



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 8 Number 1 February 2013

SPECIAL INTEREST

28th Conference
page 1

Qtr Prayer
Facilitator Meeting
page 1

Sacred Breath
pages 2-3

Spiritual
Deepening
page 4

Spiritual Retreat
page 4

CONSD Annual
Retreat
page 5

About
Centering Prayer
page 5

San Rafael
Prayer Group
page 6

Deepening Community
by Susan Komis
page 6

Silverado Hospice
page 7

United in
Prayer Day
page 7

CONSD & COSD
Events
page 8

Centering
Prayer Groups
page 9

Contemplative Outreach 28th Annual Conference

Chris and I were privileged once again to attend the Annual Conference in Snowmass Village CO. We experienced a rough beginning. Our flight from Denver to Aspen could not land due to poor visibility so we returned to Denver and spent 9 hours waiting to get a flight to Aspen. We finally arrived at 1:00am but couldn't go to bed until they fixed the smoke alarm. Needless to say we missed the first morning session. Gail Fitzpatrick-Hopler told us about some of the restructuring that will be going on and following her presentation Fr. Keating spoke at length and with great depth. His talk will be a part of our United In Prayer Day on March 16. And you won't want to miss it. Following Centering Prayer and dinner David Frenette presented insights from his deeply spiritual book "The Path of Centering Prayer: Deepening Your Experience of God." On Saturday Fr. Meninger spoke on "Models of Contemplation." Following lunch we were taken to the Monastery for a tour of the grounds, the cloister and the monks library and bookstore. After the tour all 150 of us attended a Mass in the Chapel and that was a deeply spiritual experience. Following dinner we heard closing remarks from Fr. Arico and Pat Johnson. We are so grateful to have been a part of this.

Quarterly Prayer Group Facilitator Support and Affirmation Meeting

On November 3, 2012, twelve prayer group facilitators from inland and coastal prayer groups gathered at St. Bartholomew's Episcopal Church in Poway. The focus of this quarterly meeting was the sharing of prayer group formation material. Rebecca Crowley started the sharing by modeling how the prayer group leaders could tell the group about the materials that have worked as formation material in their individual groups. This information should include how materials are selected, types of material that appeal to their group, how long each took, how discussion was conducted, challenges and lessons learned. After Rebecca shared, each of the attendees related information about their group's formation materials. Rebecca then invited the groups to provide suggestions for topics for the next meeting in early 2013 and other ideas. Suggestions:

- Do one of the topics from the "deepening" retreats.
- How to encourage spiritual movement from the intellect to the heart
- How to connect individual prayer groups and members to the full network of CO at the chapter (United States and international level).
- Retreats and spiritual growth
- How to get materials delivered to facilitators who want to borrow material
- Encourage facilitators to visit other groups to get ideas

The Sacred Breath of God with David Frenette

“God’s breath it was that made me; the breathing of God...gave me life.” Job 33:41

I recently told a friend that I thought the centering prayer movement is experiencing a beautiful new flowering. Later, the word I used was deepening. This “deepening-flowering” is, in good part, an effect of the spirit-led work of David Frenette, the contemplative teacher, writer, counselor, and spiritual director who led a weekend retreat with 108 participants this past November 2012 at San Rafael Catholic Church in Rancho Bernardo.

Frenette is a long-time practitioner of centering prayer. In his wonderful new book, *The Path of Centering Prayer: Deepening Your Experience of God*, he explains how he encountered the mystery of God as a child: “In my dreams, I sensed that my life held a meaning deeper than any meaning society could provide . . . after waking, I felt a deep, radiant, unifying stillness in the night’s silence.” At the time, he had no religious language that would enable him to call that reality *God* or *Christ*, and these events faded from memory. But at age 19, his memories re-emerged and triggered an intense search for meaning. He came across a book on centering prayer and began practicing it daily. As his life “became a path of responding to the loving mystery” that he “learned to name God,” he signed up for a two-week retreat, where he met Fr. Thomas Keating. The two became great friends; Frenette came to see Keating as a mentor and spiritual father. In the thirty-odd years since that first intensive retreat, Frenette has been deeply engaged with contemplative community and service.

One of Frenette’s talents is concision and clarity. Observe how he distinguishes contemplation and centering prayer in his book: “Centering prayer and contemplation are often seen as two ends of a continuum. Centering prayer is at the active end of the continuum, where your actions predominate. Contemplation is at the receptive end of the continuum, where God’s actions predominate.” During the retreat, he defined contemplative prayer as “a prayer of wordless presence.” And Frenette’s presence and demeanor - calm, warm, receptive, humble, unhurried, inquiring, gently humor-

ous - conveyed a radiantly contemplative stance in daily life.

One goal of Frenette’s presentation was to invite practitioners to try, if only for a weekend, a variation on the *sacred symbol* in centering prayer. We are familiar with the basic guidelines on centering prayer - first we choose a short sacred word as the symbol of our intention to consent to God’s presence and action; we then silently “say” it as we begin the prayer itself; thirdly, we ever-so-gently re-say the word when we notice we are engaged with thoughts. During introductory centering prayer workshops - or through Keating’s books - practitioners soon learn that a word is not the only form the sacred symbol can take: some might prefer using the “sacred breath” or the “sacred glance” to express their intention to consent. However, the explanation on these alternatives has been fairly limited - until now. Through his book and his teachings, Frenette intricately explains how one might use and deepen the sacred word *as well as* the sacred breath and the sacred glance (and other alternatives) during centering prayer.

As Frenette pointed out, practitioners often find that their use of the sacred symbol naturally evolves over time. The sacred word can become fainter or disappear; it may even “say itself” beyond our choosing to. Moreover, Frenette maintains, a totally different sacred symbol might be more suitable for a different season of one’s spiritual journey. Since our walk with God deepens over time, we do not need to cling to just one way of doing centering prayer - a way that may no longer reflect how we relate to the great Mystery.

The sacred breath, for instance, can help to bring centering prayer more fully into the body - allowing the practice to deepen into a contemplative prayer that is integrated with one’s active, physical life. For many, the breath allows for a more natural way to be receptive and present - in contrast to a repeated word, which might keep some people feeling trapped in concepts or “in their heads.” The breath serves as a rich symbol because it is ever-present and effortlessly within us, like God is, explained Frenette. Teresa of Avila once said, “All difficulties in prayer can be traced to one thing: praying as if God were absent.”

The Sacred Breath of God (continued)

With the breath, however, prayer may more readily proceed in, through, and with the presence of God. Frenette offered an example of how this practice assisted a client of his whose husband had recently died. The woman found that changing from the sacred word to the sacred breath enabled her to connect with unexpressed emotions that were held in her body. In effect, the sacred breath helped her to sink in to her sadness and process her grief in the presence of a God who, as the *Cloud of Unknowing* states, “can well be *loved* but not *thought*.”

Frenette guided the retreatants through two experiences of centering prayer with the sacred breath. He began by inviting us to use our sacred word, or whatever symbol we were accustomed to using. Then, gently, (ever-so-gently!) he suggested that we simply let go of our word – similar to the way we let go of a thought that has engaged us. Or: we could let our word simply *be* along-side our breathing. In a slow, dip-the-toe-in-the-pool fashion, we were invited to notice our breath, and then to allow the breath to become, even if momentarily, our expression of consent to God’s presence – regardless of what our more established word or symbol was “doing.” We were encouraged simply “let be,” and to welcome what occurred – even if what occurred was our own resistance.

There is so much more I could say about this weekend – so many more wonderful stories that were shared, questions that were responded to, and various other illuminations. Here are just a few highlights:

Prayer bumps: Frenette coined the phrase “prayer-bump” to describe “an everyday opportunity to stop, pause, and pray.” One can use an ordinary event in daily life (traffic, events in the news, and so on) as a reminder to slow down, pause, and pray to God. It’s a way to bless a moment, and a day, with more intention.

Contemplative dread: More seasoned practitioners might experience a profound sense of doom as they approach the death of the “separate-self sense” that has been so much a part of our human condition. Sensing its own death, the false self retreats from God. Frenette suggests that we open up and allow God to touch us in this human experience – for this is a trans-

formative moment. We can step off this “cliff” of dread and trust that a bridge will emerge.

Apparent obstacles in prayer: One of the biggest obstacles to transformation is the mistaken belief that “we are not getting anywhere.” There is actually nowhere to go but here! God can turn every obstacle into an aid for spiritual growth when we let go of the surface details and open up to God’s eternal presence. As Jean-Pierre du Caussade wrote, “Without God everything is nothing. With God nothing is everything.”

Humor: The words “human,” “humility,” and “humor” have the same Indo-European root. According to Frenette’s mentor, Fr. Keating, “there is no sanctity without humor.” Laughter allows the light in. And do you know what the centering prayer police officer’s favorite saying is? - “You have the right to remain silent.”

Ever-so-gentle: Frenette told a story about how Fr. Keating felt the guidelines to the centering prayer practice needed to be revised. “We have to stop stressing *gentleness* with the sacred word,” Keating said. “Instead, people should be *ever-so-gentle* when they turn back to their sacred symbol in consent to God.” Practitioners can sometimes become very rigid and hard on themselves in their daily prayer practice. They should instead be *ever-so-gentle*, simply allowing themselves to be found by God, and easing into a “homeward-turning love.”

A final comment: If you have not already, read David Frenette’s book, *The Path of Centering Prayer*. I suspect it will inform and liberate your practice in surprising ways. Fr. Thomas Keating, with gracious humility, describes Frenette’s work as “the best, most comprehensive, and most practical book on centering prayer.” I also agree with Rev. Cynthia Bourgeault, who writes “this is an important moment in the centering prayer lineage tradition, when a faithful student emerges into mastery... I have found my own practice much illuminated by this book.” And the next time the opportunity arises, attend one of David Frenette’s presentations. Your cup will overflow.

~Mary Williams

Spiritual Deepening

Mark your calendars now for September 6–7, 2013. It is on these days that Edwina Gateley, “a modern day mystic” will share the palpable presence of God through her deeply moving and, at times, quite humorous sharing of her journey with God.

Richard Rohr says of Edwina “Every now and every then, God and circumstances create larger than life people who change the world for the better. Edwina is one of those people.”

Edwina, the author of 15 books, has lived and lives today the life of service that Jesus the Christ calls us to. She created the Volunteer Missionary Movement in England to send missionaries to the developing world, worked with the destitute in Uganda, and ministered to prostitutes on the streets of Chicago. She has been featured on CBS’s “60 Minutes and “48 Hours.”

The following abridged excerpt from her book *In God’s Womb: A Spiritual Memoir* provides a taste of what we will experience on September 7th when we gather at St. Bartholomew’s Episcopal Church in Poway. “I went to the Sahara desert in Algeria, North Africa, and stayed for three months. I would never be the same again.... As I sat in the solitude of the desert to pray, I heard these words and wrote them down:

Go in my Name
and I shall be your staff
and I shall be your buckler
and your helmet and your shield.
And your words will be filled

with My wisdom,
and I shall be in your heart.

The steps you take
will be my steps
There will be a great shadow
of anguish and of darkness
and it shall pass over you
as a cloud,

But I shall be there
and my light will rise up
to dispel the shadow of anguish.
You shall know joy in my path
and my Spirit will breathe in you
for you are my prophet.
And my soul responded:
I will be your prophet,
and you shall be my staff,
for I am your servant
and you are my God.”

You will not want to miss the experience of God through the presence of Edwina.

~Chris Hagen

Holy Spirit Retreat Center Opportunity

There will be an 8-day Centering Prayer retreat June 30-July 7, 2013 at the Holy Spirit Retreat Center in Encino, CA. The retreat will have both an Intensive and a Post-Intensive tract. The cost is \$500. Encino is about a 2-hour drive from North San Diego.

If you want to register for the retreat, send a \$50 deposit check made out to “Holy Spirit Retreat Center”

along with a note that has your name, address, phone number and which tract you are signing up for. Send the check and note to Holy Spirit Retreat Center, 4316 Lanai Road, Encino, CA 91436.

For more information, contact Sr. Linda Snow at 818-784-4515, or srlinda.snow@gmail.com. The website is www.HSRCenter.com.

CONSD Annual Retreat 2013

CONSD will hold its annual three-day retreat at the Prince of Peace Abbey in Oceanside beginning on October 18th at 3:00pm and ending at 1:00pm October 20th.

The retreat format will be based on Abba Isaac's teaching in Matthew 6:6. As Abba Isaac said, "We need to be especially careful to follow the gospel precept which instructs us to go into our inner room and shut the door that we may pray to our Father. And here is how we can do it. We pray in our inner room whenever we withdraw our hearts completely from the tumult and noise of our thoughts and worries, and when secretly, and intimately we offer our prayers to the Lord. We pray with the door shut when, without opening our mouths and in perfect silence, we offer our petitions to the One who pays not attention to words, but looks at our hearts." Accordingly, 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 Catho-

lic Mass will be available. There will be no educational talks or videos during the retreat. 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 thirty rooms available for single occupancy. One may have a roommate if so desired. All rooms have a bathroom. We encourage you to sign up soon as the rooms have filled up quickly in the past. Prince of Peace Abbey requires a deposit of \$50.00 four months in advance of the retreat. If you want to reserve a place on the retreat send a check in the amount of \$50.00, made out to the **Prince of Peace Abbey**. Mail your check to CONSD, 908 Via Linda, Escondido, CA 92029. We must receive your check before June 18th. The Prince of Peace Abbey will not cash your check until October. To obtain more information about the retreat contact Sue Hagen: 760-745-8860 or sue.hagen@sbcglobal.net

~Chris Hagen, Co-Coordinator

About Centering Prayer

In letting go all our thoughts in Centering Prayer, we follow this advice and enter into our private room. We close the door on our ordinary mental activities such as feelings, images, memories, reflections, as well as perceptions of sensory details from outside such as people and noises in the room or physical things going on inside us.

With regard to all the functioning of our ordinary psychological awareness, we simply close the door. In fact, Jesus said, according to some translations, "bolt the door," emphasizing how completely we are to let go of our ordinary level of psychological awareness in order to open ourselves to the spiritual level of our being and to the Divine Indwelling present in secret at the root of our being.

Abba Isaac explains further: "We pray with the door shut when, without opening our mouths and in perfect silence, we offer our petitions to the One who pays no attention to words, but looks hard at our hearts." In other words, God looks at our intention much more than our attention.

In Centering Prayer our basic disposition is "fill me with your Holy Spirit, the supreme Gift, according to your promise. I don't know how to ask rightly, so I sit here waiting, asking you to pray in me, asking for what you most want to bestow, Your Holy Spirit."

~Fr. Thomas Keating,
Fruits & Gifts of the Spirit, pgs. 30-31

San Rafael Centering Prayer Group

The Centering Prayer Group at San Rafael Church has been meeting since 1995 with some changes in location at time. The practice was introduced at San Rafael by Deacon Ed and Loretta Giarratano. After they moved to Florida, Maureen Anderson served as the facilitator of this group, which met for some time at Maureen's home. Later Centering Prayer took place in the Blessed Sacrament Chapel of San Rafael, which was followed by Lectio Divina, most often using the Gospel for the daily Mass. Maureen has been an active member of Contemplative Outreach of San Diego from its beginning and continues to serve CONSD. Audrey A. Spindler serves as the present facilitator. The group meets in the Parish Center Rooms A and B on Wednesdays from 3:30-5:00 pm.

San Rafael Centering Prayer group may have members with the oldest median age of any CONSD group. One member will be 91 years of age on March 1, 2013 and there are 4 other women who are at least 80 years old. Currently, there are 13 members and generally at least 8 are present every week. Some members arrive

early to help the facilitator prepare the chair circle with its sacred space center with Holy Objects and candle. Time is allowed for members to greet each other. The facilitator reads a Psalm or other suitable work prior to striking the gong. The gong is struck again to end the 20 minute period of silent prayer.

We read "20 Monastery Road", prior to Fr William Menniger's (author) visit last year. We also read Richard Rohr's "Falling Upwards, A Spirituality for the Two Halves of Life." Currently, we are preparing for Martin Laird's visit in April by reading his "Into the Silent Land." We will watch the DVD of the six follow-up sessions after we finish the book. We decided to do this as a group because some of our members have had the practice for over 15 years and others are just beginning. Even so our members feel bound together by the Holy Spirit. We are developing a process of faith sharing, using recommended guidelines. We close by saying the Lord's Prayer together and giving each other a blessing.

~Audrey Spindler

Deepening the Community Sense by Susan Komis

On January 4th and 5th treasured Contemplative Outreach presenter, Susan Komis, traveled to North San Diego to speak to us on the topic of, "Deepening the Sense of Community". Susan artistically guided participants through the subject of, "Soul Friending in Centering Prayer Groups" on Friday night. And through the subject of, "The Four Levels of Listening," on Saturday.

Each section of her presentation clarified ideas as they related to sharing and listening in centering prayer groups at a soul level and not at a social level. Here are a few thoughts that were shared with us:

In centering prayer groups, we are ALL servant leaders to one another by our presence.

If we want to be transformed, we need to create a safe place for that to happen.

For soul-friending to take place we must be dependent and open to the Holy Spirit.

Every conversation leaves a residue which influences the relationship and future conversations.

Listening is service, one soul relating to another soul. Effective listening involves listening to understand and not processing what we are going to say next.

Less is more in true listening: **L** - Listen, **E** - Encourage, **S** - Be willing to say little.

We would like to thank Susan Komis for deepening our sense of community. San Dieguito United Methodist Church Prayer Group for hosting our event and to our CONSD Hospitality and Leadership Teams for organizing this enlightening and successful event.

~Corky Kuhlman

Silverado Hospice Seeks Caring Spiritual Volunteers

At this time within the Centering Prayer groups in all of San Diego County we have about ten members who are participating in this hospice program and we need more volunteers to fill a growing need. We visit hospice patients living in residential care facilities and in private homes. This has been a very rewarding practice for those of us involved in this field of service.

An orientation program is scheduled for Saturday, March 23, 10:00 AM at the Hospice office in Kearny Mesa. This will be followed by a training program directed by Volunteer Coordinator, Julie Bahr, MSW,

and taught by professional hospice staff at a time to be determined. Continuing educational programs are offered and monthly volunteer meetings are scheduled to keep us informed and in God's presence.

Please prayerfully consider this opportunity for service to those in need of care and attention in this period of life. For additional information and for answers to your questions, please call Julie, during business hours at 888-328-4558 or Sherlene at 858-451-6825.

~Sherlene Mollerstuen

Sustaining Member of CONSD

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

We invite you to help sustain our Mission through an annual donation of \$25.00. CONSD is a volunteer organization. While we have no paid staff we do incur expenses. For example the expenses incurred in the daily operation of the CONSD office, mailing written communication to our membership as well as the provision of the Introductory Centering Prayer Workshops, and other Centering Prayer events that function to build a Christ centered community and support the contemplative life of our members.

Since we are a non-profit organization all donations are tax deductible. Should you want to make an annual donation of \$25.00 please make your check out to CONSD and mail it to CONSD 908 Via Linda, Escondido, CA 92029. We thank you for your support!

~Sue and Chris Hagen

United in Prayer Day—March 16, 2013

CONSD will host this years United in Prayer Day at St. Bartholomew's Episcopal Church on Saturday March 16 beginning at 9:00am.

The theme will be "God is All in All" and we will watch a DVD filmed at the 2012 Annual Conference. Fr. Thomas Keating will be featured speaking about "The Evolution of the Spiritual Journey"

Some of his topics are: The three stages of the transformational journey from the perspective of our humanness, hope and encouragement for those on the journey and the Message and meaning of the Cross. Chris and I found his presentation to be deeply spiritual and meaningful. Don't miss it!

~Sue Hagen

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.

CONSD & COSD EVENTS — 2013

CONSD EVENTS 2013

EVENT

Event: United in Prayer Day
 Date: March 16, 2013
 Time: 9:00am–12:00pm
 Location: St. Bartholomew's Episcopal church,
 16275 Pomerado Rd., Poway
 Free will offering to be divided among CO, Ltd.,
 COSD and CONSD.

PRESENTATION

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 Rd., Poway
 Suggested Donation: \$40.00

RETREAT

Event: Half-Day Retreat
 Date: June 1, 2013
 Time: 9:00am–12:00pm
 Location: TBA
 Free will offering

PRESENTATION

Event: Your Soul Journey with God
 Date: Sept. 6 & 7, 2013
 Presenter: Edwina Gateley
 Time: Friday 7:00–8:30pm, Saturday Hosp. 9:00am,
 the Presentation is from 9:30am–3:00pm
 Location: St. Bartholomew's Episcopal church
 Suggested Donation: TBD

RETREAT

Event: Weekend Retreat
 Date: October 18–20, 2013
 LOCATION: Prince of Peace Abbey, Oceanside
 Cost: \$170.00 Reservations required

RETREAT

Event: Half Day Retreat
 Date: November 2, 2013
 Time: 8:30am Hospitality, Retreat begins at 9:00am
 Location: TBA

COSD EVENTS 2013

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 Rd., El Cajon
 Suggested Donation: \$25.00

PRESENTATION

Event: Unnamed
 Date: TBD
 Presenter: Fr. Martin Laird OSA
 Time: 8:30am–3:00pm
 Location: TBA
 Cost: \$30.00

RETREAT

Event: Lenten Prayer Retreat
 Date: March 1–3, 2013
 Time: 3:00pm for registration on March 1st, Retreat
 ends on March 3rd at 11:00am.
 Location: Zepher Cove Presbyterian Conference Center,
 Tahoe Center, Zephyr Cove, NV
 For more information or to register please call Deacon
 Dennis and Patty at (775) 849-0910 or email:
 brks366@charter.net. Come join us at beautiful Lake
 Tahoe for a weekend away from the business and activ-
 ity of everyday life.

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

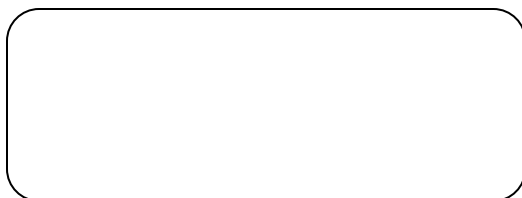
	Area	Facilitators	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Kathy Agnew	858-481-8754	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 4:30 to 6:00 pm
3	Encinitas (1)	Shirley 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)	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)	Susan Gross & Barbara Hudson	760-451-0514 760-645-0726	St. Peter the Apostle in St. Andrew Center 450 S Stage Coach Lane, Fallbrook	Wednesdays: 9:15 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	Poway (1)	Elena Andrews	858-451-2098	San Gabriel Catholic Church, 13734 Twin Peaks Road, Poway	Fridays: 9:30 to 11:00 am
12	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
13	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 pm
14	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation 16889 Espola Road, Poway	Monday: 5:00 to 6:30 pm.
15	Ramona	Joan Gansert	760-518-2081	Call for location	Thursdays: 11:00 am
16	Rancho Bernardo	Audrey Spindler	858-208-8609	San Rafael Catholic Church 17252 Bernardo Center Drive, San Diego	Wednesdays: 3:30 to 5:00 pm
17	Rancho Santa Fe			Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 am
18	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
19	Temecula	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Tuesdays: 9:45 to 11:15am
20	Temecula	Deb Potts	951-265-7502	Temecula United Methodist Church 42690 Margarita Road, Temecula	4th Monday: 6:00 to 7:00 pm

Contemplative Outreach
Of North San Diego
908 Via Linda
Escondido, CA 92029-5723



NON-PROFIT ORG.
US POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO. 2325

ADDRESS SERVICE REQUESTED



CONSD Donation Form

Your Name(s) _____ Phone _____

Address _____ City _____

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

circle one

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

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

CONSD Registration Form

Name of Event _____ Date & Location of Event _____

Your Name(s) _____ Phone _____

Address _____ City _____

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

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