGreevy facilitated the six week follow up session and the Community Church of Poway Centering Prayer group was formed.

The CCP group has always been a diverse group coming from many different faith backgrounds. The group has twelve members presently. There is ebb and flow from week to week on how many attend depending on members traveling, work schedules, or illness. They consistently meet on Tuesday from 6:30 until 8:00pm at the Community Church of Poway.

The leader arrives 20 minutes early to set up the Fire-side room. She sets out a candle, mints and an offering basket on the coffee table that has couches and chairs

circled around it. The first fifteen minutes is a time that the members connect and unwind before going into the prayer period. The leader reads from Psalms, or other spiritual writings, before the gong is struck and the 20 minutes begin. At the end of the prayer period the gong is struck again and the Psalm is read once more. When the lights are turned back on, the leader inquires if anyone has something to share about their faith journey. We usually spend another 20 minutes with faith sharing. We spend the last 30 to 40 minute discussing the book or video we are studying.

Presently we are reading "Falling Upwards, A Spirituality for the Two Halves of Life," by Richard Rohr. Next, we will be reading "In God's Womb," by Edwina Gateley. During the last few minutes we mention events that are coming up through CONSD, or other spiritual happenings. We close in prayer by standing in a circle and holding hands.

Our members often mention, how very blessed we are to have centering prayer in our lives.

~Colleen Clementson

Inter-religious Dialogue

In 1984, Fr. Thomas Keating invited a group of spiritual teachers from a variety of the world religions – Buddhist, Hindu, Jewish, Islamic, Native American, Russian Orthodox, Protestant, and Roman Catholic – “to gather at St. Benedict’s Monastery in Snowmass, Colorado, to meditate together in silence, and to share our personal spiritual journeys, especially those elements in our respective traditions that have proved most helpful to us along the way.”

“We kept no record and published no papers. As our trust and friendship grew, we felt moved to investigate various points that we seemed to agree on. The original points of agreement were worked over during the course of subsequent meetings as we continued to meet for a week or so each year, leaving us with the following points:

1. The world religions bear witness to the experience of the Ultimate Reality, to which they give various names.
2. Ultimate Reality cannot be limited by any name or concept.
3. Ultimate Reality is the ground of infinity and actualization.

4. Faith is opening, accepting, and responding to Ultimate Reality. Faith in this sense precedes every belief system.

5. The potential of human wholeness – or, in other frames of reference, enlightenment, salvation, transcendence, transformation, blessedness – is present in every human being.

6. Ultimate Reality may be experienced not only through religious practices, but also through nature, art, human relationships, and service to others.

7. As long as the human condition is experienced as separate from Ultimate Reality, it is subject to ignorance and illusion, weakness and suffering.

8. Disciplined practice is essential to the spiritual life, yet spiritual attainment is not the result of one’s own efforts, but the result of the experience of oneness with Ultimate Reality. “

~Netanel Miles – Yopez, Editor,
The Common Heart

Breathed by the Spirit

“We may notice in everyday life an increase of mental, physical, and spiritual energy, and a certain quiet joy without knowing where it comes from. We feel detached from everything even while functioning in our customary ways. The past becomes inconsequential along with its contents, and the future is of no importance if we think of it at all. A sense of peace, freedom, spaciousness, and general well-being predominates.

In this context, we see that to seek rewards from God is a misunderstanding because we already have what is better than any reward. We are right now all that we can ever want or desire to be. We just think it isn’t so. Stop thinking that thought and see what remains.

Relax into the all-embracing and boundless presence of God which is beyond time, conceptual thinking, words, and actions but present in everything that exists and containing everything that exists.

Rest in the divine Trinity, in the bosom of the Father, in the heart of the Eternal Word, and in the infinite love of the Holy Spirit. This is the doctrine and experience of Divine Indwelling, and the most fundamental basis of our relationship with God.”

~Fr. Thomas Keating,
The Thomas Keating Reader,
Pgs. 194-195

CONSD & COSD EVENTS — 2012 & 2013

CONSD EVENTS 2012-2013

PRESENTATION

Event: Sacred Breath of God
Date: November 16-17, 2012
Presenter: David Frenette
Time: 7:00 - 9:00pm & 9:00 - 3:00pm
Location: San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego
Suggested Donation: \$35.00

RETREAT

Event: Sacred Saturday
Date: December 1, 2012
Time: Hosp. 9:00am, Retreat 9:30am - 12:30pm
Location: Gethsemane Lutheran Church, 2696 Melbourne Drive, San Diego

PRESENTATION New Date

Event: Soul-Friending and the 4 Levels of Listening
Date: January 4 & 5, 2013
Presenter: Susan Komis
Time: 7:00 - 9:00pm & 9:30 - 3:00pm
Location: San Dieguito United Methodist Church, 170 Calle Magdalena, Encinitas
Suggested Donation: \$35.00

PRESENTATION

Event: Beyond a Taste of Silence
Date: February 16, 2013
Presenter: Fr. Carl Arico
Time: 9:00am - 2:00pm
Location: Our Lady of Grace Catholic Church, 2766 Navajo Road, El Cajon
Suggested Donation: \$25.00

EVENT

Event: United in Prayer Day
Date: March 18, 2013
Time: TBD
Location: TBD
Free Will Offering: to be divided among CO, Ltd., COSD and CONSD

CONSD EVENT 2012

EVENT

Event: Julian of Norwich
Date: May 18, 2013
Presenter: Fr. William Meninger
Time: 9:00am-3:00pm
Location: St. Bartholomew's Episcopal church, 16275 Pomerado Road, Poway
Suggested Donation: \$40.00

PRESENTATION

Date: September 7, 2013
Presenter: Edwina Gateley
Time: 9:00am-3:00pm
Location: TBA
Suggested Donation: TBA

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

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: D. Conner

| | 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) | | 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) | Susan Elmore | 760-518-8387 | Call for location. | First & third 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) | Barbara Hudson | 760-645-0726 | St. Peter the Apostle in St. Andrew Center 450 S Stage Coach Lane, Fallbrook | Wednesdays: 9:00 to 10:00 am |
| 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 | 760-434-5650 | 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 17252 Bernardo Center Drive, San Diego | Wednesdays: 3:30 to 5:00 pm |
| 18 | Rancho Santa Fe | | | 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