



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

Volume 8 Number 2 May 2013

SPECIAL INTEREST

In God's Womb
page 1

Sacred Saturday
page 2

Fallbrook Intro
Workshop
page 2

CONSD
Librarian
page 3

Annual United In
Prayer Day
pages 4 & 5

CONSD Annual
Retreat
page 6

All We Need to Know
page 6

CONSD Half
Day Retreat
page 7

CONSD & COSD
Events
page 8

Centering
Prayer Groups
page 9

In God's Womb: Your Soul Journey with God

Mark your calendars now for September 6th and 7th, 2013. It is on this day 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, lives today the life of service that Jesus the Christ calls us to. She created the Volunteer Missionary Movement in England which has sent over 2,000 women and men to serve in cross-cultural mission in 26 countries in the developing world. As a teacher and lay missionary, she worked with the destitute in Uganda, East Africa where she established a school for Ugandan girls. After spending over a year ministering to prostitutes on the streets of Chicago she founded Genesis House – a house of hospitality and nurturing for women involved in prostitution. She has been featured on CBS's "60 Minutes" and "48 Hours." Here is how Edwina describes her presentation on September 6th and 7th when we gather at St. Bartholomew's Episcopal Church in Poway. "Through my personal experiences, poetry, music, visuals, and time for reflection we will reconnect with the relationship we had with God as children, through adulthood and moving into the wisdom years. This will be a true vacation with God for all seekers."

The following poem from her book *Growing Into God* provides a taste of what we will experience during this retreat.

Deeply Grateful

When I stopped waiting
and only sat,
breathing gently, steadily,
lost simply
in the flow of air...
Ah, then, you tumbled, God,
like an avalanche
fast falling within me,
gathering self-energized force,
unexpected, unrequested,
but suffusing and possessing all-
leaving me stunned, stilled,
and deeply grateful.

A retreat with Edwina Gateley

Date: September 6 & 7, 2013

Time: September 6: Registration 6:30 pm.

Retreat: 7:00pm – 9:00pm

September 7: Registration/hospitality:

9:00am. Retreat: 9:30am – 3:30pm.

Bring lunch!

Place: St. Bartholomew's Episcopal Church,
16275 Pomerado Road Poway, CA 92064

Suggested Donation: \$40.00

For further information contact Sue Hagen:

760-745-8860 or consd-news@cox.net

Silence & Simplicity of Sacred Saturday

The core values of Contemplative Outreach are silence, solitude, simplicity and service. It is in that spirit that all are invited to gather for CONSD's next Sacred Saturday, to be held on August 3, 2013 at Gethsemane Lutheran Church, 2696 Melbourne Drive in the Serra Mesa neighborhood of San Diego. A simple hospitality of fresh fruit and beverages will begin at 9:00am, with the half day of prayer scheduled for 9:30 am - 12:30 pm. The intention is that this morning of prayer can be held without one person designated as "the leader" and without the usual planning that takes place in other chapter events. This simple approach allows those who give service in so many areas of life to simply "rest in the prayer and the support of the contemplative community," knowing that our prayer usually deepens when gathered as a group. The presence of each person is such a gift!

Please join us for periods of Centering Prayer, Lectio Divina, free time to be in silence, and time to walk the outdoor labyrinth which this beautiful church setting offers. Those who gather that day will quickly decide among themselves upon an agenda for the morning. Volunteers will be asked to lead the periods of Centering Prayer, Lectio Divina, and faith sharing, as the

group determines. Both Nan Merrill's *Psalms for Praying*, and the script to lead Lectio Divina will be available. All are encouraged to stay for the full morning, although anyone is welcome to drop in at any time. Those unfamiliar with Centering Prayer are also welcome and may pray silently as they wish. A free will offering will be taken for our chapter. Please bring a sack lunch if you would like to stay further to enjoy the company and conversation with others.

"Imagine a way of being quietly rooted in the ongoing awareness of the Indwelling Presence. Imagine your life, where the experience of simple Awareness is your guiding light throughout the day. There is no struggle, no effort, no hurry, no agenda. Just attentiveness to the needs and tasks of this moment, and the next moment, and the next moment. Become aware of this Presence in this moment. This is the contemplative life." ---- from *The Contemplative Life Program on Simplicity*.

Please join us for a morning of prayer that also models our contemplative core values. Contact Diane Langworthy, Mary Magdalene Apostle Catholic Community prayer group facilitator for more information at (619) 697-3558.

Fallbrook Introductory Workshop

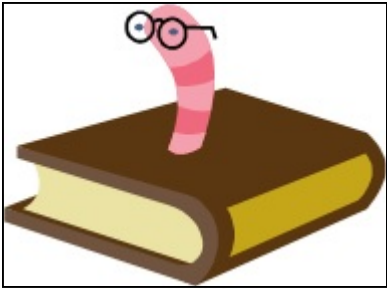
Sometimes a church wants to host a Centering Prayer Introductory Workshop to explore the possibility of starting a prayer group. However, at St. Peter the Apostle Catholic Church in Fallbrook, two dynamic prayer groups have been meeting regularly for some time. The leadership of those groups under the enthusiastic direction of Barbara Hudson and Ann Keegan wanted an Introductory Workshop for two reasons: to encourage others in the Fallbrook area to experience Centering Prayer and to provide an opportunity to their current group members who have never attended a workshop or who wanted a "refresher." Not only did Gail Carr call many of the churches in the area to publicize the event, but Judi Appel put notices in the *UT San Diego*, *The Poway Chieftain* and *The Village News* (Fallbrook). Barbara Hudson even posted flyers on Fallbrook community bulletin boards that led one man to the work-

shop. Overall, we had close to 50 people in attendance, and our Centering Prayer circle became amoeba-shaped to accommodate everyone.

Barbara Hudson, who led the six follow-up sessions, has reported that many who attended the workshop have continued to attend the follow-up sessions and to practice the prayer. Her reminder emails to each workshop participant as well as her phone calls have encouraged these fledgling practitioners to not lose heart. Introductory Workshops are one vital way to invite others to experience our Centering Prayer practice. Look for the announcement of our next one in June and consider inviting someone to attend or come again yourself to renew your practice.

~Linda Dollins

CONSD Needs a Librarian



We would like to make formation material available to all CONSD Prayer Group Facilitators on an ongoing basis. To do this we need a volunteer to be the CONSD Librarian. The duties of the Librarian will be:

- Maintain CONSD's library of DVDs, CDs, VCRs, and audio tapes.
- Create a system for checking this formation material out to Prayer Group Facilitators and back in to the Librarian.
- Receive requests from Prayer Group Facilitators.
- Mail requested formation material to Prayer Group Facilitators.
- Receive returned formation material.
- Notify Prayer Group Facilitators when formation material is overdue.

CONSD will provide the Prayer Group Facilitators and the Librarian with a list of the available formation material and will update that list as new material is acquired.

CONSD will provide the Librarian with the financial support to cover all mailing costs and the Librarian will be a member of the CONSD Servant Leadership Team.

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.

St. Bart's Prayer group

Our Prayer Group has been meeting weekly since 2003 – thirteen years! Initially we had two groups but decided to merge the groups. We usually have plus or minus fourteen in attendance.

We follow the CO Guidelines by beginning with a period of Centering Prayer and then formation followed by faith sharing and discussion. We have done many different things such as reading books and watching DVD's with Fr. Keating, Fr. Rohr and Sr. Maria Tasto to name a few. We recently read Edwina Gateley's book "In God's Womb" which I would encourage everyone to read. It is a deeply spiritual and inspiring book. Our discussions are always lively, informative and fun! We all look forward to our Tuesday evenings with God and with each other.

~Sue Hagen

Group Facilitator Support & Affirmation Meeting

On February 23, eleven prayer group facilitators from inland and coastal prayer groups gathered at St. Bartholomew's Episcopal Church in Poway. After a period of Centering Prayer, Rebecca Crowley started the sharing by describing what Wisdom Circles are and how they are used in Contemplative Outreach. The Wisdom Circle is a model that can be used to ensure no crosstalk during Faith Sharing or to ensure that all members of a group have a chance to express an opinion when the group needs to make a decision on an issue of concern to the group. Following the presentation the group used the Wisdom Circle model and tents to express their thoughts and experiences about the topic "Open" vs. "Closed" Centering Prayer Groups. After another short break, Deborah Lewallen talked about using Lectio Divina regularly in our prayer groups in addition to practicing individually. She contrasted the scholastic and monastic methods and passed out copies of the Contemplative Outreach Lectio Divina pamphlet that is available to all on the Contemplative Outreach website. She then modeled the scholastic method to use in a group with a scripture passage from Ephesians 4:15-16.

~Rebecca Crowley

Annual United In Prayer Day

Each year Contemplative Outreach, Ltd. organizes a day in which all of the Contemplative Outreach Chapters and Centering Prayer groups throughout the world come together for a day of prayer, formation, reflection, and faith sharing. On the morning of March 16th of this year, contemplatives from throughout San Diego, North San Diego and surrounding cities began to arrive at St. Bartholomew's Episcopal Church in Poway. While it was a chilly and overcast morning there was a palpable excitement in the air as people enjoyed the morning snacks and conversed with one another. The sense of excitement came not only from getting together with other contemplatives, some of whom had not seen each other for some time, but also from the anticipation of the formation that was to be provided to us by Fr. Thomas Keating's latest DVD presentation which was recorded at the Contemplative Outreach Ltd. Annual Conference on October 27th 2012.

When it was time to begin our day of prayer fifty two contemplatives from the Contemplative Outreach of San Diego and the Contemplative Outreach of North San Diego Chapters gathered for a united period of Centering Prayer.

Following our period of prayer we settled in for what was to turn out to be a profound spiritually deepening presentation by Fr. Keating titled "The Evolution of the Contemplative Christian Spiritual Journey." The underlying theme of his presentation was that the scientific breakthroughs of today are revealing more than the dynamics of the cosmos. They are revealing the presence and action of God in the ongoing creation and evolution of all that exists. The scientific discoveries demonstrate that everything in the cosmos is coming from one source and that all aspects of the cosmos are continually evolving towards higher states of existence that will eventually become complete. From a spiritual perspective that one source is God of all. From the standpoint of the evolution of human nature Fr. Keating states, "If this is God's will that He chose to create in an evolutionary manner then we are only halfway there (i.e., our highest level of consciousness). While we have the capacity for abstract and rational thinking as well as our human emotions we are still under the heavy influence of our instinctual needs." According to Fr. Keating we are at the

cross roads between a level of consciousness that reflects behavior that is heavily influenced by our instinctual needs for survival/security, power/control, and affection/esteem and "our destiny as divinely human beings." In the being of Jesus Christ, God shows us our divine nature. The life and teachings of Jesus show us that we, too, have the capacity to express unconditional love, compassion, caring, humility, forgiveness, and patience.

However, the question arises as to how will the contemplative Christian journey evolve away from the bondage of our instinctual needs and move towards the manifestation of the mind of Christ in our daily life. In response to this question Fr. Keating offers the cross as a symbol of the levels of consciousness that we must progress through in order to bring forth the dispositions of Christ which already exist within us. The cross portrays different invitations toward ever higher levels of consciousness at three stages of our evolving spiritual journey.

In the **first stage** we see a bare wooden cross without the body of Jesus on it. This cross symbolizes the human condition. We are crucified between heaven and earth. We can't go back to function on the basis of the instinctual aspect of our human nature and we can't seem to consistently move forward in response to our desire to function at a higher level of consciousness under our own power. St. Paul described this predicament quite well when he said "I do not understand what I do. For what I want to do I do not and what I don't want to do I do." (Romans 7:15. We are nailed to this cross because we have not yet integrated our instinctual responses to our needs and the needs of others with the other aspects of our humanness such as love, compassion, caring for others, forgiveness, and humility. God seems to have placed us in this transitional state, a state of powerlessness, to encourage us to fully surrender to His will rather than pursue a life based on our will. God wants us to be like God ("God created humankind in his image." Genesis 1:27) on His terms not ours. This transitional stage of the spiritual journey is not God's punishment. On the contrary, God is infinitely aware of the almost impossible position we are in, aware of and encourages our desire for

Annual United In Prayer Day (continued)

a closer relationship with Him and embraces us with His infinite compassion.

In the **second** stage of the spiritual journey see a cross with Jesus nailed to it. Jesus nailed to the cross expresses his utmost humility and, therefore, God's utmost humility. Christ on the cross has become the lowest and least of human beings. He is a complete failure. His teachings have been rejected by the populace and his ministry is in shambles. Jesus on the cross is revealing the heart of the Father – absolute humility. God's humility is what we have to learn to be completely at God's disposal. Jesus nailed to the cross reveals his and, therefore God's, incredible goodness, love, compassion, forgiveness, tenderness, and desire to make all these qualities and dispositions arise in us.

In the **third and last stage** of the spiritual journey Jesus Christ nailed to the cross symbolizes his invitation to join him. Here he asks if we would like to co-redeem with him, to join him in healing humanity. He asks if we would be willing to share the suffering of humanity with him. That is, he asks us to have the same disposition of total self-giving and self-surrender for the love of God and the healing of humanity. In this context, the cross as a symbol of the forgiveness of the sins of the world does not signify the payment of a debt. As Fr. Keating stated, "The purpose of Christ's passion and death is not primarily to take away sins but to invite us to become divine too. It's saying I will do anything to convince you of my love for you, my desire to have all that I am to be within you." As Jesus said, "Whoever wants to follow me they must deny themselves and take up their cross and follow me." (Matthew 16:24) To respond to Jesus' invitation to join him on the cross, to heal ourselves and thereby participate in the healing of humanity, we must experience the passion and death of our false self. As the false self dies our true self will be released from the cross. We will then be able to truly follow Jesus the Christ. We will be able to relate to others, situations, and the circumstances that arise in our lives with unconditional love, compassion, caring, non-judgmental, and humility. Fr. Keating believes that contemplative prayer is the primary means by which one traverses these three stages of the cross. He says, "It is through contemplative prayer (a relationship

with God beyond thoughts, sensations, words, and feelings), which we access through Centering Prayer, that we will gain the dispositions of self-giving and self-surrender without even thinking, it just happens, it is our deepest nature. The transcendent self, the true self (the self made in the likeness and image of God) begins to come into focus not through words but by the silence of the interior prayer becoming the presence."

We concluded our United in Prayer day with a wonderful period of faith sharing. From what was shared it was clear that Fr. Keating's presentation had a profound impact on all who had gathered this day. When finished we walked out into a warm and sunny afternoon. Later that day two statements Fr. Keating made on two different ten day retreats I participated in came to me and encapsulated for me my experience of this day. A meeting with Fr. Keating on the last night of a retreat at St. Benedict's Monastery's Retreat Center in Snowmass, Colorado is a tradition. The meeting is a time to raise questions and discuss experiences. Fr. Keating shared God as Mother. All of creation exists within the womb of God and evolves within God's womb. We have both biological and divine parents. As a consequence we carry our biological parents DNA and God's DNA. The umbilical cord that unites us with and provides nourishment from our biological mother must ultimately be cut. However, the umbilical cord that unites us with and provides the nourishment from our divine Mother is never cut. God is constantly and eternally nourishing and nurturing the development and expression of Her DNA within us. At the end of another retreat Fr. Keating paused and gazed at all of us with a smile on his face, leaned forward, and with a twinkle in his eyes posed the following rhetorical question and response: "Do you think this is your spiritual journey? If you do you better think again because you are wrong! It is God's journey transforming humanity one person at a time."

~Chris Hagen

The title of the DVD is "God is All in All." To purchase it go the Contemplative Outreach's website (coutreach.org). Click on the "Store" tab.

CONSD Annual Retreat

CONSD will hold its annual three day retreat at the Prince of Peace Abbey in Oceanside October 18th through October 20th 2013.

The Prince of Peace Abbey is located on a secluded hill overlooking the Pacific Ocean. Driving up the long winding driveway one feels the internal and external busyness of our lives begin to drop away.

During the retreat we will have multiple periods of Centering Prayer each day as well as ample time for private reflection and rest. Silence will be observed from the end of our opening gathering until the Sunday service including meals. Participants are welcome to attend the Abbey's Offices of the Day 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. In the spirit of being with God in silence during the retreat we will not have

videos, DVD's or lectures. On Sunday both an Ecumenical service with Communion and a Catholic Mass will be available.

The cost of the retreat is \$170.00 which covers room and meals. A \$50.00 deposit is due by June 4th with the remainder of the fee due at the time of registration. Registrations will also be accepted after June 4th, if rooms are still available, with the total fee due at the time of registration. Please make out your \$50.00 deposit check to Prince of Peace Abbey and mail to CONSD 908 Via Linda, Escondido, CA 92029. There are 32 rooms available. They will be single occupancy rooms unless you desire to have someone you know room with you. All rooms have a bathroom with shower. We encourage you to sign up soon as rooms have filled up quickly in the past. If you want to reserve a place on the retreat or obtain more information about the retreat contact Sue Hagen: 760-745-8860 or sue.hagen@sbcglobal.net

All We Need to Know

seeking, longing, desiring, grieving
the heart embarks on desperate
quests for the Holy Grail

it searches for the chalice, the vessel
that will quench its aching need
heal its brokenness

the relentless, restless mind
considers, questions, explores
endless possibilities
travels empty paths, remains hungry

tired and filled with failure
it gives up the task
and collapses in on itself
gathering its energy for another try

a fresh breeze, a glitter of sun
a gentle touch, a smiling child

a bird on the wing, a glimpse of God
a ration of nourishment for the starving soul
provides comforting connection,
however fleeting

someday, with luck and grace
and prayerful intent
the encouraging love of others on the path
spirit reveals that we have held the cup
or rather it has held us ALL THE TIME

there is a Hindu mantra.
"Tat Tavm Asi"
that loosely translates as
"God dwells within you, as you"
it is all we need to know
it is who we are

~Karen D'Attilo

Sustaining Member

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

We are Not Separate from God

We're distinct from God, but not separate from God. So, in a sense all creation is the womb of God... and *everything* is in there... and the divine umbilical cord, so to speak, is feeding everybody at every level of their being, body, soul and spirit... so that they can grow into the fullness of the divine human being...for whom it is God's will to enter into the fullness of divine life, or the maximum of divine light, life and love we can possibly receive. And how do we get it? Not by action, but consent.

~Fr. Thomas Keating,
The Heartfulness Series

Well Done Thou Good and Faithful Servant

It is with great regret that we accept the resignation of Alicia Annas as our At Large member of the CONSD Servant Leadership Team. Alicia has served in this capacity since the Chapter was formed. She meticulously took minutes at each meeting & sent them out to Team members. Alicia also contributed valuable insights to Team discussions. On behalf of the Team and Chapter membership we say "thank you" for a job very well done.

CONSD Half-Day Retreat



And Jesus said, "Whoever believes in me, rivers of living water will flow from within them." John 7:38.

This retreat will be an opportunity to draw away from our busyness and deepen our relationship with Jesus the Christ.

Date: Saturday, June 29th, 2013

Time: 9:00 am (hospitality and gathering), 9:30am – 12:30pm (retreat)

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

The community that gathers on this date will experience periods of Centering Prayer, Taize songs, Lectio Divina and periods of silent personal reflection.

CONSD & COSD EVENTS — 2013

CONSD EVENTS 2013

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

INTRODUCTORY WORKSHOP

Date: June 8, 2013
 Time: 8:30am-12:30pm
 Location: St. Bartholomew's Episcopal Church
 Suggested Donation: \$25.00 which includes 6 Follow-Up Sessions

RETREAT

Event: Half-Day Retreat
 Date: June 29, 2013
 Time: 9:00am-2:30pm
 Location: St. Bartholomew's Episcopal Church
 Free Will Offering

SACRED SATURDAY

Date: August 3, 2013
 Time: 9:00am-12:30pm
 Location: Gethsemane Lutheran Church,
 2696 Melbourne Dr., San Diego
 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 Hospitality 9:00am,
 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,
 650 Benet Hill Rd. Oceanside
 Cost: \$170.00 Reservations required

RETREAT

Event: Half Day Retreat
 Date: November 2, 2013
 Time: 8:30am Hospitality,
 Retreat begins at 9:00am-12:30pm.
 Location: TBA
 Free Will Offering

SACRED SATURDAY

Date: December 7, 2013
 Time: 9:00am-12:30pm
 Location: Gethsemane Lutheran Church 2696,
 Melbourne Ave., San Diego
 Free Will Offering

CONSD EVENTS 2014

PRESENTATION

Event: The Illusion of Spiritual Progress
 Presenter: Paul Ilecki
 Date: January 10-11, 2014
 Time: 7:00-8:30pm and 9:00am-3:00pm
 Location: To be determined
 Suggested Donation: \$45.00

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

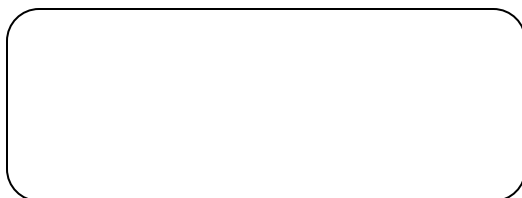
	Area	Facilitators	Telephone	Location	Day & Time
1	Del Mar (1)	John & Mary Wavrik	858-755-8437	St. Peter's Episcopal Church 334 14 th Street, Del Mar	Tuesdays: 4:30 pm
2	Del Mar (2)	Kathy Agnew	858-481-8754	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 4:30 to 6:00 pm
3	Encinitas (1)	Shirley 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