

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
Volume 9 Number 2 May 2014



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The Rising Tide of Silence The Life of Fr. Thomas Keating

Over 70 people from CONSD and guests filled the Fellowship Hall at San Dieguito United Methodist Church located in Encinitas, on a beautiful, sunny morning, Saturday, February 22, 2014 to view the film "*A Rising Tide of Silence*", *the life of Father Thomas Keating*. We started our day with a period of Centering Prayer and a short film on the *Trinity* as an introduction to the biography of Father Keating. Many people commented that it was a "teaser" for what was to come.

The film is Father Keating's personal story of his life from childhood to the current day. For those of us in attendance that morning we truly felt blessed to know Father Keating's personal story. Our hearts cried for him knowing the pain he suffered in his early years in the monastery. We laughed for joy experiencing his great sense of humor. We were gifted with photos of him as we got a glimpse of his total beauty as a baby, innocence as a young boy, and charisma as a handsome young man.

Father Thomas Keating was born in New York in 1923 to a well do to family in Long Island. His father was a prominent lawyer and his mother a homemaker who cared for Thomas and his sister. Thomas suffered several serious illnesses as a child and had a near death experience very young and at this time had his first common agreement with God to become a priest when he was 21 years of age.

Father Keating attended Yale University in the 1940's and at this time converted to Catholicism. In his first semester he received "D's" because he was studying and reading Tolstoy who also was a Catholic convert. After graduation from Yale, Father Keating entered a Roman Catholic Monastery of the Cistercian order. It was a rocky road entering the monastery and he took the monastic life very seriously. Here he fell in love with the monk idea of "community with God." This was a disappointment to his family and they were totally opposed to a monastic life for him and felt the money spent on his education was a waste. Father Keating became the Abbot of St. Joseph's Abbey in Spencer, Massachusetts in the 1970's and during this time there was great controversy within the monastery that was weighing on him. He eventually resigned and went to St. Benedict's Monastery in Snowmass, Colorado. (Continued on next page)

The Rising Tide of Silence

In 1984, Father Keating co-founded Contemplative Outreach and wanted contemplative prayer to be available to ordinary people living ordinary lives. He believes that this is not just a method of prayer but a relationship with God. God is everything and the goodness is in everything, open to all non-Christians, Protestants, and Roman Catholics worldwide. He also takes this ministry to prisoners, priests, and contemplatives of other religions. Today he remains active in Contemplative Outreach in Snowmass with limited travel engagements, but speaks through modern day teleconferences to the world and teaches via videos.

The film showed Father Keating in interviews and his comments with spiritual leaders throughout the world. The Dalai Lama and Father Keating spoke out on compassion and the spiritual journey in our universe at a conference in Boston, MA. (The photo below is called, "The Kiss" after Father Keating spoke and kissed the Dalai Lama at conference titled 'Beyond Religion: Ethics, Values, and Wellbeing' Sunday, October 14, 2012.).



The film had several of Father Keating's quotes from books he has written and they were all "wonderful!" The film was simple and elegant reminding us we all lead a full active life, we are all seeking a closer relationship with God, and silence is God's first language. We ended the day with faith sharing and valuable discussions.

The half day retreat facilitated by Chris and Sue Hagan provided all of us with a wonderment of what we need to do in our daily lives to prompt our hearts to go into our secret room and pray to our Father in silence. Thank you for another memorable CONSD retreat. Special thanks to Winnie Baumer and her committee for providing us with all the delicious food and love filled hospitality. Thank you to the hard working joyful ladies at the registration table who provided us with a warm welcome. We applaud all of you for making this day so celebratory.

Now to end this article in Father Keating's words, "Christian Contemplative prayer is the opening of mind and heart - our whole being - to God, the Ultimate Mystery, beyond, thoughts, words and emotions, whom we know by faith is within us, closer than breathing, thinking, feeling and choosing; even closer than consciousness itself. The root of all prayer is interior silence." (Open Mind, Open Heart).

~Nancy Bachelier

Weekly Support Group

Centering Prayer is done privately most of the time, a weekly sharing of the experience in a small group has proven to be very supportive... The weekly meeting also serves as a means of accountability. Just knowing that one's support group is meeting together each week is an enormous encouragement to keep going, or an invitation to return to the practice of Centering Prayer if circumstances have prevented one from carrying out one's commitment to daily practice for a time. By sharing the experience of Centering Prayer with others, one's own discernment of the ups and downs of the practice is sharpened.

Introductory Workshop

For several years Helen Park has been praying for the right opportunity to hold an Introductory Workshop for Centering Prayer at her church, Pilgrim United Church of Christ in Carlsbad. Her dreams were supported by her pastor, Reverend Madison Shockley, and through their efforts and the help of many others at the church, we were able to offer the workshop once again on March 1, 2014.

A group of eighteen people who were new to Centering Prayer plus four who were there for a refresher made up a wonderful group which was present to learn about and practice the prayer that has become so precious and important to so many of us. Also on hand was a team of seven from CONSD to present the program and assist with registration and administrative matters.

It may have been a little rainy and windy that day but it didn't affect anyone's enthusiasm for the event. Registration and hospitality began at 8:30 am and the hospitality was grand – so many treats were laid out for the group to begin their day. The four conferences of the program were presented by Parth Domke and by Chris Hagen and they did such a wonderful job of presenting the practice of Centering Prayer in a way that was easily understood.

Mary Williams, who is presenting the six follow up sessions, was on hand to meet all of the participants. These sessions will be open to all who wish to come as part of the Lenten season at Pilgrim United Church of Christ. Mary has reported that these sessions have been well attended so far and the group has seemed to enjoy the time of Centering Prayer as well as the tapes of Father Keating and the discussions which follow. It is the sincere hope of both

Reverend Madison and Helen Park that this will lead to the establishment of a new Centering Prayer group at their church. If you are interested in being part of a Centering Prayer group in the Carlsbad area you would be very welcome .

Thanks to the CONSD team who were there to make Helen's dream become a reality: Chris and Sue Hagen (co-coordinators of CONSD), Parth Domke, Mary Williams, Linda Dollins , Gail Carr and myself. Special thanks to Reverend Shockley, Helen Park and the support group from PUCC for all their efforts and for making each one who attended know that they were welcome.

Those of us who attend most of the workshops to assist in some way felt that this was a particularly wonderful time of both instruction and fellowship. We all love the fact that even though we have experienced the workshop several times we always come away with something new and special. This time I carried away this lovely quote from Chris Hagen: "Centering Prayer leads to a divine consciousness that moves us to interact with people as God intends us to live." What could be more inspirational or worthwhile?

~Carol Sumner -
CONSD Introductory
Workshop Team

Taking Centering Prayer to the World

Pauline Rippel from San Diego invites us to take Centering Prayer to the world. For the past several years she has been bringing Centering Prayer into the lives of prisoners at the San Diego Correctional Facility near the border. Many of them are Christian and are amazingly receptive to Centering Prayer. She visits several groups and they express so much gratitude. They say that Prayer allows them to accept the difficult situation of being in prison and many say that Centering Prayer has totally changed their lives.

Pauline is asking those who might be inter-

ested to prayerfully consider taking Centering Prayer to these people. The Chaplain there, Chaplain Bery, will train you so that you feel confident in your work. You will receive tremendous support from Chaplain Bery and the staff, knowledge that you are bringing Centering Prayer to people from around the world and the joy of hearing prisoners tell you that Centering Prayer is changing their lives. Please call Pauline at (619) 466-6462 for more information.

~Sue Hagen

CONSD Half Day Retreat



This retreat will have a different format than our usual silent half day retreats. We did a survey of our membership regarding the preferred format and content of our half day retreats.

The majority of the respondents preferred the silent retreat format with multiple periods of Centering Prayer and time for personal reflection.

However, a number of the respondents suggested that we try a format that had time for Centering Prayer, an educational component, and time for participants to interact with each other. To that end this half day retreat will em-

body all of these components in its format.

The educational component of the retreat will focus on the concept of the False Self. Specifically we will explore the following question: "Is it the self that is false?" The exploration of this question will draw upon scripture, the writings of Thomas Merton, Fr. Thomas Keating, and Fr. Richard Rohr. So, during this half day retreat we will have time for Centering Prayer as well as the presentation and discussion of the concept of the False Self.

Date: August 2nd 2014

Time: Registration and Hospitality 9:00am-9:30am, Retreat: 9:30am-12:30pm

Place: St. Bartholomew's Episcopal Church
16275 Pomerado Rd. Poway 92064

~Chris Hagen

Contemplative Outreach United in Prayer Day—March 15, 2014

Over thirty contemplatives from COSD and CONSD gathered at the First Presbyterian Church in El Cajon for a morning of prayer, a DVD, reflection time and faith sharing and discussion. A deeply spiritual DVD “Falling Into The Hands Of God” provided us with an hour of Fr. Keating’s wisdom. What follows are some of the beautiful key points on the DVD:

“To fall into the hands of the living God is modified as soon as you realize that, for God, to live is to love. Therefore there is no safer place to be in the world than to be in the hands of God, and to fall into them. It’s a gift. You don’t really jump; you get pushed, shoved or it just happens. Falling into God is to fall into your life as it is—the good and the difficult without judging or expecting. We are to consent to God’s plan and embrace the imperfections of ourselves and our life. God wants us to fall into His hands freely so we chose to fall. God is closer to us than our own sense of being. So this God is awesome, but incredibly tender, close, loving, intimate, fatherly, motherly, sisterly, brotherly, friendly, engaged, soul friend, partner, companion, beloved spouse and the ultimate unity. So we are never separated from God. God seems to have a playful side.

What are some of God’s favorite games? One is Hide and Seek. We were created with five senses and a thinking capacity. So God has five senses to hide behind the reality that’s out there. So we never seen Him physically or if you do it’s probably touched up by your imagination or preconceived ideas. God hides behind each sense. He’s always present. Why don’t we see Him? It’s because the inner eye of faith hasn’t been sufficiently awakened to perceive the Divine Presence as a source in

everything that exists. We need to fall and let go into God, what is happening and how He’s working with you. And as we develop and grow in consciousness and become more mature adults and so on, God begins to work with us in new level of intimacy that might be called the Divine Therapy. God turns out to be the greatest psychoanalysts and psychologist there ever was and vastly exceeds any knowledge He has of your unconscious, regardless of how much cooperation you offer. In Centering Prayer as your mind consciously and deliberately quiets you down, or you are detached for regular periods of time from any thought content, you begin to experience who you really are, which is beyond thinking, beyond any experience, but more real than any experience. So you have to trust God and trust Him almost infinitely. No matter what happens it comes from love. You don’t have to jump, just fall. The hands of God are softer and gentler than the best of down cushions or pillows. It’s the safest place anybody could ever be. So everything is perfectly organized despite appearances. With the eyes of faith you see God—not with your bodily eyes but with this sense of presence in everything you see. It’s Hide and Seek. Sitting still for a period of time or in one place helps to get beyond the preconceived ideas we have of what reality is or should be. Silence teaches you what it actually is, and, as silence deepens it morphs into the Divine Presence and then you see beyond your sense this loving Presence which invites you to fall into the embrace of the Beloved. We must bring our conscious presence to the Divine Presence, our nothingness to the Creator of all that we are—body, soul and spirit—to all that God is.

~Sue Hagen

The Paschal Mystery

The Paschal Mystery A Journey Into Redemption & Grace

The Grace of Suffering

*When the great crowd had come to the feast
Heard that Jesus was coming to Jerusalem,
They took palm branches
And went out to meet Him,
And cried out: 'Hosanna!'
Blessed is He who comes
in the name of the Lord, the King of Israel.'
Jesus found an ass and sat upon it.
His disciples did not understand this at first,
But when Jesus had been glorified
They remembered
That these things were written About Him.
John 12:12-14, 16*

A Manifestation of the New Creation

*Christ on the donkey, waving aside the cheers
of the crowd, is riding to His death. This is His
way of revealing the heart of God once and for
all in such a way that no one can ever doubt
God's infinite mercy. The priest says over the
bread and wine "This is my body." The power
of those words extends to each of us as Christ
awakens and celebrates His great sacrifice in
our own hearts saying,
'You are my body. You are my blood.'
You, with all of humanity, are a manifestation in
the flesh of the new creation
From Awakenings by Fr. Thomas Keating*

Practice

*Today, reflect on these words for yourself and
those whom you meet:
I am His body.
I am His blood.
You are His body.
You are His blood.
You, O Lord, Be not far from me,
O my Help, Hasten to help me.
Psalm 22:20*

Ten Questions That God Asks Of Us

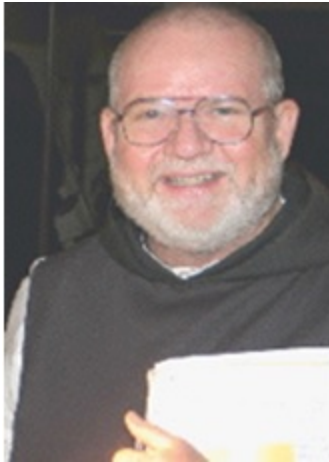
*Will you believe that I love you
without any reservations?
Will you trust Me?
Will you let Me be your strength?
Will you let go of your own strong control?
Will you believe in your own giftedness?
Will you walk with insecurity for a while?
Will you believe that I am inviting
you to greater wholeness?
Will you allow My grace to move within you?
Will you open up your heart to Me?
Will you come to Me in prayer
so that I can empower you?*

Let Us Be Present to the Now

*It's all we have and
it's where God will always speak to us.
The now holds everything,
rejects nothing and,
therefore, can receive God, too.
Help us be present to the place
we're most afraid of,
because it always feels empty,
it always feels boring,
it always feels like it's not enough.
Help us find some space within
that we don't try to
fill with ideas or opinions.
Help us find space so you, loving God,
can show yourself in that place
where we are hungry and empty.
Keep us out of the way,
so there is always room enough for you.
Amen.*

*~ Fr. Richard Rohr,
From Hope Against Darkness*

A Retreat with Fr. William Meninger



On June 21st, 2014 Fr. Meninger will present a retreat titled "The Four Levels of Prayer" at St. Bartholomew's Episcopal Church in Poway. In his book *1012 Monastery Road*, Fr. Meninger tells us that "Prayer begins with God, not with us. The invitation has to come

from God – what comes from us is the response. How much easier it is if we approach our prayer from a God-centered perspective, and become aware of our prayer as a response, not as a beginning. When we begin to pray or think of beginning to pray we should be explicitly aware that God has initiated this prayer." Our awareness of God's call to us to be in prayer with Him, to be in a personal relationship with him, matures over time. As Fr.

Meninger says, "prayer is an expression of one's personal relationship with a personal God." Any personal relationship goes through four stages. The first stage is acquaintanceship. It has its own characteristics and its own expression. The second stage is friendship. We have many acquaintances but far fewer friends. Friendship also has its own characteristics. The third stage is affection or the beginnings of true love. Sometimes called puppy love or romantic love, it is in this stage that we see the development of affectivity in the relationship. The fourth stage is true love or contemplative union. We see a delineation of these relationships in John of the Cross' "Ascent to Mount Carmel" and "The Dark Night." During this retreat Fr. Meninger will explore the Four Levels of Prayer within the context of these writings of St. John of the Cross.

Please refer to the retreat registration form in this newsletter for specific details regarding this retreat.

~Chris Hagen

Sustaining Member of CONSD

The Mission of Contemplative Outreach of North San Diego is to: **TEACH** Centering Prayer. **BUILD** a Christ centered community. **SUPPORT** the contemplative life of its members. We invite you to help sustain our Mission through an annual donation of \$25.00 or whatever amount is comfortable.

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 communication to our members, Workshops, and

other Centering Prayer events. These build a Christ centered community and support contemplative life. 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 out your check to CONSD and mail it to CONSD 908 Via Linda, Escondido, CA 92029.

Del Mar Prayer Group

Our prayer group meets weekly at St. Peter's Episcopal Church in Del Mar.

We have been meeting for a while now and have about eight members who come on a consistent basis --though sometimes more sometimes less. Lori Thomas facilitated the group and stepped down about two years ago, and then I began facilitating. In part our heritage is from John and Mary Wavrick.

We have different religious backgrounds and orientations and some members attend different churches. Some have a bit of a Buddhist perspective, some a scriptural emphasis, and some a liturgical emphasis. We meet and play our ideas off each other. We discuss how we attach to the material and we share our unique perceptions. We follow closely the Guidelines for Centering Prayer groups and when making decisions follow discernment and consensus guidelines.

We sometimes rotate who will be responsible for facilitating a topic we have decided to study.

We are just finishing Father Keating's DVD on The Paschal Mystery and have been reading his book "The Mystery of Christ" which we plan to return to after Easter. I have just received two DVDs from Contemplative Outreach which we will watch in the near future. One is The Practices That Bring The Fruits of Centering Prayer Into Daily Life and the other is Transformation and Centering Prayer: New Paths in Science, Education and Spirituality. Earlier we read the parables in Father Keating's book "Awakenings". We have listened to Father Arico on "Advent" and have watched DVDs of Cynthia Bourgeault. Most of us receive Richard Rohr's daily e-mail meditations.

Father Keating offers a solid foundation of the prayer from which we venture out and return to over and over again. Our discussions have included topics such as the experience of the prayer, the prayer in our daily lives, the purification process and its effects in our daily lives, suffering and transformation, the false self/true self, unitive and dualistic consciousness. We have various interests related to the prayer and recognize that we are different aspects of the elephant; dancing around the still point in our unique way. We are drawn together in our love of the prayer.

We are an "open" group so over the years we have added some new members. Each new person brings his own history and perspective so while accommodating and integrating them into the group we are able to keep our core.

For me, our periods of silent prayer together have been becoming more and more important to our time together.

The Jesuit priest William Johnston in his book "The Mirror Mind" quotes a passage in St. John of the Cross's "The Spiritual Cantic":

Let us rejoice, beloved,
And let us go forth
To behold ourselves in your beauty

Johnston states "The image of course, is that of the mirror. The soul, looking into the mirror which is the Risen Christ, sees his beauty and, at the same time, see her own beauty." Sometimes it may happen that we reflect that mirror to each other.

~Kathy Agnew

CONSD Annual Retreat

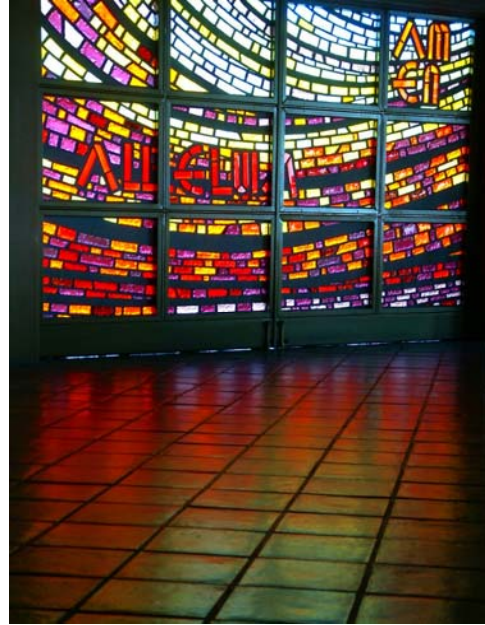
CONSD will hold its annual three day retreat at the Prince of Peace Abbey in Oceanside October 17th through October 19th 2014.

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 July 17th with the remainder of the fee due at the time of registration. Registrations will also be accepted after July 17th, 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

~Chris Hagen, CONSD Co-Coordinator

About Centering Prayer

"Centering Prayer and its conceptual background involve the whole of the teaching which aims at fostering unity of mind and heart, of being and doing. It might be put this way: the purpose of Centering Prayer is to be prepared as practitioners to be moved by the Spirit in all our activities and to become manifestations of God's love in the world.

"The practice and its immediate conceptual background are transformational tools. First, by cultivating interior silence, while opening to the presence of God beyond senses, concepts and activities of the mind, which enables us to listen at ever deepening levels of attentiveness. And second, by submitting to the interior purification of conscious and unconscious motiva-

tions which Centering Prayer initiates under the influence of the Holy Spirit. The essence of Centering Prayer is consenting to God's presence and action within. This consent is the heart and soul of the practice.

"The fruits of Centering Prayer are clearly not due to our efforts but rather to the work of the Spirit in us as we surrender our will to God. A primary way to carry out the work of the Holy Spirit is to take more time for Centering Prayer and to cultivate the awareness of the continuous presence of God in daily life."

~Fr. Thomas Keating

The Sound of Sheer Silence

The Lord said to Elijah "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind; and after the wind there was an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence. When Elijah heard it he wrapped his face in his mantle and went out and stood at the entrance of the cave. 1 Kings 19:11

The "sound of sheer silence", what a seemingly paradoxical description of the presence of God. When we think of a sound we naturally think of something that we can hear. One of the definitions of the word "sheer" is "diaphanous." The definition of "diaphanous" is "lacking definite form, without structure"

and the word "silence" means the absence of any sound."

So, how could Elijah, or for that matter, how can we hear a sound that can not be heard? Fr. Keating's response is that God cannot be perceived by our human faculties. The sound of sheer silence is a different kind of sound, a sound that can only be heard when the internal chatter of our minds and the external noise in our environment are stilled. During Centering Prayer we free ourselves from our attraction to our thoughts and the sounds that surround us. Centering Prayer, then, is a method of prayer that leads us to the sound of sheer silence.

~Chris Hagen

CONSD & COSD Events—2013-2014

CONSD EVENTS – 2014

Presentation

Presenter: Fr. William Meninger
 Presentation: The Four Levels of Prayer
 Date: June 21, 2014
 Time: 9:00am-3:00pm, bring lunch
 Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway
 Suggested Donation: \$35.00

Half Day Retreat

Date: August 2, 2014
 Time: 9:00am-12:30pm
 Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway
 Free Will Offering

Weekend Retreat

Time: October 17-19th, 3:00pm-1:00pm .
 Location: Prince of Peace Abbey, 650 Benet Hill Road, Oceanside
 Cost: \$170.00 with \$50.00 non refundable deposit due June 17th.

Half Day Retreat

Date: November 8, 2014
 Location: TBA

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

CONSD EVENTS – 2015

Half Day Retreat

Dates: February 20-21, 2015
 Presenter: Shawn Kafader
 Presentation: The Process of Humility and Centering Prayer
 Time: 7-8:30pm Friday and 9:00am-3:00pm Saturday
 Location: TBA
 Suggested Donation: \$35.00

COSD EVENTS

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

Contemplative Outreach of North San Diego is a non-profit ecumenical spiritual organization. The Newsletter is published online 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

Check it Out

Check out the CONSD website at www.consd.com. You will find a wealth of information related to Centering Prayer. You can read or download past newsletters as well as our current one. There is a list of upcoming CONSD and COSD events. There are links to websites such as Contemplative Outreach, Ltd., Fr. Richard Rohr, Fr. William Meninger, and links to retreats.

CONSD CENTERING PRAYER GROUPS

	Area	Facilitator/s	Telephone	Location	Day & Time
1	Carlsbad	Rev. Madison Shockley	760-729-6311, ext. 207	Pilgrim United Church of Christ, 2020 Chestnut Ave., Carlsbad	Wednesdays 6:30-7:30 pm
2	Del Mar	Kathy Agnew	858-481-8754	St. Peters Episcopal Church, 334 14th St. Del Mar	Thursdays 4:30-6:00 pm
3	Encinitas (1)	Shirley Shetula	760-436-6721	1333 Camino Lorado, San Marcos	Mondays 10:00 am
4	Encinitas (2)	Mike & Ann King	760-753-1575	Home of Ann and Mike (Call for directions)	Thursdays 7:00 pm
5	Encinitas (3)	Susan Elmore	760-518-8387	Call for location	First & third Mon. 6:30 pm
6	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30 pm
7	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
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 Ctr. Room 12	Wednesdays 7:00 pm
10	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Thursdays 1:00 pm
11	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00 am
12	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
13	Poway (3)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30 pm
14	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarna- tion, 16889 Espola Rd.	Mondays 5:00-6:30 pm
15	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary	Thursdays 11:00 am
16	Rancho Bernardo	Audrey Spindler	858-740-9055	San Rafael Parish Cntr., Rooms A & B	Wednesdays 3:30-5:00 pm
17	Rancho Santa Fe	Dixie Welsh	858-756-1911 (church number)	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 Catho- lic / Gethsemane Lutheran, 2696 Melbourne Dr. San Diego	Tuesdays 7:00-8:30 pm
19	Temecula (1)	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Second & fourth Wed. 12:30 pm
20	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

Contemplative Outreach North San Diego Presents:

A Retreat with Fr. William Meninger

“The Four Levels of Prayer.”
Acquaintanceship with God

Friendship with God

Affection for God

Union with God



During this retreat Fr. Meninger will explore the four levels of prayer within the context of the writings of St. John of the Cross.

Date: 6/21/2014

Time: Hospitality and Registration 9:00 am

Retreat: 9:30 am – 3:30 pm

Bring Lunch!!

Place: St. Bartholomew's Episcopal Church

16275 Pomerado Road Poway, CA 92064

Suggested donation: \$35.00

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

While walk-ins are always welcome, pre-registration helps us plan hospitality needs.

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**