

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
Volume 8 Number 4 November 2013



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The Spiritual Journey and the Illusion of Progress

Paul Ilecki, Ed.D. comes to CONSD in January to offer a two day retreat focusing on our experience of the spiritual journey as a counter-intuitive adventure in un-knowing and a surrender to Ultimate Mystery. The retreat is offered to those deeply committed to their meditation practice, who have a regular centering prayer discipline and want to explore the more disorienting experiences of the letting go of the False Self. Paul, on staff of the Centering Prayer retreat ministry at St. Benedict's Monastery, is a former monk at St. Benedicts, a spiritual director, teacher of journaling processes, and a retreat leader. Ilecki is also the "voice" reading the audiobook "Open Mind, Open Heart" by Fr. Thomas Keating. More information about Paul can be found at his website at www.ColoradoNotes.com.

In describing this retreat, *The Spiritual Journey And The Illusion of Progress*, Paul points out that one of the great pitfalls for the spiritual pilgrim is to remain attached to the False Self (the I, the Ego, me, etc.) by innocently holding on to the notion that we progress in spiritual matters in ways that we can monitor and detect. Normally, all this monitoring does is give us a more "sanctified" version of that which we are trying to let go of, namely the False Self. Paul will ask: Can we remain on the spiritual journey without making note of progress or success? Are we looking for mere change in our present condition or transformation into Christ? The retreat will be solidly based in a practice of Centering Prayer. Each presentation will begin and end with Centering Prayer.

Participants will review their experiences of starting the Spiritual Journey, an experience that comes with very distinct psychological, emotional and spiritual sense of what the journey will be like – what union with God will be like – a set of conscious thoughts and feelings that emerge from our expectations of what we want the journey to be and why we want it to be that way. As in the beginning of any relationship, we start to expect that recognizable markers along the way will tell us that we are going forward, doing "this" right, and making progress. We start to think about it and how we will make this journey, how we will achieve our "goal" and imagine what our experiences will be like. (Continued on next page).

The Spiritual Journey and the Illusion of Progress



Paul recognizes that this pattern of expectations of progress mirrors the developmental and evolutionary patterns outlined and discussed so well in Fr.

Thomas lectures on the spiritual journey. He teaches that we move into the world some-

what innocent and then immediately start to establish habits of getting the things we feel we need – habits of security/safety, intimacy/esteem, power and control – our programs for happiness. All of this ingrains within us a notion of movement forward toward betterment, improvement – hence a Sense of Progress. And then, almost un-noticed in this notion of progress (perhaps because it is too obvious) is the birth of the ego, the “I” that is making progress, the “me” that is growing/changing, the self that is always self-referencing, and so strengthening its grasp on the life that is being lived right here in this body, in this space. The “I am” is born.

At this point, the retreat will become a personal exploration in prayer of how transformation in Christ (where the False Self recedes and Christ increases) involves a conscious opening to the unknowing, disorientation, even discomfort, of leaving behind those most precious aspects of ourselves (our sense of self) that might be preventing us from fully surrendering to grace. The outcome of praying at this level is living in pure awareness without self-referenced reflection – the True Self that experiences Divine Union in each moment in the unknowing of the Mystery that is God.

These prayerful reflections will require a willingness to think less and be aware of more. All who want to experience their faith beyond believing may find this retreat to be a rich and

rewarding opening to the next chapter of their spiritual unfolding.

Sue and I had the great fortune to attend Paul’s “just noticing” workshop in Snowmass, CO two years ago. This experience as well as our continued dialogue with him since the workshop has clarified and deepened the spirit of our Centering Prayer practice. This experience reminds me of a comment Fr. Keating made to us at the evening gathering at the end of a ten day retreat at Snowmass. He said, “Be aware that your false self can hijack your spiritual journey.” He went on to explain that any sense that I am the one facilitating the transformative process is a sure sign that my false self rather than the Holy Spirit is in control. Paul’s “illusion of progress” speaks directly to Fr. Keating’s warning. Sue and I look forward to this retreat as we know that it will greatly further what we learned and experienced at Paul’s “just noticing” workshop. Please come and invite your contemplative friends to join you at this wonderful event.

~Chris Hagen, CONSD Co-Coordinator

Rest

Come to me all you who labor and are burdened and I will give you rest. Matthew 11: 28

Rest refers to interior quiet, tranquility, peace, rootedness of being one with the Divine Presence. Rest is our reassurance at the deepest level that everything is okay. The ultimate freedom is to rest in God in suffering, as well as in joy. God was just as present to Jesus on the cross, as on the mountain of the Transfiguration.

~Fr. Thomas Keating, Reawakenings

CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO PRESENTS

A Retreat with Paul Ilecki “The Spiritual Journey and the Illusion of Progress”

Are we looking for mere change
in our condition
or
Transformation in Christ?



During this retreat Dr. Ilecki will explore this question with retreat participants within the context that a desire for a sense of progress and success in our practice of Centering Prayer is an important matter to our False Self. With a combination of brief presentations, periods of Centering Prayer, and time for reflection this retreat is designed to facilitate a participant’s ability to move away from the burden of seeking tangible signs of progress.

Paul is a former priest and was a monk at St. Benedict’s Monastery, Snowmass Colorado. He currently serves on the staff of Intensive Centering Prayer retreats for Contemplative Outreach of Colorado, conducts his own meditation retreats and workshops, and teaches “just noticing” as well as reflective journaling using the Intensive Journal® developed by Dr. Ira Progoff.

Date: 1/10 & 11, 2014

Time: 1/10 Registration 6:30 pm Retreat: 7:00 pm – 8:30 pm

1/11: Registration/hospitality: 9:00am Retreat: 9:30 – 3:00pm

BRING SACK LUNCH

Place: San Rafael Catholic Church, 17252 Bernardo Center Dr. San Diego, (Rancho Bernardo) 92128

Suggested donation: \$.50.00

For further information contact Sue Hagen: 760.745.8860 or sue.hagen@sbcglobal.net

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A Retreat with Paul Ilecki

Name: _____ Phone: _____ Email: _____

Address: _____

City/State: _____

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

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

While pre-registration helps us plan the hospitality needs walkins are always welcome.

Retreat Poetry

Full moon, cool breeze flutters
red leaves on trees.

Roses wave before the pure white Jesus,
His arms outstretched, sacred heart exposed
Chalice and thorns lie at his feet.

He silently whispers, "Come!"

We sit in the unbroken circle of silence,
absorbing the Trinity, allowed simply to BE.

Two servant leaders show us t
he way to dark silence
where the invisible
blinding light transforms us.

Centuries of St. Benedict's Rule surround us;
Invisible monks and nuns guide us to
Union with God;

Restoring us to the Garden where
Christ has forever unlocked the gate,
Sending the guardian
cherubim with sword of flame
to other duties.

We rest in the garden.

We rest in the silent circle.

We rest in the Father, in the Son
and in the Holy Spirit.

~Judi Appel

Outreach Team

CONSD has added a new team to its Servant Leadership Team. The Outreach Team will explore and establish ways to increase awareness of Centering Prayer. It will have a focus of increasing the awareness of youth 18 years and older, those who do not attend church, men, senior citizens living in retirement or assisted living facilities, as well as people living in homeless shelters. Please contact Chris Hagen if you feel called to this ministry. He can be reached at 760.745.8860 or chris.hagen@sbcglobal.net.

Centering Prayer Introductory Workshop



Our workshop was held at St. Peter's Episcopal Church in Del Mar on October 5th. The setting couldn't have been more beautiful with the look of a mountain lodge inside but with a view of the ocean outside. The breeze through the windows of the social hall was welcomed on this very warm day. Gail Carr's prayer group provided the continental breakfast and hospitality during the workshop.

Nineteen persons attended including six newcomers who listened to Chris Hagen and Mary Williams present the guidelines and joys of Centering Prayer. There were two practices of centering prayer following the presentations. There will be six follow-up sessions with Kathy Agnew as facilitator to be held at St. Peter's.

~Diane Oldfield, Introductory Team

CONSD has twenty five Sustaining Members. These people have made a donation to our Chapter in order to help us meet our ongoing financial obligations. We welcome donations in any amount. Your generous donations are tax deductible.

Contemplative Outreach Annual Conference

“The Wisdom of Monastic Heritage
in Everyday Life”
October 24-27, 2013

Words cannot express the depth of the Annual Conference held in Snowmass Village. One hundred and fifty contemplatives gathered for three days of prayer, deeply spiritual presentations and fellowship. Each day began with thirty minutes of Centering Prayer followed by breakfast, presentations until lunch time, afternoon presentations, Centering Prayer, dinner and an evening presentation.

During the first evening Abbot Joseph Boyle spoke about “Travels in the Desert” which were his personal experiences and how “Desert experiences move us along a path to life, new life and an expanded life. Once the restrictions of our false self system and our need for control have been stripped away then our real life flows in us.”

On Friday morning Sr. Mary Margaret Funk spoke to us on “Discernment from the Monastic Tradition and its Practice in Daily Life.” She said that “Discernment is the practice of the Holy Spirit. The Holy Spirit is God’s Way. It is the Spirit of God and Jesus. To discern means to sort—to find God’s will for us. The Holy Spirit wants our attention and a relationship with us and thus we have a relationship with God.”

In the afternoon Fr. Keating spoke to us for an hour. He began by saying “You are already there! When you sit in Centering Prayer you gradually become who you are. We are everything already. The best way to become nothing is to do nothing. The boring (unloading) from within is the most difficult trial. Jesus taught

about nothingness when He said “Whoever tries to keep his life will lose it and whoever loses his life will preserve it. Luke 17:33.” At this point I stopped taking notes because I just wanted to be in his presence and listen.

That evening we watched a wonderful movie about Fr. Keating’s life which was directed by his nephew Peter Jones. It was very touching and we purchased it for the Chapter. We will have a Half Day Retreat and show the movie on February 22nd.

On Saturday Fr. Meninger spoke about “The Ladder of Perfection,” a book that was written in the 1300’s by Walter Hilton. It is a guide to the contemplative life in which the soul is reformed to the image and likeness of God. It was quite relevant to our practice and the book I ordered arrived today! In his second session he—as only he can—spoke about Julian of Norwich. It was a thought provoking and fascinating morning.

After lunch we boarded buses to go to St. Benedict’s Monastery in Snowmass. We toured the cloister and within that area were the monk’s reading room, library, kitchen and dining room. Following that we went to the bookstore and then to a Eucharistic Mass in the Chapel. That evening we had a special banquet and a closing video and a short good bye from Fr. Thomas.

As I write this we have been home six days and the spiritual depth of our time there remains within me. I am so grateful to God for having been there and to know Him more deeply.

~Sue Hagen

About Centering Prayer

"Whenever you pray, go to your inner room, shut the door, and pray to your Father in secret. Then your Father, who sees in secret, will reward you." Mathew 6:6.

The method of Centering Prayer is based on Jesus' teaching. The following is a synopsis of Fr. Keating's interpretation of this teaching in the context of the "three levels of silence" that occur during a period of Centering Prayer.

"Whenever you pray, go to your inner room." This is the first level of "silence." By sitting quietly with our eyes closed we are deliberately expressing our intent to withdraw from the concerns and activities of the moment as well as from the environment we are in at the moment. This is a time in which we turn all of our concerns over to God and open ourselves to the greater attraction of silence.

"Shut the door." Now we enter the second level of silence – "stillness." In the first level of silence we choose to move away from the attraction to external noise. In this level of silence we choose to move away from our thoughts, plans, memories and emotions. We choose to leave the domain of the false self. It is at this level of silence that we gently introduce the sacred word when we find we are engaged in our thoughts. By introducing the sacred word we are simply renewing our intention to consent to the presence and action of God within us. We are consenting to our innate attraction to the divine silence that is always within us. By consenting to the silence we take away the freedom we give our false self to dominate us and allow the freedom of God to move within us and heal us.

"Pray to your Father in secret." Next we enter the third level of silence, the silence of

the "true self." In the previous level of silence we established our spiritual will by introducing the sacred word when we became engaged in thoughts. By introducing the sacred word we move away from the willfulness of the false self to the freedom of God's presence within us. As we continue our Centering Prayer we move into a deeper level of silence, the silence of the true self. When we pray to our Father in secret we're not hiding from anything that is real. Rather, we are hiding, that is, we are not attracted to our false self and all of its hopeless programs for happiness that can't possibly ever bring us true happiness. At this level of silence we are entering into Contemplative Prayer. We are resting in God. When we return to our sacred word we are letting go of self – reflections and allowing ourselves to be in God's presence, totally open to His action within us. Here we are consenting to our spiritual will. Prayer in secret, then, is the silence that has been and always will be within us. In the silence of the true self one may experience occasional moments of pure awareness, moments in which one is just aware, a moment that is free of our awareness of internal and external noise. Here God acts according to God's nature – infinite goodness, tenderness and love.

"Then your Father who sees what no one sees will reward you." As we rest in God He sees in us that which no one can see with their human faculties. God sees our true self and loves us. In Aramaic, the language spoken by Jesus, the word "reward" means to blossom, to flourish. Jesus seems to be saying our whole human nature with all its possibilities for goodness will begin to flourish and bloom and we will become who we really are. Having reduced the false self to nothing we will participate in daily life in the way God is, perceive as He perceives, and react as He would react. This is a (Continued on next page).

About Centering Prayer

real participation in the life of God. Fr. Keating points out that we do not realize the fullness of each of these levels at the same time. He states that as the first level "reaches a certain fullness of completion it automatically opens the door to a deeper level of silence. During each period of Centering Prayer the spiritual will is gathering strength and it will become habitual as our practice of Centering Prayer deepens over the years."

To purchase a CD of this teleconference go to coutreach.org and click on the "Store" tab and look for the September 13, 2006, Contemplative Life Program teleconference titled "Silence and Solitude" or call 800-608-0096.

A Moment for Reflection

He asked Jesus, who is my neighbor? Luke 10:29

Fr. Keating: "Paul, in developing the idea of the human body as an image of the Mystical Body of Christ, wrote, "if one member suffers, all suffer together" (I Cor. 12:26) the organic oneness of the human family achieved still greater unity by being incorporated into God's Son through his incarnation and resurrection. This oneness of the human family is an aspect of the ministry of Christ that needs strong emphasis today. It cuts across the differences of race, creed, color, or nationality. It requires us to respect religious and cultural differences rather than oppose them. Moreover, these differences are often complementary when properly understood, and point to the cosmic Christ. The gospel parable of the Good Samaritan means that our neighbor is anyone at all – anywhere – who is in need."

Poem Untitled

You are rearranging the
furniture in my soul.
Of course I gave You the key to let
Yourself in whenever You wanted,
but I can't get over coming home
and seeing everything shifted.
Some of my favorite things are gone,
some of the things I used to
cling to for security.
I still go looking and grow
angry to find them gone.
I miss the complacency,
the mediocrity,
The stagnation,
but I relish the abandon more.
Your Presence leaves a
warmth in the room.
It fills me more fully than
all the clutter which
used to linger within.
With a lot of the garbage gone
I can seek You out.
I can rest in the present, in the Presence, in
calm, in tranquility,
undisturbed, except by what
You choose for me.
I wait for You to come.
I never thought waiting for the
Moving Man could be so right.

~Karen Pilman

The Divine Life

"It is not so much what we do but what we *are* that allows God to live in the world. When the presence of God emerges from our inmost being into our faculties, whether we walk down the street or drink a cup of soup, divine life is pouring into the world."

~Fr. Keating

CONSD Annual Retreat

On October 18, 2013, a few members from CONSD registered 32 retreatants from various Centering Prayer groups from several counties in southern California.



This retreat was the fourth consecutive retreat organized and facilitated by Chris and Sue Hagen held at Prince of Peace Abbey, a Benedictine Monastery on Benet Hill in Oceanside, California.



Each registrant was given a welcome folder that contained the Centering Prayer retreat schedule, dining room guidelines, the method of walking meditation, meditative exercises, two monastic methods of Lectio Divina and

other helpful readings that assisted in the intention to surrender to God. We were reminded that Centering Prayer is a practice that cultivates our yearnings to consent to God's presence and action within. Centering Prayer is not a time for doing or for thinking but simply for being.

The schedule for the weekend listed all the times for 20 minute Centering Prayers and the times for Liturgy of the hours. First on the schedule were a welcoming, introductions, and review of retreat material with a 20 minute Centering Prayer before supper on Friday evening. After a nourishing and tasteful supper that was full of conversation, we concluded our evening sitting in silence centering for 20 minutes before retiring for the evening to begin our weekend of silence.

Saturday morning we had two 30 minute Centering Prayers and an hour or more for reflection. At 11:00 AM an optional Mass was held in the church or Lectio Divina was offered in the Centering Prayer room.

After lunch three Centering Prayers 20 minutes each and a walking meditation in between lead us to two hours of reflection. These reflection times invited the Holy Spirit to work on us mentally, physically and spiritually. No one could predict what healing, inspirations or thoughts would take place on an individual basis, but this was purposely planned to see how everyone would like the unstructured agenda in order to allow the Holy Spirit to speak to us, work on us and move us in the direction God planned.

After supper we did our last 20 minute Centering Prayer for the day and several retreatants attended Compline. (Continued on next page).

CONSD Annual Retreat

Throughout the day, all retreatants could attend any or all Liturgy of the hours in the church. Vigils, Lauds, Vespers and Compline were choices for praying as well as centering, eating and reflection.



In addition to all that was offered and available to us over the weekend, a nature trail with the Stations of the Cross provided a quiet walk to view all of God's beautiful creations. In the silence of our hearts we were inspired and lead to talk with God as we walked and we were reminded to pour forth gratitude and allow our blessings to well up and bubble forth into our day.

Sunday morning after breakfast, we concluded our retreat with a 20 minute Centering Prayer. Evaluation forms were completed and retreatants shared thoughts and thanksgiving for another wonderful fall weekend at the monas-

tery. Optional Mass or an Ecumenical Communion service was offered before lunch with conversation.

As we ended our retreat, I felt inflamed with new fervor and was totally strengthened by new Grace. I will look forward to another retreat next year same time and place the 3rd weekend of October 2014. I am so grateful to have attended my fourth retreat with Sue and Chris Hagen facilitating another inspiring weekend on Benet Hill.

~Nancy Bachelier

The Guest House Poem

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all
Even if they're a crowd of sorrows,
Who violently sweep your house
empty of its furnishings.

Still, treat each guest honorably,
He may be cleaning you out
for some new delight.

The dark thought, the shame, the malice,
Meet them at the door laughing and
invite them in.

Be grateful for whoever comes,
Because each has been sent
As a guide from beyond.

~Rumi

CONSD Half-day Retreat

“May your word to me be fulfilled.” Luke 1:38

embraced me into union with His ever merciful heart...

When Winnie Baumer walked to St. Bartholomew’s Parish Hall before the morning light had broken, she could hear the crisp Sycamore leaves on the patio crunch under her feet. Later, she shared that those leaves made her “happy all morning.”

On Saturday, November 2nd, CONSD’S Half Day Retreat, “The Annunciation” drew about 30 participants. At the registration desk Susan Wheeler, Janet Williams and Kathy Agnew greeted us, and then Winnie and Beatrice Doblado served us hot drinks, homemade coffee cake, fresh fruit and deviled eggs on a festive fall table. If you’ve never attended a half day retreat, be sure to come early and a little hungry. Hospitality is also a time for greeting old friends and making new ones.

At 9:30, Elena Andrews, facilitator of the long-standing St. Gabriel’s prayer group and our retreat leader, called us to the large prayer circle and explained the format for the retreat: a reading, chanting and movement, centering prayer, chanting and movement, and a period of silent reflection, all to be repeated three times.

We each introduced ourselves and answered “how we were feeling today.” Some of the responses: anxious, excited, present, sleepy. Elena read Luke 1:26-38, the story of the Annunciation followed by her reflection. Elena’s reflection began with Mary’s thoughts after the angel’s visit: *How could I deny my God what He asks? How could I not open my arms as He comes to me, desiring to use this small and lowly vessel to pour out His great love? Can I contain this immense blessing that fills me? I am just a child, little and poor, yet He has rested His mighty but gentle hand on me and*



Following the reading, Avril Bland’s clear, pure voice began chanting, “Slowly blooms the Rose within, slowly blooms the Rose within.” Unsteady at first, we soon sang in one voice, and then the musical line split apart with harmonies high and low multiplying the music and filling the circle. As we chanted we joined our voices with movement, Elena’s graceful arms guiding us. Then silence, the silence of our prayer drawing us once again into a space where God can rest “His mighty but gentle hand on me and embrace me into union with His ever merciful heart.”

After Centering Prayer we had a period of personal reflection. While some went outside, others viewed the slide show that Chris developed: ten slides each with a classical painting depicting scenes of the Annunciation. “God sent Gabriel to Nazareth,” “to a virgin pledged to be married.” “Her name was Mary.” “Greetings, you are highly favored! The Lord is with you.” “Mary was greatly troubled at these words.” “Do not be afraid.” “You will call him Jesus.” “How will this be?” (Continued on next page).

CONSD Half-day Retreat

“The Holy Spirit will come upon you.” “I am the Lord’s servant. May your word to me be fulfilled.” In closing Chris posed this question: “What is God inviting you to be open to in faith?”

We repeated the format twice more, and the rhythm of the morning soon helped each of us to find personal meaning. At the close, we shared the gifts of our retreat Here is a sampling: “First the mundane. Great to have homemade cookies. More seriously, when we come together and practice, there is a deep sense of connection, trust.” Sitting between a man and a woman, a participant said, “I sense the divine feminine presence on my right and the divine masculine presence on my left. God is with us in so many ways.” Another shared what many of us felt, “I can’t believe how fast the time went for me.” One lady said, “Back to the mundane, I felt the leaves were part of the retreat. When you take the time to be quiet, you can see all of the gifts that God has given you.” Having noticed a posting on the parish wall which said, “Life and hope grows within me” a participant said, “That is what I am in touch with here.” Some recalled Evie McGreevy’s half day retreats, suggested by Elena’s presence and leadership. We closed singing “All shall be well, and all shall be well, and all manner of thing shall be well, be well.”

Thank you Elena and all who contributed, sharing God’s great goodness. When is the next half day retreat?

~Linda Dollins

New Communication Team Member Needed!

The primary duties of this position are:

1. Work closely with the Centering Prayer Introductory Workshop team leaders to advertise or announce in several media community calendars all upcoming workshops in the Union Tribune newspaper and in the various local small news papers.
2. Place announcements of major speaker events in the Union Tribune and various local news papers.
3. Visit the various small local newspaper websites to obtain announcement contact information such as emails and phone numbers of the staff members who will put announcements into the local small newspaper calendar of events.
4. Attend the quarterly CONSD Servant Leadership team meetings and report on all media communications efforts that occurred during the quarter.

The current Communications Team leader is Judi Appel, who will train and pass on materials to the new volunteer.

For more information please contact Sue Hagen: 760-745-8860 or sue.hagen@abcglobal.net

Thank you

We would like to thank Susan Elmore for her dedicated service on the Hospitality Team. She has had to step down due to health issues and has to rest. AND the Hospitality Team is anything but restful! Many thanks and blessings from CONSD.

CONSD & COSD Events—2013-2014

CONSD EVENTS – 2013 -- 2014

Sacred Saturday

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

Presentation:

Event: The Spiritual Journey and the
 Illusion of Progress
 Presenter: Paul Ilecki
 Date: January 10-11, 2014
 Time: 7:00-8:30pm and 9:00am-3:00pm
 Bring lunch
 Location: San Rafael Catholic Church,
 17252 Bernardo Center Dr., San Diego
 (Rancho Bernardo)
 Suggested Donation: \$50.00

Half Day Retreat

Presentation: Movie: "A Rising Tide of Si-
 lence." The story of Fr. Keating's Life
 Date: February 22, 2014
 Time: 9:00am-12:30pm
 Location: TBA

United in Prayer Day

Date: March 15, 2014
 Time: 9:00am-12:30pm
 Location: TBA in San Diego

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 database up-to-date. This will help us to continue to inform you about the CONSD newsletters and of upcoming special events. Please call Sue Hagen at 760-745-8860 or email her at consd@cox.net

Half -Day Retreat

Date: April 19, 2014
 Time: 9:00am-12:30pm
 Location: TBA
 Free Will Offering

Presentation

Presenter: Fr. William Meninger
 Date: June 21, 2014
 Time: 9:00am-3:00pm Bring lunch
 Location: TBA
 Suggested Donation: \$35.00

For information on all CONSD events call Sue Hagen at (760) 745-8860

CONSD EVENTS

For information on COSD Events call Kathy at (619) 749-4141

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 Layout and Design: D. Conner

CONSD CENTERING PRAYER GROUPS

	Area	Facilitator/s	Telephone	Location	Day & Time
1	Del Mar	Kathy Agnew	858-481-8754	St. Peters Episcopal Church, 334 14th St. Del Mar	Thursdays 4:30-6:00 pm
2	Encinitas (1)	Shirley Shetula	760-436-6721	532 Leucadia Village Ct.	Mondays 10:30 am
3	Encinitas (2)	Mike & Ann King	760-753-1575	Home of Ann and Mike (Call for directions)	Thursdays 7:00 pm
4	Encinitas (3)	Susan Elmore	760-518-8387	Call for location	First & third Mon. 6:30 pm
5	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30 pm
6	Fallbrook (1)	Barbara Hudson & Susan Gross	760-645-0726 760-451-0514	St. Peter the Apostle in the Upper Room, 450 S. Stagecoach Lane	Wednesdays 9:15-10:00 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 Ctr. Room 12	Wednesdays 7:00 pm
9	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Thursdays 1:00 pm
10	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00 am
11	Poway (2)	Colleen Clementson & Rebecca Crowley	858-748-8548 858-748-3801	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00 pm
12	Poway (3)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomarado Dr.	Tuesdays 5:00-6:30 pm
13	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30 pm
14	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary	Thursdays 11:00 am
15	Rancho Bernardo	Audrey Spindler	858-740-9055	San Rafael Parish Cntr., Rooms A & B	Wednesdays 3:30-5:00 pm
16	Rancho Santa Fe	Dixie Welsh	858-756-1911 (church number)	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	Tuesdays 7:00-8:30 pm
18	Temecula (1)	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Second & fourth Wed. 12:30 pm
19	Temecula (2)	Deb Potts	951-265-7502	Temecula United Methodist Church, 42690 Margarita Rd.	4th Monday in April, Aug., & Nov. 6:00-7:00 pm