

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
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On February 28th 2015, Fr. Stephen Coffey, OSB will lead those in attendance into a deep understanding and experience of the spiritually deepening power of Lectio Divina. Lectio Divina is the divine reading of the Sacred Scripture in order to make it a part of one's everyday life. This method of divine reading of the Sacred Scriptures comes from the Hebrew method of studying the scriptures called "Haggadah." Haggadah is the process of reading the Sacred Scriptures over and over until the words take residence in the heart, thereby, transforming one's life.

Fr. Stephen will present four conferences on Lectio Divina; two conferences in the morning and two in the afternoon. The first conference will focus on how to approach a passage of scripture for the first time. The emphasis in this conference will be on an understanding of the literary, historical, and theological context of scripture. The second conference will delve into how the intuitive senses opens one to the symbolic essence of the text. Spiritual exercises for sharpening one's intuition as an aid to prayer will be offered during this conference as well.

The first conference in the afternoon will focus on how the scriptural text leads to prayer of the heart. Here we will explore a comparison of Lectio Divina and Centering Prayer as complementary contemplative practices. Finally, how the deeper mystical voice of the text is grasped by the interior spiritual senses will be the focus of the fourth conference. In this conference we will explore contemplation as the goal of both Lectio Divina and Centering Prayer. The content of this retreat is drawn from the personal experiences of Fr. Stephen as well as the from the works of Thomas Keating and Bruno Barnhart as well as Sr. Meg Funk's book *Lectio Matters: Before The Burning Bush*.

Fr. Steve is a Benedictine monk in residence at the Monastery of the Risen Christ in San Luis Obispo, CA. For many years he has been involved in retreat ministries as well as ministries of spiritual direction, spiritual formation and evangelization. He holds advanced degrees in theology, Christian spirituality, monastic studies, and pastoral leadership and has made presentations to the World Community of Christian Meditation on the topics of *The Roots of Christian Mysticism*, *The Cosmic Christ*, and Lectio Divina. (continued on next page)

A Lectio Divina Immersion Experience



Be sure to mark February 28th, 2015 on your calendar so you do not miss this wonderful opportunity to hear Fr. Stephen Coffey. While walk-ins are always welcome we would appreciate receiving the following pre-registration form as this will help us plan the hospitality that will be available in the morning and at breaks.

Date: February 28, 2015

Presenter: Fr. Stephen Coffey, OSB

Time: Registration/hospitality: 9:00am.

Retreat: 9:30am – 3:30pm. Bring Lunch!!

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

Suggested donation: \$30.00

For further information contact Sue Hagen: 760-745-8860 or

consd-news@cox.net

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ Zip: _____

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

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

A Prayer of Silence

In Silence, to be here before you,
Lord that's all.
To close the eyes of my body,
To close the eyes of my soul,
To become still and silent,
To expose myself to you
who are here, exposed to me.
External Presence, I am here before you.
I am willing to feel nothing,
Lord, to see nothing, to hear nothing.
Empty of all ideas, of all images,
in the darkness. I am here, simply, to meet you,
without obstacles, in the silence of faith,
before you, Lord. Amen

CONSD Introductory Workshop— Old Mission San Luis Rey Retreat Center



Being guests of the Retreat staff at the Old Mission San Luis Rey Retreat Center was an unexpected delight enjoyed by all who attended the Introductory to Centering Prayer program presented there on September 20. Located in Oceanside the Mission was recently acquired as a Franciscan retreat center and became the home to a community of Franciscan monks. Beauty, serenity, and peace prevailed on the grounds, walkways, and the interior spaces.

It was a lovely Southern California Saturday morning for a contemplative experience. Staff persons, Kathleen Flanagan and Kathryn Causee, warmly welcomed members of the intro team and presenters for the morning, Sue and Chris Hagen. The chapel and Peyri Room had been beautifully arranged to accommodate attendees and soon a plethora of nourishing offerings arrived and were arranged by our mission host for the day, Kelyjo Farnum. Inspiration for the workshop came from staff member Pat Julian, Director of Sponsored Retreats and Programs. Pat, who trained under Thomas Keating, reached out to CONSD to provide an introductory program at the mission. Pat is currently facilitating a weekly Cen-

tering Prayer group at the mission on Friday mornings at 10:30 and would welcome new members.

Registering attendees at the hospitality center were Diane Oldfield and Carol Sumner. Linda Dollins, another intro team member, welcomed CONSD guests. Always gracious and accommodating, these ladies sow the seeds with their warm and engaging manner for what is to come in the joining of an ongoing prayer group. There were 19 at the workshop, 5 of which were new to Centering Prayer. The Fallbrook Centering Prayer group brought several members desiring to refresh their understanding of the prayer. Co-coordinators, Sue and Chris, presented the four conferences. Although it shouldn't be a surprise to those practicing the prayer, the intro presentations always reflect the ongoing transformation of the material provided and also of the presenters themselves. And hopefully those new to the prayer leave with a desire to enter into the silence and invite the presence and action of the Holy Spirit through a twice-daily practice.

To facilitate that practice new attendees are strongly encouraged to complete the six follow up sessions offered as a part of the introductory experience. Kelyjo has been leading these six sessions on Wednesdays at 1:30 at the mission. She has kindly stepped forward in place of Pat Julian and from all reports the sessions are going along beautifully.

The coming together in a sense to celebrate this sacred prayer experience always leads to the felt experience of spending the morning in God's loving embrace. And for this, we can be so, so grateful for the exemplary leadership of our dear Sue and Chris Hagen.

~Gail Carr

CONSD Introductory Workshop— San Marcos Lutheran Church



On September 28th, the Saturday after the inspirational workshop at the Old San Luis Rey Mission Retreat Center, our Introductory Workshop team (Diane Oldfield, Carol Sumner, Gail Carr, Chris and Sue Hagen, welcome recruit Leslie Ricketts and I) joined Pastor Karla Halvorson at San Marcos Lutheran Church. Pastor Karla is fairly new to the prayer and had shared her enthusiasm for the practice with many in her church and others in the community. She and those who helped with formal advertising such as CONSD communications volunteer, Elaine Griveas, certainly “got the word out”. Altogether 44 of us gathered that morning, including San Marcos Lutheran’s Senior Pastor, David Jorstad, to hear Mary Williams and Diane Langworthy beautifully present the four conferences and lead us in two periods of Centering Prayer.

This workshop may have been the largest we have ever had. Not expecting that many newcomers, we ran out of the folders quickly making extra copies for the last arrivals. We also ate all of the refreshments, (which does save some clean-up), and we had to add 10 chairs to the prayer circle. What wonderful problems. Exciting also was that most of those new to the

prayer signed up for the six follow-up sessions, and, as of today, are faithfully attending them. Because the two workshops were on consecutive Saturdays, we could offer a choice for the follow-up sessions, one daytime and one evening, and some participants took advantage of an alternate day and time by “crossing over” to a different site. We especially appreciate Kellyjo Farnum, a new facilitator, who is leading the group at the Mission.

I think I speak for all of us involved in helping with Intro Workshops that there is a kind of hopefulness when people who are not familiar with Centering Prayer come together to learn a new way to be in relationship with God. If you have not been to a workshop recently, please consider coming as a “refresher” (no donation expected) like Winnie Baumer and Beverly Lytwyn who were with us. You may find that being in the presence of newcomers and hearing presenters like Mary and Diane will draw you into that time when you were first learning the prayer. You will be reminded of the Four Guidelines of Centering Prayer, the frustration that we all have with thoughts, but most of all, your own faith journey. For many of you, it started with an Introductory Workshop.

~Linda Dollins

River and Sea Are One

If you would indeed behold the spirit of death, open your heart wide unto the body of life. For life and death are one, even as the river and the sea are one. In the depth of your hopes and desires lies your silent knowledge of the beyond, only when you drink from the river of silence shall you indeed sing.

~Kahlil Gibran, The Prophet

Understanding the False Self

What is the Self? What is your True Self? Who originated the term “False Self”? Is your False Self bad? Can we get rid of our False Self?

These questions and others were answered by our CONSD chapter’s co-coordinator Chris Hagen at our Half Day Retreat on August 2nd titled “Unmasking the False Self”. This occasion had a different schedule and purpose from previous half day retreats where the emphasis has been on maintaining the silence. The change came about because at a recent Servant-Leadership Team meeting, the team discussed making one of the scheduled half day retreats a time of learning about topics related to Centering Prayer. With this change in mind, Chris volunteered to present on the False Self.

Once again participants met in St. Bartholomew’s beautiful Parish Hall where we registered and were greeted by Rebecca Crowley and Sydelle Enyeart. Beatrice Doblado and her assistants, Diane Castleton and Nancy Bachelier provided us with generous hospitality—tasty refreshments to meet all dietary needs and warm smiles. Promptly at 9:30 Sue Hagen drew us together and explained the new format—a period of Centering Prayer followed by Chris’s presentation.

After our prayer period, we adjourned to the theater-styled seating and found a comprehensive handout with small images of the slides Chris would be showing—a handy resource. Chris told us that he had taken his information from the teachings of Jesus, Thomas Keating, Thomas Merton and Richard Rohr. The talk would be divided into four conferences: What is the Self? What is the True Self? What is our False Self? and The Transformation of the False Self. He reminded us that we don’t *dismantle* our False Self rather we are engaging in

a *transformation* of the Self.

What is the Self? We come with a built in “operating system” that is made up of our physical and emotional characteristics and this system is then shaped by our culture and how our needs are met. Abraham Maslow defined our needs as a hierarchy moving from basic physical needs to Self-Actualization needs. As we mature we learn how we should behave and acquire attitudes and beliefs which greatly impact our behavior. When our basic needs have been met then we are programmed to want meaning in life. We have a need for transcendence of going beyond the ego.

What is the True Self? Genesis tells us that we are made in the image of God and John 4:8 says that God is Love. God is a verb and that action is love. So how does that love get into us? The Gospel of John tells us that “In the beginning was the Word.” The Word is Christ, God’s True Self and Christ who became incarnate in the person of Jesus. Father Keating says that “Everything exists in the womb of God.” And the umbilical cord between us and God is always with us. We are not separate selves—God and we are one self. But, we have to pay attention to that relationship with God. Jesus practiced love, compassion, humility and forgiveness. That is what the True Self looks like. It is our indwelling potential to relate to each other with unconditional sacrificial love, compassion, humility, and forgiveness. It is the Self we want to be.

What is the False Self? To explain how the False Self came into being, Chris took us back to Abraham and the founding of the Jewish people. Over the course of their history, the Jews developed laws to govern their behaviors eventually formulating 613 of them. These

(continued on next page)

Understanding the False Self

laws were manmade unlike the Ten Commandments which were given to them by God. The Jewish form of governance was a theocracy. This created a highly stratified society with the Temple Priests and landowners at the top and widows and orphans at the absolute bottom and was the situation Jesus dealt with during his ministry. The Jews had to be holy or pure to find favor with God. When the Jews obeyed the laws, they were holy and believed they were doing what God wanted. But the idea was false because the rules came mostly from man. When Jesus came, he emphasized compassion not holiness, God's will. Jesus was changing our minds about God and thus about one another.

God would not create the False Self, but we have a need to maintain our ego. Fr. Keating believes that much of the False Self grows out of trauma or the natural vicissitudes of growing up. Richard Rohr believes the False Self is not pathological but part of our developmental process, "The false self is a social construct to get you started on your life journey. To project our self-image all negative aspects of it are suppressed into the unconscious." Thomas Merton who originated the term says, "The false self is someone that I was never intended to be. It is a denial of what I am supposed to be."

How do we Transform? We will never be able to completely get rid of our False Self, but we can work on transforming it. Jesus shows us how by giving us many examples in his actions and his teachings such as being compassionate to societal outcasts even at the cost of defying some of the 613 rules. Cynthia Bourgeault discusses the transformational concept of Kenosis or self-emptying as a way to remain in relationship with God and transform. Centering Prayer is a form of Kenosis and al-

though we don't know how Jesus prayed, we do know that he drew away to be alone in his ministry. Fr. Keating reminds us that "God doesn't promise to take away our trials but to change our attitudes toward them." We need to take responsibility and we can do that through Centering Prayer, using an Active Prayer Sentence such as the Jesus Prayer, and practicing the Welcoming Prayer. Our transformation is about our relationship with God and with one another right now—always right now. "If any want to become my followers, let them deny themselves and take up their cross daily and follow me." (Luke 9:18) Thomas Merton reminds us that "The self that begins the journey is not the self that arrives. We are called to share with God the work of creating the truth of our identity." And Father Keating says, "Over time the unwanted things are evacuated and the good things are left behind."

When Chris finished he offered some time for questions, comments, and reflections and a number of participants shared. We thanked Christ for giving us such a carefully crafted explanation of an important but elusive concept and were once again filled with appreciation for the Hagen's and how they have nurtured us over the years.

~Linda Dollins

A Moment of Reflection

"Be the change you wish to see in the world."

~Mohandas Gandhi

The Evolution of CONSD

Be still before the Lord and wait patiently for him - Psalm 37:7

Contemplative Outreach of North San Diego (CONSD) was formed on February 2, 2006, eight years and nine months ago. We have 796 members in our database and we began with 16 Prayer Groups and will have 22 in September.

From its inception CONSD has been guided by a dedicated Servant Leadership Team that consists of two Co-Coordinators, and the following Service Teams: Introductory Program Team, Ongoing Spiritual Enrichment Team, Communications Team, Registration Team, Hospitality Team, Correspondence Team, Media Librarian Team, Financial Team, Webmaster Team, Hospice Team and At Large Team. While each Service Team carries out its individual functions, its members also collectively function to discern God's will in all that the Team does. Accordingly, the first thing the Servant Leadership Team undertook when the Chapter was formed was to discern how it should implement, in an ongoing manner, the Vision Statement of Contemplative Outreach, Ltd. which states "The intent of Contemplative Outreach is to foster the process of transformation in Christ in one another through the practice of Centering Prayer. After a number of meetings over a period of several months the Servant Leadership Team established the following Contemplative Outreach of North San Diego Mission Statement to guide it in the ongoing implementation of CO, Ltd.'s Vision Statement.

The Mission of CONSD is to:

- Present the method of Centering Prayer
- Build a Christ centered community, and
- Support the contemplative life of its members

The following is a summary of how the Ser-

vant Leadership Team functions to implement CONSD's Mission Statement:

Present the method of Centering Prayer

To date we have presented 24 Introductory Programs to 450 people. We have also provided numerous one hour "Aware Building" presentations that have brought the experience of Centering Prayer to over 300 college students, Marines, and others wanting to know about Centering Prayer.

Build a Christ centered community

The members of our Centering Prayer Groups and those who practice Centering Prayer but are unable to attend a Centering Prayer comprise our Christ centered community. To build and sustain this community we hold two half day Prayer Group Facilitator Support and Affirmation meetings a year and an annual combined Prayer Group Facilitator and Servant Leadership Team meeting. All of these meetings are also open to all members of our community. We also provide a quarterly CONSD Newsletter, a continually up-dated web site (consd.com), and e-mails that keep members informed of Chapter activities. We also build a Christ centered community through the formation opportunities summarized in the next section.

Support the contemplative life

We provide two half day retreats and one three day retreat a year. We have offered Living Flame 1 and 2 as well as the Welcoming Prayer workshop. In addition we offer two one day formation opportunities a year. These opportunities have included such speakers as Fr. Thomas Keating, Fr. William Meninger, Fr. Carl Arico, Rev. Cynthia Bourgeault, the modern day mystic Edwina Gateley, David Frenette, Susan Komis, and Paul Ilecki.

~Sue Hagen

CONSD Annual Retreat



Contemplative Outreach North San Diego presented a weekend Centering Prayer Silent retreat October 17th–19th, 2014 at Prince of Peace Abbey in Oceanside.

Chris Hagen opened the retreat with a quote from Father Keating, “Jesus took Peter, James, and John and led them up a mountain from the plains below to pray. They did not take themselves. The mountain represents a place apart, freedom from the cares and preoccupations of the plain below, which represents everyday life. In coming into a retreat atmosphere, we too are in a place apart. It may be that God has waited a long time to get us into this particular location, time, and company. God often chooses circumstances that are just right to impress upon us a special grace. This is our time to be with Jesus on the mountain.” What a powerful thought to start our retreat and so symbolic of why we were there.

In order to rid us all from distractions an opening ritual was introduced. A blank piece of paper was in our folders along with an envelope. Chris asked us to write down anything and everything that may distract us from being present to the activity of the day – concerns, worries, anxieties, burdens. We placed the paper in our envelopes and sealed them with our name

on front. We introduced ourselves as we placed the envelope on a sacred table saying, “to be fully present to God in this day I lay down these burdens in your presence”.

All 28 registrants had been given a folder that included the retreat schedule of the periods of Centering Prayer and times for silent reflection. It also contained several valuable handouts to be used during our periods of silent reflection if one chose to do so.

A few examples of the handouts included excerpts from *Christian Meditation* by James Finley that provided us with *The Method of Walking Meditation* which we practiced in between each period of Centering Prayer. There was also a flyer on having a Prayer Walk in Nature and information on the Stations of the Cross and last to mention but certainly not least was a handout From *The Contemplative Life Program* on “Simplicity” a very helpful exercise for breathing. “Breathing has four components: Exhale, Pause, Inhale, Pause. Inhale: Breath God into you. Exhale: Breath yourself into God. Your first breath, invite God into this moment. With your second breath, thank God for a blessing of your day. With your third breath, invite God into a struggle you are facing.” What a great and helpful breathing exercise to practice daily.

In closing Chris read Matthew 17: 1–4 “After six days, Jesus took with him Peter, James, and John his brother, and brought them up into a high mountain by themselves. He was transfigured before them. His face shone like the sun, and his garments became as white as the light. Behold, Moses and Elijah appeared to them talking with him. Peter answered, and said to Jesus, “Lord, it is good for us to be here. If you want, let’s make three tents here: one for you, (Continued on next page).

CONSD Annual Retreat

one for Moses, and one for Elijah." He followed this reading with a quote from Fr. Keating. "Jesus and his disciples gathered on Mount Tabor for a retreat. They spent many days together and were even visited by Moses and Elijah. They were changed in their time together.



When the retreat was over, the disciples wanted to stay. They had been touched and spoken to. But they needed to return home and resume their ministry. We too are like these disciples. We have been together – been touched and changed. But now it is time to come down from the mountain and re-engage in the ministry of our daily lives. Now it is time to come down from the mountain and return home and resume to our daily lives." The closing ritual was beautiful and powerful! We were invited to the sacred table one at a time to choose an envelope. That person invited the

person whose name was on the envelope to come forward. At this time, we were prayed for, anointed and blessed by a person from the group offering their envelope back to them saying, "We offer you back these concerns to carry with you as you continue your journey of life. We hope that laying them down for a while has refreshed you for the journey." This continued until all had been prayed for and anointed. We anointed each person with the sign of the cross saying, "Receive God's blessing and healing." There were tears, laughter and joy during the ritual and we were blessed to know that our burdens we presented to God were in his presence.

We went on to Mass at the church or an Ecumenical Communion Service at the Chapel. We were all so grateful to Chris and Sue Hagen for presenting another silent retreat that healed our hearts and gave us peace. Their hard work is greatly appreciated and definitely spirit filled. Thank you! We are grateful we had you as co-coordinators another year!

Special thanks to Marilyn Clements and Deborah Lewallen for getting us registered and to our rooms in a flawless and timely manner. Many thanks to Rev. Al Smith for his spiritual contributions and the beautiful and meaningful Ecumenical Communion service. A big thank you to all the volunteers who helped the Hagen's with all of the chairs to get them back to their assigned formation. See you next year, same time, and same place (third weekend in October). God Bless you!

~Nancy Bachelier

Gathering of Prayer Group Facilitators

I was touched to the core by the depth of commitment to contemplative prayer, as I experienced the October 4th bi-annual gathering of CONSD's Prayer Group Facilitators at St. Bart's! Originally set up by Chris and Sue Hagen, the intent of this gathering of prayer group facilitators is to provide on-going affirmation and support, so that these servant leaders, in turn, can continue to facilitate and share the prayer within their weekly centering prayer groups. As the heart and soul of the prayer is our intention to consent to God's presence in the silence, so the heart and soul of our chapter, is the strength and continuation of the contemplative prayer practice in the community setting of our weekly centering prayer groups. About 14 prayer group facilitators out of CONSD's 20 prayer groups attended this meeting. The commitment to the prayer could be felt both in the time we spent together in the silence, and in the sharing that followed, which took almost an hour of the meeting. Around the circle, each person gave an update on what their prayer group had been doing for spiritual formation, in addition to the time of silence. The diversity and richness of resources was inspiring and affirmed that the time spent together was so worthwhile! I am mentioning a partial listing of the books, CD's and DVD's in the hope that Prayer Group Facilitators who could not attend and other individuals might find these authors/speakers helpful in deepening your prayer practice. Collectively, our chapter's prayer groups have studied: *Reaching Out*, and *The Way of the Heart* by Henri Nouwen, *Falling Upward*, *Silent Compassion*, and *Breathing Underwater: The Twelve Steps and Spirituality* by Richard Rhor, *The Human Condition*, *Centering Prayer and the 12 Steps*, *The Gift of Life: Death and Dying, Life and Living*, and *The Rising Tide of Silence* by Thomas Keating, *The Living Presence* by Kabir Edmund Helminski, and *Conscious Living, Con-*

scious Dying by Stephen Levine. Additionally, one group had conducted Lectio Divina, using one page per evening from *Thirty Days with Meister Eckhart*.

It is also worth noting that many of our prayer group facilitators have attended intensive retreats multiple times, both within our chapter, at Snowmass, and other retreat centers. This time spent in the prayer always enriches the individual, but also enriches our chapter. Currently, one individual was planning to attend a November Retreat in Scottsdale, AR with Sr. Iliia Delio, author of *The Emergent Christ*, and another was planning to attend The Parliament of the World Religions Retreat in Oct 2015 in Salt Lake City, with Wayne Teasdale as one of the presenters. We also discussed some suggestions from Contemplative Outreach on how to help prayer group members feel connection to their prayer group, especially when members have been unable to attend on a regular basis. Some of these were to be in touch by phone or in person, and to keep absent prayer group members apprised of the current formation material the group was using. Both members and prayer group facilitators can assist with this. The Prayer Group Facilitators were also asked to consider helping with the facilitation of the 6 week follow up sessions to the Centering Prayer Introductory Workshops. Three generous individuals offered to assist. The group also had time to peruse and check out media intended for use in the prayer groups, from the CONSD Media Library.

What a blessing to be part of a community committed to the prayer and to the sharing of the prayer. "My soul is consumed with an intense longing to be blessed and sustained by You, O Divine Lover." (Psalm 119) May it always be so!

~Diane Langworthy

Hope

To hope for something better in the future is not the theological virtue of hope. Theological hope is based on God alone, who is both infinitely merciful and infinitely powerful *right now*. Here is a formula to deepen and further the theological virtue of hope with its unbounded confidence in God. Let whatever is happening happen and go on happening. Welcome whatever it is. Let go into the present moment by surrendering to its content ... The divine energies are rushing past us at every nanosecond of time. Why not reach out and catch them by continuing acts of self-surrender and trust in God?"

~*Thomas Keating*,
Reflections on the Unknowable

Intimacy with God

The divine energy is most powerful when it is least perceived by our faculties. When we sit down to do Centering Prayer and form our intention, we know the divine presence is already there. We do not create it. All we have to do is consent.

The divine energy flows into us and through us. In its purest form it is available twenty-four hours a day at maximum strength. By consenting we open to God as God is without trying to figure who or what God is. We consent to the divine presence without depending on a medium to express it, translate it or interpret it in terms of our personal history, cultural conditioning and temperamental bias. God communicates himself on only one condition. Our consent.

~*Father Thomas Keating*,
Intimacy with God, pages 102-103

Prayer to the Holy Spirit

Come Holy Spirit fill the hearts
of Your faithful and kindle in us
the fire of Your love. Send forth
Your Spirit and we shall be
created. And You shall renew
the face of the earth.
O God who by the light of the
Holy Spirit did instruct the
hearts of the faithful grant that
by the same Holy Spirit we may
be truly wise and ever enjoy His
consolations. Through Christ our Lord.
Amen!

The Herenow

The cry for a life beyond the grace is
presumptuous,
if there is no cry for eternal life prior to
our descending to the grave.
Eternity is not perpetual future
but perpetual presence.
He has planted in us the seed of eternal life.
The world to come is not only a hereafter
but also a herenow.

~*Abraham Joshua Heschel*

CONSD & COSD Events—2014-2015

CONSD EVENTS – 2014 -- 2015

Advent Event Sacred Saturday

Date: December 6, 2014
 Time: 9:00am-12:30pm
 Location: Gethsemane Lutheran Church,
 2696 Melbourne Ave., San Diego

Full Day Retreat

Date: February 28, 2015
 Presenter: Fr. Stephen Coffey, OSB
 Event: Lectio Divina Immersion Experience
 Time: 9:00am -3:30pm
 Location: St. Bartholomew's Episcopal Church
 16275 Pomerado Rd., Poway
 Suggested Donation: \$30.00

United in Prayer Day

Date: March 21, 2015
 Time: TBA
 Location: San Diego TBA
 Freewill Offering

Half -Day Retreat

Date: April 18, 2015
 Time: 9:00am-12:30pm
 Location: TBA

Evening and Day Retreat

Presenter : Edwina Gateley
 Dates: September 11-12, 2015
 Location: TBA
 Suggested Donation TBA

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

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

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 Layout and Design: D. Conner

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	Oceanside (3)	Pat Julian	760-757-3659 x 123	Mission San Luis Rey, 4050 Mission Ave	Fridays 10:00am
12	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00am
13	Poway (2)	Colleen Clementson & Rebecca Crowley	858-748-8548 858-748-3801	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00pm
14	Poway (3)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomarado Dr.	Tuesdays 5:00-6:30pm
15	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
16	Ramona	Joan Gansert	760-518-2081	Immaculate Heart of Mary	Thursdays 11:00am
17	Rancho Bernardo	Audrey Spindler	858-740-9055	San Rafael Parish Cntr., Rooms A & B	Wednesdays 3:30-5:00pm
18	Rancho Santa Fe	Dixie Welsh	858-756-1911 (church number)	Church of the Nativity, 6309 El Apajo, Rancho Santa Fe	Saturdays 9:00am
19	San Marcos	Pastor Karla Halvorson	760-727-1509	San Marcos Lutheran, 3419 Grand Ave., Sanctuary	Wednesdays 9:00am
20	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic / Gethsemane Lutheran, 2696 Melbourne Dr. San Diego	Tuesdays 7:00-8:30pm
21	Temecula (1)	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Second & fourth Wed. 12:30pm
22	Temecula (2)	Deb Potts	951-265-7502	Temecula United Methodist Church, 42690 Margarita Rd.	4th Monday in April, Aug., & Nov. 6:00-7:00pm