

# Consd News

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



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## St John of the Cross Presentation by Fr. William Meninger

The writings of St John of the Cross, a 16<sup>th</sup> century mystic and a member of the Carmelite Order, have contributed greatly to our understanding of the spiritual journey. His poetry seems in a manner of speaking to be prayer what God revealed to him, in times of great struggle. Despite incredibly difficult circumstances, John lived a life of great love and charity and profound trust in God. It is as if his life was his prayer.

The life of the poverty stricken at that time in Spain meant death, disease, malnutrition, and of those called to reform in the Church meant imprisonment, starvation, severe punishment and persecution. Time and again John experienced all of the above. And yet he was led by God to accept with love and great joy every trial as a gift of love from God.

Perhaps despite the hardships in his life, the love which he experienced in his family, between his father and his mother, his mother's walk of faith, and then the opportunity given to be educated by the church, John believed himself to be deeply loved and provided for by God. Somehow through great loss, sorrow, pain and suffering John emerged with an experience of faith and a talent, poetry, with which to express the revelations given to him.

John's poetry is a testimony to what we have come to call the transformation of the soul. John was gifted intellectually and it was because of this gift he was able to transmit through his poetry his experience of the work of God's love on our bodies, minds and souls. In those times of great sorrow and suffering the Divine Spirit worked in his life to bring light into the darkness and deepen and strengthen John's faith.

In mid June Fr. William Meninger presented to the combined COSD and CONSD communities his insights and reflections on the life and works of St. John of the Cross focusing on two of his poems: *The Dark Night* and *The Spiritual Canticle*. Being an audience to Father Meninger is a bit like being invited to a fireside chat where bodies are warmed and hearts and minds are opened to the reflections and reminiscences of a wise and faithful man of God. He is gifted in expressing through his own insights the blessings of the writings of those whom he has studied. (Continued on next page).

## St John of the Cross



This presentation was filled with the gratitude he held for the contributions St. John of the Cross has made to those on their own search for a deeper knowledge and understanding of the path of transformation, what it entails and how both the soul and the body are purified and drawn increasingly to God.

This writer was touched by some of the comments Fr. Meninger made regarding the current state of the church. Although he was specifically relating to the Roman Catholic Church his perspective surely applies to the Christian church as a whole. He lamented the church, its past difficulties and challenges, its loss of direction, and, offered his hope for going forward. He shared his delight in Pope Francis' recent statement that the church must be less self referential, as it has been historically and especially since the Reformation, and turn its attention outward, to meet the needs of the poor and alienated. It must "stop circling the wagons" and "open the stage to Jesus" and "open the windows and allow the Spirit to soar." The church must become the face and hands of Jesus in the world. Fr. Meninger described the three stages of the spiritual journey: the purgative, illuminative and unitive

ways in order to better set the stage for his discussion of the Dark Night of the Senses and the Dark Night of the Soul which pertain to the significant events and crises in our lives which are allowed by God, used by God, to draw us toward Him.



The Dark Night of the Senses is the crisis in which God withdraws consolations and removes the pleasurable experiences we have grown to rely on. During this period we often face significant failures and losses. We begin to see the errors of our ways. We become humbled; we begin to learn the true meaning of entering through the "narrow gate" We begin to understand what "picking up the cross" entails. We begin to know the truth about ourselves and what Christ is offering us through his death, crucifixion and resurrection. Within the Dark Night of the Senses there are things we can do to further our progress but it is only through our detachment from the obstacles that prevent our receiving the fullness of God within that our souls are freed and open for the Light of Christ to be received. This is the beginning of surrender of self to Him. (Continued on next page).

## St John of the Cross

The Dark Night of the Soul is generally deeper and more painful. It is the time when the soul learns to love the way of the Cross. John perceived these difficult times as a gift from God, as God leading him into the suffering so that he might lead him through it. It is likely to be a time of desolation when we are lose all consolations, feel abandoned by God and alienated from all that we know of Him. It is in this time of desperation that we learn to accept what "is" in faith. God becomes our hope. Our faith rests in Him and it is our gift from Him. And the hope becomes that we use these gifts in the service of others. By so doing the light of his love may be experienced by others in our lives. I am hardly doing justice to the wisdom imparted by Fr. Meninger. There was much, much more that he offered to increase our understanding of our spiritual journey. Undoubtedly it was through God's communication with St. John of the Cross, through prayer and through the Word, that these seeds of wisdom were revealed to John. John's participation was turning to God, waiting on Him, in prayer and worship throughout his life. And likewise our dear Fr. Meninger has showered us with his reflections from his extensive study of St. John of the Cross.

~Gail Carr

## Introductory Workshops

We have had two requests for Introductory Workshops in the month of September. On September 20<sup>th</sup> we will teach the Prayer at Mission San Luis Rey in Oceanside and on September 27<sup>th</sup> we will teach Centering Prayer at the San Marcos Lutheran Church. The Workshops begin at 8:30am with registration and hospitality and end at approximately 12:30pm. Be sure to tell your friends about this opportunity and consider coming for a "refresher." For information call Gail Carr at (760) 390-2076 or Linda Dollins at (760) 743-8297.

## A Moment for Reflection

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

"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."

~Fr. Thomas Keating

## CONSD Joint Servant Leadership-Prayer Group Facilitator Meeting Report

On Saturday morning, May 17<sup>th</sup>, members of the CONSD Servant Leadership Team and the CONSD Prayer Group Facilitators gathered at St. Bartholomew's Episcopal Church's Parish Hall. This was the first of what will be an annual, joint meeting led by Chris and Sue Hagen, our CONSD Co Coordinators. In an effort to build a sense of community both groups met to learn how our National Organization (CO.LTD) and CONSD relate to each other. The meeting started in a circle with introductions and a period of centering prayer. It was followed by a Healing Ritual where we prayed silently for each other in groups of five. The rest of the meeting time was a series of presentations, Q & A, brain storming, and faith sharing. The following handouts were provided: Meeting Schedule, Chris's Power Point slides, the CO.LTD Vision, Theological and Administrative Principles and CONSD's Mission Statement and Values.

The following summarizes the information and ideas shared at the meeting: Chris did a presentation addressing the following topics:

CO.LTD, Vision Statement – to foster the process of transformation in Christ in one another through Centering Prayer.

CO.LTD Circle of Service Teams - CO. Ltd consensus to reach decisions instead of voting

CONSD Circle of Service – Composed of CO.LTD, CONSD Co-Coordinators, Servant Leadership Team, and Prayer Group Facilitators with Christ at center of the circle

Review of CONSD Mission Statement and Core Values

The contribution of Prayer Group Facilitators who provide support to prayer group members, encourage their members to attend an Intro

Workshop, keep members informed of CONSD formation events, and attend bi-annual Prayer Group Facilitator meetings.

Members of the Servant Leadership Team described what their teams do and what help they need.

Introductory Workshop – Linda Dollins and Gail Carr – The team is usually two people for Coastal and two people for Inland Workshops. Just finished one and have two potentials to look into. Since 2006, team has offered 22 workshops to over 350 people. Asked Prayer Group Facilitators to encourage members of their groups who have not gone to an Introductory Workshop yet to go to upcoming workshops.

Registration – Janet Williams – need 2-4 people depending on the size of the event. They arrive at the event twenty minutes early to prepare the registration tables.

Communications – Judy Appel – does publicity with media for events and workshops. Mostly online submissions taking about an hour per event or workshop.

Spiritual Enrichment – Diane Langworthy for Sacred Saturdays, Elena Andrews and Chris Hagen for half day retreats, and Chris and Sue for yearly weekend retreat.

Hospitality – Winnie Baumer – Winnie ensures that food, supplies, and help are available to provide hospitality for CONSD events.

Finance – Jeff Dasch – Prepares and submits monthly as well as year end CONSD financial reports.

Correspondence – Shirley Shetula – Shirley writes "Thank You" notes to persons who donate to CONSD. (Continued on next page)

## CONSD Joint Servant Leadership-Prayer Group Facilitator Meeting Report

Media Librarian – Diane Langworthy – Diane keeps the CONSD DVD and CD library in her home. Prayer Group Facilitators should contact her when they need to borrow formation material for their groups.

At-Large - Deborah Lewallen – Deborah backs up Chris and Sue when they are not in town and takes minutes for Servant Leadership meetings.

Prayer Group Facilitators shared information about their groups.

Elena Andrews – St. Gabriel's – 10 to 12 people on average, DVD "Life of Father Keating," Richard Rohr "Silent Compassion"

Barbara Hudson – Fallbrook – 10 to 14 people attend.

Sherlene Mollerstuen – Church of the Incarnation – 6 to 10 attendees, reading Rohr's "Silent Compassion" out loud at each meeting, Considering starting a second group meeting time during day for young mothers

Audrey Spindler – San Raphael – 14 to 20 people attend.

Colleen Clementson – group averages 5 because of members travel schedules. Watching Rohr's DVD on the Enneagram. Members can watch missed sections because we keep DVD in our own mail slot at the church

Susan Elmore – Group averages 10 people. Rotates meeting in homes every other week where host is responsible for that meeting's format. They are reading Rohr's "Falling Upwards." Starts fall off with a potluck.

Mary Williams – St. Thomas Moore – Have a group of 6 to 8. For Lent did "30 Days with a Master: Meister Eckart" in a modified Lectio format. Once a year, do a silent weekday retreat at Prince of Peace Abbey. Their church

website now lists Centering Prayer under Adult Formation programs.

Kathy Agnew – St. Peter's Episcopal Church, Del Mar – Do Lectio once a month. Currently doing 2011 CO, LTD Conference CD and will read "Mystery of Christ" next.

Shirley Shetula – St. John's – Currently doing Thomas Keating's "Death and Dying: Life and Living."

Linda Dollins – 1<sup>st</sup> Methodist, Escondido – 12 to 15 members. Have an annual overnight weekday retreat as a group at a Methodist camp in Julian.

Chris & Sue Hagen – St. Bartholomew's Episcopal – Average group of 8-16 has just finished a CD done by James Finley.

After a snack break, group came back to the circle to share ideas and insights from the day's presentations. Liked idea of getting church to think of and publicize CP as "Adult Formation" Use Keating's small book "The Human Condition" with people new to CP to get across "False Self" concepts. Need to provide the environment for adults to go on the spiritual journey at their own speed with company of others along the way. Prayer Group Facilitators need to take our sense of connectedness with CO, LTD and CONSD to their prayer group members. Prayer Group Facilitators need to communicate to their prayer group vacancies in the Servant Leadership Team when they occur and encourage their members to volunteer to serve on the Servant Leadership Team.

*~Rebecca Crowley*

## Q & A with Fr. Carl Arico

**Q:** My question is regarding grief. Actually I suppose it is regarding prayer in any form of strain or fear, but grief especially. If God is, as we believe, a God of love, omniscient, omnipresent and closer to us than we are to ourselves, then God must be aware of need, of danger, of emergency and impending tragedy. (Or tragedy already upon us.) How then should we pray? Why is it even necessary? If God knows our needs better than we do, and responds to them whether we know it or not, then the biggest challenge is to trust. And in the event of sorrow and grief, trusting is all but impossible. But prayer is not impossible, it just seems pointless. And anger is the most natural of impulses.

**A:** I know the God of love, etc., that you believe in. I often have struggled with this question of how we should pray in crisis until I came upon the Jabez Prayer. It is based on 1 Chronicles 4:10 (NABR): "Jabez prayed to the God of Israel: Oh, that you may truly bless me and extend my boundaries. May your hand be with me and make me free of misfortune, without pain." And God granted his prayer. I have taken that scripture and created my own prayer. I have prayed it over many people who are in unexplainable situations, including my-

self. "Father, Son and Holy Spirit, send down upon your creature all the graces and blessings you want for them, expand their territory that they may do your will in ways that they have yet to imagine. They need your help, they cannot do this without you. Keep them from evil; in their desire to do good may that not cause more harm and may their loved ones and friends who are looking into your face help them live more deeply in the intimacy with your Divine Presence. Show them the way in and thru this situation. Amen." I believe this prayer is supportive of our Centering Prayer practice. You mentioned the seeming pointlessness of prayer if God knows our needs better than we do. I offer the view that we can give prayer a purpose when we know we are joining in what God wants for us rather than what we want at the moment. And anger is the most natural of impulses, yet it can be the other side of love if dealt with in a godly manner, as one author said. Or to paraphrase Fr. Thomas, when the passion of anger is distilled out, the energy of anger can be very useful.

*~ Fr Carl Arico*

## Hospitality Service Team Needs Volunteers

After many years of dedicated service Winnie Baumer has resigned from the Hospitality Team. We need at least two volunteers to assist Bea Doblado to provide hospitality at events. The following is a description of the tasks:

- Prepare amount of food needed according to the number of attendees
- Purchase food and supplies for events
- Provide storage for food and supplies and transport items to events

- Organize volunteers to assist at events to set up and clean up
- Prepare coffee and food tables to be ready at least 15 minutes before hospitality starts
- Clean up after the event with volunteers
- Submit receipts for all purchases to Sue Hagen for reimbursement
- If you are interested and/or would like more information please call Bea at (858) 925-7882. To volunteer please call Sue Hagen.

## The Process of Humility and Centering Prayer

.Everyone admires the quality of humility in others while hoping to foster humility in their own lives. Join presenter Shawn Kafader as we explore the contemplative dimension of the Process of Humility as presented in the Rule of St. Benedict which became the basis for most western monastic communities, and how the daily practice of Centering Prayer deepens this quality throughout our spiritual journey. This retreat on February 20 and 21, 2015 will include four conferences -

### Our Humble and Un-humble Self

A look at how our life journey has molded us into the person we are today and how the Divine presence works with our Centering Prayer practice to mold us into the person God has always known us to be.

### Our Authentic Search for God

A look at how the first four of the twelve steps of St. Benedict's ladder of humility works with our Centering Prayer practice to bring us to a fresh understanding of our spiritual journey.

### Our Attentiveness and Obedience to God

A look at how the second four of the twelve steps of St. Benedict's ladder of humility works with our Centering Prayer practice preparing us for deep spiritual transformation.

### Our Life-long Response to God's Presence

A look at how the last four of the twelve steps of St. Benedict's ladder of humility works with our Centering Prayer practice sustaining us on our life-long spiritual journey while preparing us for union with God.

The retreat will also offer personal reflection time, group Centering Prayer sessions, and wisdom circle sharing.

**Shawn Kafader** resides in Mt. Prospect, Illinois, a suburb of Chicago. He has practiced

Centering Prayer for over 25 years, facilitates a Centering Prayer group and has served on the Chicago chapter leadership team. As a current member of the national Contemplative Outreach Chapters Programs and Services team, Shawn serves as the service team leader for Formations (coordinators, contact persons, facilitators) as well as a member of the national Retreat service team. He is an ordained non-denominational minister, Licensed Professional Clinical Counselor and ministers as Healthcare Chaplain at Friendship Village of Schaumburg, IL. Shawn enjoys leading contemplative retreats and designing group rituals. He is a Conversi Lay Cistercian oblate of New Melleray Abbey, Dubuque, Iowa. He is married and father of two adult children

## Well Done

It is with great regret that we accept the resignations of three of our Servant Leadership Team members. Winnie Baumer has served as a Hospitality Team member and has done an outstanding job. The food tables have been lovely, the food itself has been very tasty and the clean up was impeccable. Judi Appel has served as our Communications Team member and was prompt in getting detailed information on our Events to the various news media. Carol Sumner has served on our Introductory Workshop Program team and helped with registration, book sales and various other important tasks to make the Intros run smoothly. All three contributed valuable ideas and insights to our Team discussions. On behalf of the Team and Chapter membership we say "THANK YOU" for your faithful service.

~Sue and Chris Hagen,  
Co Coordinators

## St. Thomas More Centering Prayer Group

The St. Thomas More centering prayer group has been meeting weekly for nearly seven years. I have always appreciated that our group is ecumenical – comprised of Catholics and Protestants—with occasional visits from people not affiliated with a particular church. We have had as many as twenty people at our weekly gatherings, and as few as two. Over the years, some members have moved away (and one has gone home to God); thus we have seen a waning in our numbers. Currently, six to eight of us meet on Thursday afternoons to pray and to share our insights, struggles, and reflections.

We begin our time together in the church’s Blessed Sacrament chapel, which is the quietest area of this active church. (As I write this, in 2014, the church’s sanctuary is under construction. When it is completed, we will likely convene in a different space for centering). After settling, we have 20 to 30 minutes of centering prayer. At the end of the prayer, we sit for another moment of silence and then have a very brief time during which we may lift people or concerns in prayer – usually in silence, but, on occasion, with spoken words. This is one suggestion of David Frenette’s that we have adopted as a way of creating a “bridge” between centering prayer and activity.

After this “bridging prayer,” we move to the room outside of the chapel for our time of formation, *lectio*, and/or sharing. For this past year, we have been using the booklet “*God Awaits You: Based on the Classic Spirituality of Meister Eckhart*,” edited by Richard Chilson, as our text for *lectio divina*. This is one of the “30 Days with a Spiritual Teacher” series by Ave Maria Press. Each “day” consists of: a passage of about 35 lines from Meister Eckhart’s teachings, an active meditation phrase to carry throughout the day, reflection questions,

and a brief “night prayer.” As this Eckhart text is no longer in print, I type out the material from one of the “days” and e-mail it to everyone in the group several days before we meet. This allows people to print out, read, and ponder the passage and the reflection questions on their own. During our time of group *lectio*, we read the passage aloud twice. After the first reading, those who wish may vocally share a word or phrase that resonates with them. After the second reading, each person is welcome to share an insight, reflection, or a spontaneous prayer out loud. We close our time of group *lectio* by reading the “night prayer” out loud together.

Each “day” of the “30 days with Eckhart” lasts a week for our group – allowing us all some time to sink in to each reading and digest it. Ave Maria press has similar “30 Day” booklets for other Christian mystics, including Julian of Norwich and Teresa of Avila. I find that these booklets make wonderful – and convenient – *lectio* material. The “night/closing” prayers in the Eckhart booklet have been quite lovely. Here is an example of one from “Day 14”:

*Lord, lead me upon  
the path of trust in you.  
Help me to see  
that the trust I have in you  
is actually you  
extending yourself  
In love to me  
and all creation. [Amen.]*

~Mary Williams,  
CP facilitator



## Ten Questions that God asks of Us

Will you be vulnerable with Me?  
 Will you look long at My love for you?  
 Will you unburden your heart to Me?  
 Will you take refuge in the loving care of My Spirit?  
 Will you give Me your life?  
 Will you turn to Me what is difficult for you?  
 Will you thank Me for always being there for you?  
 Will you allow Me to reveal your weaknesses to you?  
 Will you wait patiently for Me to revive your spirit?  
 Will you say yes to the growth I offer you?

## Sustaining Member of CONSD

The mission of Contemplative Outreach of North San Diego is to: TEACH Centering Prayer, BUILD a Christ centered community, and SUPPORT the contemplative life of its members. We invite you to help sustain our Mission through an annual donation of \$25.00 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 of written communication with our membership as well as the provision of the Introductory Centering Prayer Workshops, and other Centering Prayer events that function to build a Christ centered community and support the contemplative life of our members. Since we are a non-profit organization all donations are tax deductible. Should you want to make an annual donation of \$25.00 please make out your check to CONSD and mail it to CONSD 908 Via Linda, Escondido, CA 92029. We thank you for your support!

*~Sue and Chris Hagen,  
CONSD Co-Coordinators*

## About Centering

It is important not to judge the quality of our prayer by the presence or absence of thoughts or the use of our sacred word, or indeed by anything else. There is no place for judgment here. We are simply spending time with our Beloved. What happens, happens. The important thing is that we are making time for Him, giving ourselves to Him. We are not there to get anything for ourselves, especially not some sort of self-satisfaction or feelings or peace. This is a very pure Christian prayer. It is a real dying of self to give ourselves to God.

*~Fr. Basil Pennington,  
Transformation In Prayer*

## Consolation

Consolation is a beautiful word. It means "to be" (con-) with the lonely one (solus). To offer consolation is one of the most important ways to care. We often wonder what we can do to alleviate the suffering we see. We can and must offer consolation. To console does not mean to take away the pain but rather to be there and say, "You are not alone, I am with you. Together we can carry the burden. Don't be afraid. I am here." That is consolation. We all need to give it as well as receive it.

*~Henri J. M. Nouwen,  
Bread for the Journey*

## CONSD & COSD Events—2013-2014

### CONSD EVENTS – 2014-2015

#### **Introductory Workshop**

Date: September 20, 2014

Time: 8:30-12:30pm

Location: Mission San Luis Rey,  
4050 Mission Avenue, Oceanside CA 92057

Suggested Donation: \$25.00

#### **Introductory Workshop**

Date: September 27, 2014

Time: 8:30-12:30pm

Location: San Marcos Lutheran Church,  
3419 Grand Avenue, San Marcos, CA 92078

Suggested Donation: \$25.00

#### **Half Day Retreat**

Date: November 8, 2014

Time: 9:00-12:30pm

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

#### **Half Day Retreat**

Dates: February 20-21, 2015

Presenter: Shawn Kafader

Presentation: The Process of Humility and  
Centering Prayer

Time: 7:00-8:30pm Friday and 9:00am-  
3:00pm Saturday

Location: TBA

Suggested Donation: \$35.00

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

### COSD EVENTS– 2014

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

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](mailto:consd@cox.net)

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## 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 Avenue, Carlsbad	Wednesdays, 6:30-7:30pm
2	Del Mar	Kathy Agnew	858-481-8754	St. Peters Episcopal Church, 334 14th St. Del Mar	Thursdays 4:30-6:00pm
3	Encinitas (1)	Shirley Shetula	760-436-6721	532 Leucadia Village Ct.	Mondays 10:30am
4	Encinitas (2)	Mike & Ann King	760-753-1575	Home of Ann and Mike (Call for directions)	Thursdays 7:00pm
5	Encinitas (3)	Susan Elmore	760-518-8387	Call for location	First & third Mon. 6:30pm
6	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
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 9:15-10:00am
8	Fallbrook (2)	Ann Keegan	760-723-0855	(Call for location)	Saturdays 8:30am
9	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey, McKeon Ctr. Room 12	Wednesdays 7:00pm
10	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Thursdays 1:00pm
11	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00am
12	Poway (2)	Colleen Clementson & Rebecca Crowley	858-748-8548 858-748-3801	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00pm
13	Poway (3)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
14	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
15	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary	Thursdays 11:00am
16	Rancho Bernardo	Audrey Spindler	858-740-9055	San Rafael Parish Cntr., Rooms A & B	Wednesdays 3:30-5:00pm
17	Rancho Santa Fe	Dixie Welsh	858-756-1911 (church number)	Church of the Nativity, 6309 El Apajo, Rancho Santa Fe	Saturdays 9:00am
18	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community / Gethsemane Lutheran, 2696 Melbourne Dr. San Diego	Tuesdays 7:00-8:30pm
19	Temecula (1)	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Second & fourth Wed. 12:30pm
20	Temecula (2)	Deb Potts	951-265-7502	Temecula United Methodist Church, 42690 Margarita Rd.	4th Monday in April, Aug., & Nov. 6:00-7:00pm