



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO

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A Retreat with Edwina Gately

This renowned “modern day mystic” will lead a retreat on September 6 & 7, 2013. Retreat details are provided at the end of this article. The following abridged excerpts from Edwina’s book *In God’s Womb: A Spiritual Journey* will give you a sense of this remarkable woman’s journey with God.

“In September 1961 I went to Catholic College in Manchester, England, in order to qualify as a teacher and fulfill my promise of becoming a missionary. In 1964 I received my teacher’s degree and went to Africa. I spent nearly 3 years in Africa. I lived in a little mud house with no electricity and I carried my own water. I ate mostly bananas and peanut stew. I was responsible for teaching 68 children between the ages of 11 and 18.”

“In Africa my understanding of God changed because of the hospitality, generosity, and openness of the African people. Their notion of God seemed to be much bigger than what I had learned from my Church at home. I came to understand that we walk in God and God gets bigger to the degree that we are open and expectant. It was the African people who introduced me to this notion of God because they embraced me with amazing hospitality.” At the end of her three years in Africa Edwina returned to England to found the Volunteer Missionary Movement

“I had seen the poverty in Africa. [There was also tremendous poverty in England] Jesus said, “I have come that they may have life, and have it to the full” (John 10:10). To me, the gospel call was clear: we were to share our gifts and talents with the poor. But not only that – we were to share the Spirit of Christ, the Spirit of love, charity and friendship. The Volunteer Missionary Movement took root and expanded until there were over 500 of us – male and female, young and old, married and single – working in 26 countries on five continents. I felt fulfilled. The calling had been realized. But I began to feel a stirring within me. There was something inside me urging me to move in a new direction. I knew that I really did need to put aside some time for God. I needed to listen.”

“I went to the Sahara Desert in Algeria, North Africa, and stayed for three months. I would never be the same again. It was a time of sinking into a consciousness of the Divine. It was a very rich and deep experience, one that increased my sense of belonging to God and being deeply loved. I did not know it then, but my time in the desert would lead me to such a consciousness of God’s all – embracing presence and inclusive love that I would, in the future, be impelled to question and challenge the control and limitations of my Church. My three months of solitude in the Sahara desert led me to a deep awareness that it was time to move on, that God was calling me to let go of my place in London as Director of the Volunteer Missionary Movement to continue the journey elsewhere.”

(Continued on next page)

A Retreat with Edwina Gately



The journey continues in the United States.

"I studied in Chicago at the Catholic Theological Union. [While there I participated in the] "night ministry" that was initiated by Fr. Depaul Genska [In the] "night ministry" students were invited to walk in the red light district of Chicago. I did and did so often. My forays into the red light district of Chicago became, eventually, a lifelong journey with women involved in a lifestyle of prostitution."

The call.

"I graduated with a degree in theology and wanted to return to England. But, once again, I had this feeling inside me that God was trying to tell me something, trying to get through to me. After a nine-month period of silent retreat I knew without a doubt that I was being called the work in the inner city, to reach out to women involved in the life of prostitution. I moved to Chicago, where I rented a room and simply began to walk the streets at night. The streets became my church. My congregation was made up of the winos, the drug addicts, the homeless, and the prostitutes."

"In 1983 I opened Genesis House. Slowly the "ladies of the night" began to come. Genesis House became a model program for women recovering from prostitu-

tion in the Midwest. In 1996 a new executive director was appointed and I noticed that things were beginning to change in my house of hospitality. For three years I struggled to keep the organization I had founded on track. It was possibly the most painful and heartbreaking time of my life. Eventually I was informed that I must never enter Genesis House again. The women were devastated. I was heartbroken. Where was God now? How could this have happened? So, after 23 years I left Genesis House and moved on to the next phase of my journey." Soon after Edwina left, Genesis House closed.

The ministry of Motherhood

"In 1992 I was asked to consider adopting a newborn African-American baby. This was the beginning of a whole new journey for me. Bringing up my son has brought me to a far deeper understanding of the love of God and the notion of the Motherhood of God then I could ever have imagined. [During this time] I continued to earn a living by giving retreats and conferences throughout the country. [After a period of time] I became conscious of the call that would lead me to speak aloud and not to be afraid of sharing with others my journey with God. I felt impelled to speak about the amazing faithfulness of the One who continued to hold my hand. Even when I could not see, I knew that God was there. I grieved over the fact that the women in recovery now had no place to go, no place to heal. I knew that such a place was vital for women's recovery and healing. A group of women [who had attended one of my retreats] got together and started a small foundation to raise funds for the women of the streets to get out of the city and attend my retreats. We called it Sophia's Circle (Sophia being the ancient Greek word for the Wisdom/Spirit of God). So began a new network based in Chicago, supported by donations from women all over the United States and offering ongoing nurturing and hospitality to women recovering from prostitution."

~ Edwina Gateley

An Edwina Gately Retreat

Contemplative Outreach North San Diego presents:
A Retreat with Edwina Gateley—"In God's Womb:
Your Soul Journey With God."

Edwina says of the retreat: "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."

Fr. 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."

You will not want to miss Edwina, "a modern day mystic," who will share the palpable presence of God with you through her deeply moving and, at times, quite humorous journey with God.



Date: 9/6 & 7, 2013

Time: 9/6: Registration 6:30pm, Retreat: 7:00pm – 9:00pm

Time: 9/7: Registration/hospitality: 9:00am Retreat: 9:30am – 3:30 pm

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

Suggested donation: \$40.00

Bring Lunch!!

For further information contact Sue Hagen: 760-745-8860 or consd-news@cox.net

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ Zip: _____

Please make check out to: CONSD (Contemplative Outreach North San Diego).

Mail pre-registration form and check to: CONSD 908 via Linda, Escondido, CA 92029

About Centering Prayer

"Centering Prayer is ecclesial in its effects; that is, it bonds us with everyone else in the Mystical Body of Christ and indeed with the whole human family. There is really no such thing as private prayer. We cannot pray at this deep level without including everyone in the human family, especially those in great need. We also feel the need to express this sense of bonding and unity with others in some form of community."

~Fr. Thomas Keating, *Intimacy with God*

Julian of Norwich — A Mystic for Everyone

My friend, Dottie, has a terminal illness. For many years she and I have tried to interpret some of the intense, and at times traumatic events of our lives through a spiritual lens. Candidly sharing one's ever evolving views of God and spirituality is not everyone's cup of tea. But for Dottie and me, talk of God over literal cups of steaming ginger tea at her tiny kitchen table has long been a quiet little pleasure. A few years ago I discovered Julian of Norwich and was eager to introduce her to Dottie. She responded enthusiastically to Julian's down to earth affirmations of hope and divine love, which helped reverse negative views of God inherited from childhood. Now they are even more comforting during these wretched days of nausea and weakness that bring Dottie ever closer to the end of her earthly sojourn.

Enter Fr. William Meninger, an ardent fan of Julian of Norwich and author of the book, "Julian of Norwich: A Mystic For Today." His lively presentation on May 18th at St. Bartholomew's Episcopal Church – an example of God's impeccable timing – left me with additional spiritual gems that I could share with Dottie during her critical time of need. In short, Julian's revelations of love, coupled with Fr. Meninger's keen discernment and endearing Boston Irish wit, was an unbeatable combination. Fr. Meninger characterized Julian of Norwich as "one of the greatest women who ever lived in the Christian dispensation." A 14th century Roman Catholic anchoress, she was voluntarily entombed in a cell attached to a church, with a window through which she could view Mass, receive meals and offer spiritual direction. Her message of hope, which made her very popular during her lifetime, was eventually lost because she was a woman and some Popes disliked her cutting-edge views.

Six hundred years ahead of her time, Julian has regained popularity and attracted modern admirers such as Thomas Merton and Pope Benedict who, according to Fr. Meninger, "can't be that conservative if he likes Julian of Norwich!" Having been forged through the dreadful events of her era (the Hundred Years War, bubonic plague, assassinations, and peasant revolts), Julian's ideas resonate powerfully with our own turbulent times.

At age 33, desiring to lead a holy life, Julian wanted to experience the same traumas and temptations endured by Christ. Subsequently she became gravely ill and was paralyzed. When shown a crucifix, she recovered having no memory of her earlier pleas to suffer and believing she had actually died. Sixteen revisions that she called "showings" were also an answer to prayer. Spanning the course of a day, they were followed by years of reflection on their meaning. As her understanding deepened, she evolved from visionary to theologian. Finally after 20 years, she wrote them down in the first book written in the English language known to be by a woman. The core meaning of her revelations was Love. Noting how the Church hasn't always preached love, Fr. Meninger cited grim examples such as the persecution of Jews, women and heretics. By contrast, Julian shared a radical message of optimism, based on the certainty of being loved by God and protected by His providence. She likened to God's love to that of a doting mother, assuring us that God is never angry, judgmental or punitive. She also questioned the existence of Hell, seeing it as being incompatible with a loving God.

These and many more wonderful insights into Julian's theology can be found in Fr. Meninger's book, Julian of Norwich: A Mystic For Today, to accompany Julian's book "Revelations of Divine Love." In closing, I'll leave you with a few uplifting quotes by Julian. As they have consoled my friend, Dottie, during terribly difficult days, they can surely inspire the rest of us, what ever our circumstances. "God loved us before he made us; and his love has never diminished and never shall." He said not "Thou shalt not be tempted, though shalt not be travailed, thou shalt not be dis-eased"; but he said, 'Thou shall not be overcome.' "All shall be well, and all shall be well, and all manner of things shall be well."

~Jane Milligan

Thank You

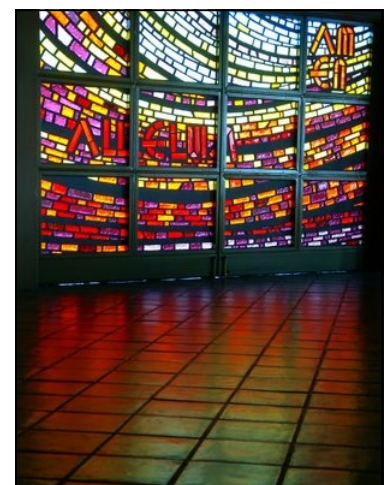
CONSD has twenty two Sustaining Members. These people have generously donated money to help sustain our Chapter. We thank each and every one of you!

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. There are now only 21 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 the rooms are filling up quickly. Please reserve your room prior to the retreat. For more information please contact Sue Hagen: 760-745-8860 or sue.hagen@sbcglobal.net

~Chris Hagen, CONSD Co-Coordinator



Centering Prayer Poem

In stillness and serenity
I find my Triune God
Indwelling
Hidden in the deep pool
of my innermost Being.

Beyond my grasping.
Beyond my understanding.
Beyond all mystery.

For it is in Silence that He
Heals the wounds of my life
Tests my fidelity and trust
Transforms
while
Tenderly encircling me
with His cloak of
Love, Protection, and Presence.

~Gloria Price-Williams

CONSD Half Day Retreat

On June 29, we gathered in the Parish Hall at St. Bartholomew's Episcopal Church for a half day retreat. The theme of the retreat was the symbolism of water in the Old and New Testaments. The scriptural reference for the day came from The Gospel of John 4: 7-15 where Jesus meets the Samaritan woman by the well. This is a paraphrase of that passage which we used for the Lectio Divina readings. When Jesus asks the woman for a drink of water, she questions his request by pointing out that he is a Jew and she is a Samaritan. He replies that "if you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." Thinking Jesus is referring to the water in the well, she points out that the well is deep and he has nothing with which to draw the water. Jesus answers that whoever drinks the water from the well will thirst again but whoever drinks the water he gives will never thirst. Indeed that water will become in them a spring welling up to eternal life. The woman said to him, "Sir, give me this water so that I won't get thirsty."

The morning was spent in alternating periods of Centering Prayer, Taize Songs, Lectio Divina, and periods of reflection. A tall screen displayed a slide show of various sources of water and scriptural quotes related to water. On a round table was a source of running water. Around the edge of the table were votive candles.

Chris closed with this prayer: "Almighty God, thank you for the gift of resting in your Word. May we take the phrase, sentence, insight or even one word that spoke to us into the activity of our day as a reminder of our genuine desire to consent to your presence and action in our lives. We pray that we may become this Word through Jesus Christ, our Lord. Amen"

~Joan Van Horne



Be Patient

"Be patient toward all that is unsolved in your heart and try to love the questions themselves. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now."

~Rainer Maria Rilke,
Letters to a Young Poet, 1934

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.

Q & A with Fr. Carl Arico

I was a regular practitioner of Centering Prayer in the 1990's. For the last few years, however, I make time for it in the mornings after reading some scripture, but can't seem to settle down. I cannot seem to empty my thoughts and focus on the sacred word. I get restless to sit for more than 5-10 minutes. Do I need to just grit my teeth and make myself do this? (I do try to stay connected during the day with my sacred word.) Or, as some wise persons have said, perhaps God is calling you to another form of prayer. Thanks for your insight.

A: Thank you for your faithfulness to a life of prayer. You mentioned that you were a regular practitioner of Centering Prayer in the 1990's. Perhaps that was when you attended a workshop on the prayer and were touched by the Spirit to express your love of God through this prayer. I would suggest that you take some time to review the method of Centering Prayer. No matter how long I have prayed this prayer, I find I need to refine my understanding of the intention and purpose of the prayer.

Please prayerfully read this pamphlet on our website about the Centering Prayer practice: Download [Centering Prayer pamphlet](#). Restlessness is a common experience during Centering Prayer and can happen to people just starting the prayer and to people like you who have been doing the prayer for decades. The restlessness you are feeling may be part of the letting go of some of your stuff to make room for the Spirit to work on a deeper level.

If you have been faithful to Centering Prayer for a while, it could be that you are experiencing what Thomas Keating calls the 'unloading of the unconscious' on a deeper level. Chapters 7 & 8 in Fr. Keating's book, *Intimacy with God*. Detail the process and experience of God calling us to deeper levels of spiritual awareness and receptivity to God's presence and action within. He likens it to an archaeological dig. You might review these chapters, or perhaps sections of *Open Mind, Open Heart* to refresh your understanding of the normal experiences of a dedicated prayer practice like this.

It is also advisable to reserve your sacred word for use

only used during the prayer time and not use it throughout the day. During the day, the active prayer sentence is an excellent way and a gentle reminder that we are walking in the presence of the Lord in the land of the living. Some examples of active prayer might be "Oh God, come to my assistance", "Lord have mercy"; "My Lord and my God"; or other short prayers or excerpts from scripture. There is a list of suggestions in the back of *Open Mind, Open Heart*. Or you can use any phrase that keeps God close in your mind and heart.

It sounds as if the last few years you are praying the prayer after reading some scripture. Since the '90's, we have found that sitting in Centering Prayer first, before the reading of scripture, seems to open one to the power of the word of God on a much deeper level. If you are attracted to scripture, you might read this pamphlet on *Lectio Divina* to develop this prayer practice and also connect it to your practice of Centering Prayer. Download [Lectio Divina pamphlet](#).

Finally, your wise friend gave you good advice - it may be God calling you to another form of prayer - who knows? However, before you let this prayer go, take a second look and see what the Spirit is telling you. Let us see what unfolds.

In prayer, *Fr. Carl Arico*

Event Cancellation

We are sorry to let you know that we have cancelled our August 3rd Sacred Saturday.

Surrender

It would seem that if we surrender and melt into God...the false self will have nothing to hang on to and we are left to float in love.

~Karen D'Attilo

Introductory Workshop

On June 8, 2013, St. Bartholomew's Episcopal Church in Poway was the setting of the most recent "Introduction to Centering Prayer Workshop". It was a lovely June morning in which to engage as a group in discovering the basic tenets of the practice of Centering Prayer and to have the opportunity to pray together twice during the morning. As is common to these events, the parish hall took on an atmosphere of warmth and camaraderie as attendees were greeted, introduced to one another and invited to share in the lovely assortment of finger foods and warm beverages provided by the ladies of the St. Bart's prayer group. The husband of one of our presenters, Parth Domke, even sent a basketful of delicious homemade rolls to be enjoyed by the group. It was delightful to welcome 8 persons new to the prayer and 16 returning for a refresher.

Linda Dollins, of the introductory team, graciously began the presentation with a warm welcome and with the introduction of Sue and Chris Hagen. Sue Hagen spoke briefly, reflecting on the history of the North San Diego chapter. The very first introductory workshop had been held here at St. Bart's. Since that time, the chapter has grown to include 696 members in 18 prayer groups. She spoke about Contemplative Outreach as a spiritual network of chapters, prayer groups and individuals whose purpose is to foster the process of transformation in Christ in one another through the practice of Centering Prayer. She encouraged attendees to seek out Contemplative Outreach online to familiarize themselves with the numerous rich offerings available to deepen their knowledge and understanding of the prayer.

Following Sue's comments Linda introduced our two gifted presenters for the morning, Parth Domke and Diane Langworthy both of who bring with them the fruits of years of practice in the prayer. The four parts of the presentation were: the Prayer as a Relationship with God, the Method of the Prayer, Thoughts during Centering Prayer, and Deepening our Relationship with God.

The gems provided by these inspiring ladies are too numerous to enumerate here but a few that touched

this writer were:

A reminder that the prayer is a Scripturally based prayer practice for which Jesus is the model.

Centering Prayer does not replace other forms of prayer, it strengthens and deepens them.

Centering Prayer is a method, a movement, designed to draw our attention from worldly concerns and foster an awareness of God's Indwelling Spirit. It is simple but not easy. Learning to sit in silence is like learning a new language requiring guidance, effort, practice, patience and discipline

The sacred word is a symbol of intention; our consent to open our hearts and mind to God. This consent over time awakens us to God's goodness and His unconditional love for us.

Thoughts are inevitable, integral to the prayer, and essential. Thoughts contain what needs healing; silence creates space for God's healing to take place.

God sees us in prayer. In prayer we will blossom with love and in all the gifts of the Spirit.

Our ability to live in the present, which is where God is, will grow and we will learn to accept that things happen in God's time – not in ours.

The Introductory team was grateful to those coming to be refreshed. The insights they bring to the morning are enriching to the experience of everyone. Hearing the presentation over and over never ceases to touch the heart and to remind one of the graciousness of God. As the years of praying the prayer increase so also does the presenters capacity for presenting. The Hagen's commitment to the mission of bringing the prayer to others and deepening the practice of those faithful to it provides the foundation of this God centered community. Their own practice and close connection to Contemplative Outreach bring immeasurable benefits to CONSD. The Hagen's attention to the quality of the presentations, the quality of all events, is a gift. The Introductory program is just one of many that is touched by the Hagen's careful oversight.

(Continued on next page)

Introductory Workshop

As this is being written the six follow-ups are being completed. It would be the hope that the follow-ups would lead to joining a group where encouragement, support and fellowship would be experienced. Most of those who center would agree that the group connection is vital to an enduring commitment to the practice. The prayer group is where persons of differing traditions of worship join together to experience oneness with the Divine Indwelling and in turn with one another.

~Gail Carr

Contemplative Prayer & Action

There is another aspect to *becoming* the word of God that is important. It joins together contemplative prayer and contemplative service so that one is resting even in the midst of activity. This is to do what God does. God is always at rest and always creating at the same time, and yet beyond both. Contemplative prayer, however profound, is not the perfect reflection or full manifestation of God. Nor does action, however effective from a human point of view, manifest God. It is only when the two are habitually working together that we have made significant progress. We become an apostle in our very being, not only in what we say or do. We are apostles in the sense of being immersed in the infusion of divine love that the apostles received at Pentecost, which is the way the early fathers of the church understood it. We transmit the Gospel more by who we are and how we love than by any other means. All rituals, prayer, and sacraments further this transforming movement so that we can be Christ in every moment. We manifest the infinite tenderness of God whether we are sleeping or awake, eating or walking down the street, doing household chores or counseling. Such persons pour into all their relationships and even into the atmosphere the energy of divine love and compassion.

~Fr. Thomas Keating, *The Better Part*

Memories of Snowmass

One year ago in May, 2012, I took a 28 hour train ride from San Francisco to Glenwood Springs, Colorado, the first leg to arrival at St. Benedict's Monastery at Snowmass. The train ride itself was a kind of silent transition from a busy retirement life to ready myself for the coming 10 days of silence I would experience in a Centering prayer retreat. I was graciously met at the train station and transported about 50 miles to Snowmass where I arrived as other retreatants were being settled into our Snowmass home for 10 days.

How welcomed we were! All of us travel-tired, but happy to be there. As I type these words, the memories do not appear as though in the past, but replay in my mind as they occurred in 2012.

Even in May, how beautiful the snow on the mountains, how chill the air, how heart-stopping to see deer and rabbits around the building, to hear coyotes howl at night, to know that elk migrate daily through the ridges above the retreat house. I remember the smell of coffee waiting for the retreat group early in the mornings before the first sit, remember the long window-framed hallway leading from the dining room into the meditation room—how in early morning, still dark outside, retreatants settle at their places in the circle, waiting for the gong to signal the first sit, waiting for the assigned reader to grace us with a psalm. The quiet inviting the quieting of the group. Solitude gradually manifesting in the community.

Three Centering Prayer sits begin. Silent intentions are offered. "Here I am, dear Lord. I intend to be all yours for 20 minutes and I consent to your presence and action within." 20 minutes pass. The gong invites us to stand, and the first meditative walk commences in the dark room. Then we settle for another sit. As the second walk begins, the room takes shape from the reflected lights in the west. Dawn. And then the third and final morning sit. Just this....wondering smiles as a cheeky little woodpecker asserts himself into the silence, pecking away at the very timbers holding up the meditation room, daring us

(Continued on next page)

Memories of Snowmass

to let go of his prayerful hammering at our souls. Varied daily schedules emerge. Breakfast readings from Open Mind, Open Heart. Walks down winding roads to monastery services, where monks chant their lifelong love as lovers, and the Eucharist beckons us, including and enfolding us in Abba's spiritual embrace. We depart the Monastery through the wondrous bookstore, basking in the joy and hospitality of the monks. And throughout the remaining day at the Retreat House, 20 of us gather to watch teaching videos, then move back down that curved hallway to the meditation room—over and over and over during the ten precious and graced days.

One day I sign the list to say grace before lunch. Our group encircles the three refectory tables, and I say, with a bit of help from Julian of Norwich: "We do not need to seek God. God is already here at these Snowmass tables—soaked in our reality, hungry for our love and attention as we are hungry for our meal. Our journey now is to be one of recognizing God, who is already present, sitting at each chair. Yes, just think of this—God in you, and sitting next to you, sharing this bounteous meal. Let us give thanks."

And one day—again at lunch—it grows very dark. Very dark. And fog rolls down the mountains and hills, settling uneasily in the valley around the Monastery. From our perch in the Retreat House on the hill, we are gripped by the darkening clouds, the rawness of the lightening and thunder, the power and mystery of the storm. Sleet and hail batter the valley and our windows for five minutes that May mid-day, drawing us from the tables to watch the power and majesty unfold as several inches of hail pebbles hurtle to the earth, bouncing and dancing and covering the ground. And in so many ways at the Snowmass Retreat House, the energy and lifetime teachings of Thomas Keating transmit to us powerfully during our 10 days together. The gift of watching the Spiritual Journey tapes remains a very long time in the heart of the viewer—his teachings fresh and new with each hearing, gently leading the 10-day retreatants to ponder their life's journey, their spiritual potential, their invitation to wholeness. And we see Father Thomas every day

receive communion at Mass. On the last precious evening of our retreat, he comes to sit with us in the Meditation Room. Is it a generous and gentle teaching he comes to give us? Is every word humbly piercing our hearts? Settling into our souls? Or is it a transmission? The awe of our group is palpable when the spiritual master leaves us that evening. He had imparted to each of us a radiance, acceptance and love, an incredible spaciousness and lightness of being. Day 10 of the retreat arrives, with early morning Centering Prayer preceding a final breakfast and warm goodbyes to new friends. As I was driven to the Glenwood Springs train station, my eyes memorized the beautiful Colorado scenery that was an integral part of the retreat's experience. On the train heading back to the Bay Area, the 10 day retreat, in part and in whole, seemed all gift, all grace, all gratitude. Still today, one year later, those memories remain as fresh as in May of 2012.

~Mary Wyman

◀Mary is a long time practitioner of Centering Prayer & past coordinator of the San Francisco Bay Chapter of Contemplative Outreach.

Allow God to Act

Allow God to act, and give yourself completely to him. Let the chisel perform its task, the sharp needle to do its work. Let the artist's brush cover the canvas with many tints that only appear to smear your canvas. Cooperate with all these divine operations by a wholehearted, steady submission, forgetting yourself and enthusiastically giving yourself to duty. Continue in this way on your own allotted path without trying to know all your surroundings or the particular details of the landscape. Proceed on this path without being able to see ahead of you, and you will be shown step by step how to go. Strive first for the kingdom of God and his righteousness by love and obedience, and all the rest will be given to you as well.

~Jean-Pierre de Caussade,
The Joy of Full Surrender

CONSD & COSD EVENTS — 2013

CONSD EVENTS 2013

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,
 16275 Pomerado Road, Poway
 Suggested Donation: \$40.00.

INTRODUCTORY WORKSHOP

Date: October 5, 2013
 Time" 9:00am-12:30pm
 Location: St. Peter's Episcopal Church,
 334 14th Street, Del Mar
 Suggested Donation: \$25.00

RETREAT

Event: Weekend Retreat
 Date: October 18-20, 2013
 LOCATION: Prince of Peace Abbey,
 650 Benet Hill Road, Oceanside
 Cost: \$170.00 Reservations required

RETREAT

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

SACRED SATURDAY

Date: December 7, 2013
 Time: 9:00am-12:30pm
 Location: Gethsemane Lutheran Church,
 2696 Melbourne Avenue 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: San Rafael Catholic Church,
 17252 Bernardo Center Drive, San Diego
 Suggested Donation: to be determined

COSD EVENTS 2013

HALF DAY OF PRAYER

Event: DVD "A Transformed Life" Sister Maria Tasto
 Date: Saturday August 17th, 2013
 Time: 9:00am-12:30pm
 Location: Our Mother of Confidence Church,
 3131 Governor Drive, San Diego
 Free Will Offering

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	Kathy Agnew	858-481-8754	St. Peters Episcopal Church 334 14th St., Del Mar	Thursdays: 4:30 to 6:00 pm
2	Encinitas (1)	Shirley Shetula	760-436-6721	Home of Shirley Shetula 532 Leucadia Village Ct., Encinitas	Mondays: 10:30 am
3	Encinitas (2)	Mike & Ann King	760-753-1575	Home of Mike and Ann King (Call for directions)	Thursdays: 7:00 pm
4	Encinitas (3)	Susan Elmore	760-518-8387	Call for location.	First & third Mondays: 6:30 pm
5	Escondido	Linda Dollins	760-745-5100	First United Methodist Church 341 S. Kalmia, Escondido	Mondays: 4:30 pm
6	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
7	Fallbrook (2)	Ann Keegan	760-723-0855	(Call for location)	Saturdays: 8:30 am
8	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey McKeon Center Room 12	Wednesdays: 7:00 pm
9	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church 1450 S. Melrose Drive	Thursdays: 1:00 pm
10	Poway (1)	Elena Andrews	858-451-2098	San Gabriel Catholic Church, 13734 Twin Peaks Road, Poway	Fridays: 9:30 to 11:00 am
11	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
12	Poway (3)	Sue & Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church 16275 Pomerado Road, Poway	Tuesdays: 5:00 pm
13	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation 16889 Espola Road, Poway	Monday: 5:00 to 6:30 pm.
14	Ramona	Joan Gansert	760-518-2081	Call for location	Thursdays: 11:00 am
15	Rancho Bernardo	Audrey Spindler	858-208-8609	San Rafael Catholic Church 17252 Bernardo Center Drive, San Diego	Wednesdays: 3:30 to 5:00 pm
16	Rancho Santa Fe			Church of the Nativity 6309 El Apajo, Rancho Santa Fe	Saturdays: 9:00 am
17	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
18	Temecula	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Tuesdays: 9:45 to 11:15am
19	Temecula	Deb Potts	951-265-7502	Temecula United Methodist Church 42690 Margarita Road, Temecula	4th Monday: 6:00 to 7:00 pm

Contemplative Outreach
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CONSD Registration Form

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