

# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO  
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## Our Second Visioning Day

**Visioning Day:** A day to seek direction for our chapter and select a co-coordinator to take the place of our beloved but retiring Chris Hagen. Many of us had never experienced a Visioning Day, but Susan Komis from Contemplative Outreach Ltd. and who is Director of Chapter Resources and Communication Services would lead us through the process.

Twenty-nine members as well as Chris and Sue Hagen met at the First United Methodist Church of Escondido at 9:00. After great hospitality prepared by Bea Doblado, Virginia Erickson, and Carol Sumner and a period of Centering Prayer at 9:30, we got to work. With blank flip-chart sheets taped on the wall before us, Susan Komis would soon have us generating lists describing the chapter's Accomplishments, Challenges, Priorities and Ways to Implement.

But first, she had us listen to words of Fr. Keating that she had collected over the years describing a servant leader adding that we only hear 50% of what is said. Striking the bowl, Susan said, "The Spirit provides the Grace. The Holy Spirit is the Initiator and is always involved and this leads to service." Then she asked one of us, "What did you hear?" and we listened to the reply. Again, the bowl rang and Susan said, "Continue to ask, 'who are you serving?' It is the God in me serving the God in others and the transmission of that Word." "What did you hear?" Someone replied. And again the bowl reverberated, "The primary intention of the servant-leader is to live an ordinary life with extraordinary love." Twelve times we listened and twelve times responded.

With that preparation we called out and listed the accomplishments of the Chapter: our co-coordinators, half days of prayer, retreats, speakers, Living Flame, 2-4 Introductory Workshops each year, the Newsletter, 22 prayer groups, email communication, the website, a strong servant-leadership team meeting 4 times a year, facilitator meetings twice a year, one being a combined facilitator/servant-leadership meeting, working with COSD, United in Prayer Day, informal communications, maintaining a library of resources, facilitator formation, a media librarian, financial resources, ecumenism, growth of membership, our geographic location drawing speakers, use of resources, varied formation material in Centering Prayer group meetings, 800 members. Susan had us pat ourselves on the back. (Continued on next page)

## Our Second Visioning Day

We moved right ahead to challenges. In small groups we brainstormed and then shared these: the transition from Chris Hagen's leadership to a new co-coordinator and "letting go", continuity of leadership, invitations for introductory workshops, broader outreach, remaining financially solvent, offering intensive and post intensive retreats, having ongoing servant-leader formation and prayerful discernment, incorporating coastal prayer groups, supporting members to encourage attendance at events, empowering co-facilitators, supporting a more diverse membership, development for chapter enrichment, linking with COSD to host events and developing greater communication, supporting the emerging church, optimizing technology, empowering local speakers, carpools, educating centering prayer practitioners, enhancing publicity, size of prayer groups, balance in outreach of men, other age groups, etc., having chapter formation teams.

Susan then helped us to synthesize some of the above challenges and from that list we, lined up and one at a time, check marked the four most important items on the challenge list and arrived by this tally at areas to implement:

Form a facilitator service team to visit existing prayer groups and offer support.

Form a retreat service team that may include Spiritual Enrichment.

Support on-going servant-leader formation which applies to all who are helping.

Continue to enhance on-going tech support.

Support ethnic, gender, etc. diversity in the chapter.

Then it was time to select a new co-coordinator to work with Sue Hagen. We moved to the prayer circle for a period of Centering Prayer in preparation for this decision. After the prayer period, Susan gave each of us

three handouts: a list of Chris Hagen's co-coordinator's requirements and responsibilities, "The Prayerful Discernment Process for Leadership," and "A Call to Service." We were asked to fill out "A Call to Service" which invited us to serve, and then each person in the circle explained their commitment to Centering Prayer, stated whether they were available to serve as the co-coordinator, and, if desired, put forth a name to recommend. At the end of the process three names were mentioned a number of times and two of those mentioned, Deborah Llewellyn and Mary Williams said they were not able to serve in that capacity at this time. Linda Dollins, also mentioned, consented to serve and is now the new co-coordinator. The transfer of leadership takes place immediately although Chris Hagen will work with Linda to train her in his duties and responsibilities of the chapter.

Thank you to Susan Komis for her leadership, Marie Howard for her support, the hospitality team for refreshments, and all those who attended and gave continued direction to our chapter. Most of all, we thank Chris Hagen for his wise, inspiring, effective, humble, and tireless service. Please be in prayer for the chapter as we transition.

### Check it Out

Check out the CONSD website at [www.consd.com](http://www.consd.com). You will find a wealth of information about Centering Prayer. You can read past newsletters as well as our current one. A list of upcoming CONSD and COSD events is available. There are numerous links to websites such as Contemplative Outreach, Ltd., Fr. Richard Rohr, Fr. William Meninger, and retreat centers. This is just a taste of what you will find so check it out.

## Visioning Day Response

God is always working in us — quietly, boldly, mysteriously. On Saturday's Visioning Day, I began to sense during the discernment process, that I might be the new CONSD chapter co-coordinator. My heart began to pound — *I could never replace Chris Hagen*. But the Holy Spirit through the words of love and support from Sue Hagen and my contemplative brothers and sisters in our prayer circle led me to consent. CONSD is formed from those who draw deeply at the well of God through a faithful Centering Prayer practice and a commitment to live in charity with all. What joy to be in such company. I am blessed to serve you as co-coordinator and commit to you my presence, intention, wisdom, and compassion so that together we may address all that God is planning for us. Yours in Christ, Linda Dollins

## Deepest Thanks

CONSD will be forever grateful for all Chris Hagen, our retiring Co-Coordinator, has done for the Chapter. He has given of himself unceasingly since March 2006 when CONSD was founded.

Chris has led us day by day and took care of necessary things like bringing computers, projectors, and signs to all our events. Chris is a Commissioned Presenter and a Prayer Group Facilitator. He also has presented numerous deeply spiritual Half Day Retreats and his June 20<sup>th</sup> "Nurturing the False Self" will be deeply meaningful to all of us.

We are so glad that Chris will remain on the Ongoing Spiritual Enrichment Service Team. We have been blessed by Chris and we pray and know that God will bless Chris forever.

## Lectio Divina: A Different Approach

On a cool, misty morning, the last day of February, over 100 contemplative seekers gathered at St. Bartholomew's, Poway, for a day-long immersion into a powerful, in-depth approach to the earliest spiritual practice of the divine reading of the Sacred Scriptures: *Lectio Divina*. (This approach differs from the later method of Lectio that many of us may have learned.)

Fr. Stephen Coffey, OSB, who led us on this profound journey, proved to be that rare motivating teacher whose simple, clear, direct approach to the topic totally engaged the attention of the attendees who hung on his every word throughout the day.

Fr. Coffey's goal was to introduce us to the oldest method of reading Scripture, a transformative, intuitive, heartfelt approach that dates back to the ancient pre-4<sup>th</sup> century roots of the practice. Originally, *Lectio* was taught to those about to be initiated into the Church so they could experience intimate contact with Christ in the Scriptures. Today, it remains a method that encourages us, through this approach to the reading of Scripture, also to come into intimate contact with Christ in much the same way as does our daily practice of Centering Prayer.

The underlying principle of this older method is that Christ is present in the whole of Scripture and every scriptural text speaks through the Holy Spirit to the reader in several voices (at least four), not just one. The reader hears and absorbs each voice with a different sense.

Fr. Coffey began the morning with an enlightening description of the background and historical/cultural context of the world in which the Scriptures were written and viewed, and (Continued on next page)

## Lectio Divina: A Different Approach

The Voices		The Senses
Literal Voice	heard & absorbed by	Logical Sense
Symbolic Voice	heard & absorbed by	Intuitive Sense
Moral Voice	heard & absorbed by	Personal Sense
Mystical Voice	heard & absorbed by	Spiritual Sense

how the original roots of the practice of *Lectio Divina* developed. He then used the short Book of Jonah as a model to demonstrate how each of the four voices and senses can lead the reader into an ever deepening understanding of the text and God's presence within it. We all were amazed at how clearly this example gave us a whole new take on the Jonah story! By organizing the day into four sessions, two in the morning and two in the afternoon, Fr. Coffey was able to focus each session on one of the four voices and its corresponding sense. A period of Centering Prayer to "open our receptors" to God's presence preceded each session.

Session 1: The Literal Voice. It asks the reader: "what does the text say?" And the reader hears the text with the logical sense (.

Session 2: The Symbolic Voice. It recognizes that there is much more to the text than simply what it says and asks the reader: "what does the text mean?" Going deeper, the reader hears the text with the intuitive sense (right brain) and the intuitive heart kicks in as you begin to notice things in your own heart that echo similar things in the text.

Session 3: The Moral Voice. It goes a step further and asks the reader: "what does the text mean to me?" In this phase, Christ addresses the reader personally in the text which asks "what should I change or do?" The reader now hears the text as a personal heartfelt call to action: "I am in charge here to change this or do that."

Session 4: The Mystical Voice. It is very subtle. It is contemplative. It speaks quietly and only gradually makes spiritual sense when you have done what the Moral level calls you to do. In this phase the reader shifts from personally being in charge to letting God take charge and bring about a transformation and eventual union with God. You don't begin with this voice. Your spiritual sense only hears it through practice.

Over the course of the day, Fr. Coffey offered some general guidelines and cautions when embarking on this method of *Lectio*.

1. Be aware that the Bible contains many different literary forms, not just one. History, poetry, short stories, allegories, comic relief, and more all appear in the texts.

2. Before you start this practice, pray to the Holy Spirit for inspiration as to which of the 73 books of the Bible you should start with. (Ideally it will be a short one.)

3. Keep in mind that this *Lectio* methods is a slow process. Take your time with it. Read a passage, pause, read it again. Repeat as needed. Make the time to make this method of *Lectio Divina* a part of your everyday life!

4. Start with the Literal Voice and Logical Sense. Stay with this phase as long as it takes to grasp what each passage says – even if it takes weeks or months. You are finished with this phase "when you start to feel bored." That's the signal that it's time to move on to the next phase

## Lectio Divina: A Different Approach

5. Remember that, as you grow in conscious awareness you will find that in every scriptural text there always is more.

6. Pay attention to any footnotes or commentaries that might further your understanding of the text.

7. There are many translations of the Bible. Read as many as you can for added insight into the text. The very nature of translations is that no one translation is totally accurate in capturing the author's entire original intent.

8. *Lectio Divina* is study; it is prayer; it is important inner work. Therefore, it also is important to pay attention to what is happening to you in each phase of the process. Fr. Coffey encouraged us to recognize that each of us is on a different personal journey which means that every word of a spiritual text speaks to each person differently.

9. Fr. Coffey identified some of the physical, psychological, and spiritual obstacles that could arise when embarking on this method of *Lectio* as prayer and offered remedies to overcome them.

10. He emphasized the important relationship of both *Lectio Divina* and Centering Prayer to each other, to contemplation and to transformation.

In conclusion, Fr. Coffey pointed out that as this method of *Lectio* as prayer unfolds in us we are transformed. We become part of the cosmic web – aware of our oneness with God and with all creation, "together with God in the temple of our own heart and spirit." Clearly, the Holy Spirit was at work in each of us throughout this remarkable day of immersion in this 'different' method of *Lectio Divina* which many found to be powerful, intuitive, appealing, and well worth receiving and trying.

Through this ancient process, may we each "become a living fountain of joy!"

[Please note that Fr. Coffey highly recommended Mary Margaret Funk's book *Lectio Matters* for additional information on the early practice of *Lectio Divina*.] Fr. Coffey will return on 2/6/2016. The focus of his presentation will be "The Cosmic Christ."

~Alicia Annas

## Contentment

One of the ancient words in the monastic vocabulary is contentment, which is incredibly counter-cultural. Contentment: from the Latin *contentus*, which means enough, it means sufficient. It's the opposite of a kind of appetite of acquisition. But it's rather saying: now is what is most important, not what is new but what is now.

One of the downsides of this capacity we have to be virtually present all over the globe is distraction actually pulling us away from where we really are now. But the Psalm says, "Be still and know that I am God." And the Psalm says, "My boundaries enclose a pleasant land."

Contentment is about staying where you are, looking at it more deeply and realizing with deep gratitude that this is enough, and for this I am thankful.

~Br. Curtis Almquist,  
Society of St. John the Evangelist

## A CONSD Workshop

### **Nurturing the False Self The practice of “just noticing”**



“The False Self is trying to pass your incomplete self,  
for your whole self.” ~Fr. Richard Rohr

During this workshop Chris Hagen will teach the method of “just noticing.” In Centering Prayer we consent to the presence and action of God within during our periods of prayer. When using the method of “just noticing” in our daily life activities we also consent to the presence and action of God within when our false self arises during those activities. “just noticing” is a powerful way of extending the tenants of Centering Prayer into our daily life. This workshop will be comprised of three conferences:

Our instinctual need to become our *whole* self.

The need to be present in the reality of the present moment.

The “just noticing” is a method of being in the reality of the present moment.

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**Date:** June 20<sup>th</sup> 2015

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

**Place:** St. Bartholomew’s Episcopal Church, 16275 Pomerado Road, Poway 92064

While walk-ins are always welcome it helps to plan seating and hospitality to know you are coming. Contact Sue Hagen: [sue.hagen@sbcglobal.net](mailto:sue.hagen@sbcglobal.net) or 760.745.8860

## Take Centering Prayer to the World

First, I never dreamed I would ever set foot in a prison. Second, I never dreamed I would be able to share Centering Prayer with people from all over the world. But that is what has been happening for the last 11 years. And it has been one of the most rewarding and spiritually enriching experiences of my life.

I am inviting you to join Shirley Weaver and me in this wonderful ministry at the San Diego Correctional Facility which houses men and women who are detained for immigration issues. We lead small groups in Lectio Divina and Centering Prayer. The participants are amazingly receptive. They tell us that it gives them much peace in the midst of their fragile and insecure situations. Many of them share it with their worried families via phone calls or letters.

We are blessed to have a Chaplain who very much wants and supports Centering Prayer at this facility. Chaplain Bery gives us great support for our own spiritual journeys as well.

It is best to volunteer at least two times a month for 3-4 hours. All the training you need to work in the prison will be given to you through Chaplain Bery. Shirley and I will be happy to help you if you would like some ideas about content for the groups you will lead. You won't be asked to do anything until you feel ready.

The prison is near the border, so a long drive for North County people, BUT, you may know friends who live closer and it would be so good if you would talk with them about this ministry.

It is truly a golden opportunity to share Centering Prayer with the world. Please call us if you feel the Holy Spirit whispering to you about this and tell others who might help us continue this wonderful work.

Contact Pauline Rippel (619-466-6462), Shirley Weaver (858-560-6355), or Chaplain Bery (619-661-9919, ext. 2210).

## United Day in Prayer

On March 21, 2015, CONSD and COSD members gathered for a time of prayer at Saint Bartholomew's Episcopal Church in Poway. Contemplative Outreach held their 23<sup>rd</sup> Annual United Day in Prayer throughout the world on this day. Upon arrival 22 attendees (more than half from COSD) were greeted by the welcoming registration team. After registration the registrants gathered for coffee, tea and a beautiful spread of delightful breakfast treats, thanks to Hospitality chairperson Bea Doblado and her Hospitality Committee from San Gabriel Centering Prayer Group.

The morning began with a 20 minute period of

centering prayer, followed by a DVD titled, "The Gift of Life: Death & Dying, Life & Living". The DVD is a series of talks by Thomas Keating with Fr. Carl Arico discussing the stages of dying, judgment and mercy, suffering, what happens after death, the cross, theology and much more in 10 different sessions of which we viewed two.

The two sessions of the DVD subtitled, *The Cross* and *The Mystery of God* were the sessions we watched that morning. In the DVD, Fr. Keating offers a vision of hope and a view of reality that counter the cultural norms that

(Continued on next page)

## United Day in Prayer

view death as a tragedy, or the end of living, or an entry into harsh judgment and retribution. Fr. Keating focuses on the transformative process of death and dying. Our 1<sup>st</sup> session subtitled, *The Cross*, Fr. Keating discusses total self surrender that enables God's great love as an invitation to join him in the Trinity. The ultimate meeting of the cross invites us into the eternal house. The symbols and meaning of the cross are broken down into nine categories according to Fr. Keating.

**"The Naked Cross"**. This represents the human condition. Divine union is our participation of the crucifixion and the suffering that manifests love that releases pain and gives us joy. The cross is our invitation to participate in the self giving of Jesus to the point of identifying with humanity that sin is a consequence of the human condition. This is represented by Jesus' body lying on the cross where HE has gone through the process of dying and accepted the suffering as well as embracing the sufferings for all humanity.

**"Body of Christ"**. Everyone has a special role to play in that body: some are teachers, some preachers, some wonderworkers and some have charismatic gifts.

**"Sacrifice"**. Absolutely essential for human growth; yet the abiding disposition of sacrifice is rarely established without some experience of suffering. Guilt and shame are healed and evolved through a state of giving.

**"Taking Away of All Sin"**. Jesus Christ was manifested to take away sins. This is the great purpose of His coming into the world. Linked with that purpose is the great possibility that flows from it: in Him is no sin. This is the glorious gospel of hope. There is a way, but there is only one way and we need only one way out

of this human dilemma. There is only one way, because there is only one who has ever appeared in human history who can take away the sins of the world.

**"Divine Love"**. The level of unity to accept God as HE is. Our self-surrender brings love and is God's invitation for union.

**"Christ as Sin"**. A further invitation as we look upon the cross knowing that Christ suffered for our sins.

**"Descent into Hell"**. A very unpleasant experience so deep that we express ourselves with helplessness and powerlessness. We must allow God and be willing to be nothing, a moment of nothingness, a moment of redemption and letting go, in other words death of the ego and our negative interior.

**"Resurrection"**. Christ gave us the supreme gift by breathing the Holy Spirit on his disciples saying, "Peace be with you". HE established and communicated to them the Holy Spirit.

**"Ascension"**. Entering into the house of God by being aware of the divineness within us. God's house has no limits. This makes us capable of living and going through the crucifixion of oneself, the basic principle of apostolic love. We move by participating and that allows and gives us perception.

After we viewed the first session from the DVD, we had our first period of silent reflection, "The Cross". Chris Hagen passed out a paper with a quote authored by Iilia Delio from her book, "The Evolution of Christ". The paper read, *Because Christ is the symbol of human life and the reality of what we are to become, we must discover the Christ within us as the* (Continued on next page)



## United Day in Prayer

*Very meaning of our lives.* We had 20 minutes to walk outside and reflect on the quote. Several of the attendees walked up to the large cross on the hill to sit in silence and ponder the symbolic meaning of the cross before going back to view the second session of the DVD.

Session two from the DVD was subtitled, *The Mystery of God*. Father Keating explains, 'We all have the capacity to know God in our relationships. The great question in Genesis suggests the mystery of life and enables us to know oneself and establish a belonging to the universe. The external, internal, vocal or silent are times for all the external demands without understanding what will come about. A time for Saints, angels, brotherly relationships or spirituality with Christ are all moves toward spiritual marriage. We need flexible relationships with God so the need is absorbed into the mystery of reality. God presents himself as a source of everything that is. The mystery is God in everything at once. The trinity is the center of Christian belief. Uncreated grace is the unknowable God that had no experience. Faith is the seeing eye that sees the source of the particle. God is both instinctive and distinctive. The experience of God and our relationship with God who is open to our faith through contemplation is an easy way to obtain divine presence. The above sentences are all quotes from Fr. Keating's message on the DVD each with deep meaning, and easily several different subjects to expound on containing a lot of food for thought. Fr. Keating continues saying, 'Through contemplation we begin to cultivate a within relationship with God. The Divine presence begins to present itself within. The mystery of God unfolds and represents a process to the seekers. This mystery becomes more intimate and more tender as it is revealed. God is always happening and relating

in a new kind of oneness . God is constant always and in all circumstances'. Fr. Keating encourages us by telling us that we need to love other religions and see the presence of the Holy Spirit within them and all who are seeking transcendence of a particular path such as nature, friendship, love, and genuine science. God is dynamic and always on the move and He is changeless but always changing. The great thing is that God is constant and always there in all circumstances. God is always happening and relating in a new kind of oneness so that the other is evolved through other happenings, indeed this is the mystery of God.

For our second period of silent reflection another paper with a quote by Richard Rohr was passed out for reading and meditation. The quote read, "*The shape of God is the shape of reality, and the shape of reality is the shape of God.*" This was a wonderful quote to add to our list of thoughts on the mysterious God. We had twenty minutes for reflection before returning to our circle. After returning to our circle formation, we practiced Lectio Divina and read scripture from Acts of the Apostles 17: 24-27. The method of Lectio Divina includes moments of reading (lectio), reflecting on (meditatio), responding to (oratio) and resting in (contemplatio) the Word of God with the aim of nourishing and deepening one's relationship with the Divine.

Our day ended with a short period of silent reflection, faith sharing and a closing to go with God. Special thanks to CONSD Coordinators Chris and Sue Hagen for facilitating this United in Prayer Day. As usual it was a beautiful morning filled with God's love. A good reminder that God is always happening and we all experienced a new kind of oneness through the happenings of the event.

~Nancy Bachelier

## CONSD Annual Retreat



CONSD will hold its annual three day retreat at the Prince of Peace Abbey in Oceanside on October 16th through October 18th, 2015. 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, including meals, from the end of our opening gathering until the Sunday service. Participants are welcome to attend the Abbey's Offices of the Day during the retreat. Participants can also avail themselves of the books in the Abbey's library or bring their own material. However, participants are encouraged to minimize activities that appeal to the mind as the primary purpose of the retreat is to further open our hearts to the presence and action of God within. In the spirit of being with God in silence during the retreat we will not have videos, DVD's or lectures. On Sunday both an Ecumenical service with Communion and a Catholic Mass will be available.

The cost of the retreat is \$170.00 which covers room and meals. There are 21 rooms available. They will be single occupancy rooms unless you desire to have someone you know room with you. All rooms have a bathroom with shower. We encourage you to sign up soon as the rooms fill up quickly. Please reserve your room prior to the retreat. For more information please contact Sue Hagen: 760-745-8860 or [sue.hagen@sbcglobal.net](mailto:sue.hagen@sbcglobal.net). ~Chris Hagen, CONSD Co-



## A Retreat with Edwina Gateley



This renowned “modern day” mystic will lead a retreat on September 11<sup>th</sup> and 12<sup>th</sup>, 2015. The title of the retreat is *Giving Birth to God in the Contemporary World*. Edwina says of this retreat, “In the midst of our violent and hurting world we will explore how God, as Lover and Healer, ever invites us to new possibilities and to believe in our potential to make a difference. We will also look at our own call to become mystics and prophets for our times.”

Edwina, is the author of 15 books, and is a highly sought lecturer and retreat leader. She has lived and lives today the life of service that Jesus the Christ calls us to. She created the Volunteer Missionary Movement in England to send missionaries to the developing world, worked with the destitute in Uganda, and ministered to prostitutes on the streets of Chicago. She has been featured on CBS’s “60 Minutes and “48 Hours.” Two years ago Edwina presented a CONSD retreat titled *In God’s Womb: Your Soul Journey with God*. The close to 200 in attendance were deeply enriched spiritually. Fr. Richard says of Edwina, “Every now and every then, God and circumstances create a larger than life people who change the world for the better. Edwina is one of those people.” You will not want to miss this retreat during which Edwina will share the palpable presence of God with you through this deeply moving retreat.

Date: September 11 - 12, 2015

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

Time: September 11th, Registration: 6:30pm, Presentation 7:00pm - 8:30pm

September 12th, Registration/Hospitality: 9:00am, Presentation: 9:30am—3:00pm

## Ten Final Questions

*Will you consent to simply rest in Me in silence?*

*Will you trust in Me to raise up the good in you that has died?*

*Will you accept My mercy?*

*Will you listen as the story of My suffering is proclaimed?*

*Will you remain in the Garden and pray one hour with Me?*

*Will you stand close to My cross and learn from Me?*

*Will you let go of all the concepts that you may have of Me?*

*Will you believe in the power of my resurrection in you?*

*Will you, in the end, commend your Spirit into My hands?*

*Will you spend eternal life with Me?*

## A Moment of Reflection

"Receive the Holy Spirit.' (John 20:22) is the divine breathe that contains the whole of God and all that exists. "There is no effort needed to receive the divine breath. Breathing is inherent to human nature on both the physical and spiritual levels. It constantly happens. Our best effort is no effort: just to receive intentionally -- that is, with total consent -- the divine communication.

"The will is the mouth of the soul. The Spirit is the divine breath. Letting go of every form of self-identity or reflection is the nature of pure consciousness: to surrender to God just as we are and to surrender to God just as God is."

~Thomas Keating,  
*Reflections on the Unknowable,*

## Dark Night of the Soul Q & A with Fr. Carl Arico

**Q:** I am currently undergoing the dark night of the soul for the 2nd /3rd time. I have read a lot about John of the Cross and other authors. I am wondering who at CO has gone through the experience's. I know Fr. Thomas must have had at some stage, as he speaks beyond intellectual knowledge, more from an inner knowing. Thank you in advance as this journey can be horrendous with the ego suggesting all sorts.

**A:** We have all experienced the Nights many times. The nights are not a stage or step on the spiritual journey but different phases of purification, where we are encouraged to let go of various things in order to be truly free. This purification takes a while because we are all wounded. With each experience, we are becoming the likeness of Christ within as we let go of attachments, pride, unforgiveness, judgments. The burdens of life.

Have you ever been in a glass elevator that has a view of the interior of the building? As the elevator stops at different floors, you lose the view for a moment, but the same view comes back again but at a different angle and level. That could be a metaphor for the Nights that St John of the Cross talks about. You will keep

recycling through stuff - seeing it over and over again - until your reach the ground floor and walk out of the night (the elevator) and be at the ground of your being, the Divine Presence.

I recommend reading Fr. Thomas Keating's book *Intimacy with God*, chapter 8 "The Psychology of Centering Prayer," which has some diagrams of the dig and the spiral staircase that illustrate this process well. Keep faithful to the practice and let go of trying to figure out what is going on – TRUST!

~Fr. Carl Arico

## Divine Life

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

~Fr. Keating,  
*Open Mind Open Heart* p. 63

## CONSD & COSD Events—2014-2015

### CONSD EVENTS – 2015

#### Half -Day Retreat

Presenter: Chris Hagen  
 Event: Embracing your False Self  
 Date: June 20, 2015  
 Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Rd, Poway  
 Freewill offering

#### Evening and Day Retreat

Presenter : Edwina Gateley  
 Date: September 11, 2015,  
 Times: 7:00 - 8:30pm and 9:00am - 3:00pm  
 Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Rd, Poway  
 Suggested Donation: \$40.00

#### Weekend Retreat

Dates: October 16-18, 2015  
 Location: Prince of Peace Abbey,  
 650 Benet Hill Road, Oceanside  
 Cost \$170.00  
 Please let Sue know if you are coming as space is limited

#### Half Day Retreat

Facilitator: Elena Andrews  
 Date: November 21, 2015  
 Location: San Dieguito United Methodist Church, 170 Calle Magdalena, Encinitas  
 Freewill Offering

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

### COSD 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](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 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	532 Leucadia Village Ct	Mondays 10:30 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 Rm. 450 S. Stage-coach 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	Oceanside (3)	Pat Julian	760-757-3659	Mission San Luis Rey 4050 Mission Ave	Fridays 10:00am
12	Oceanside (4)	Kelly Jo Farnum	760-529-2350	Mission San Luis Rey, Retreat center, 4050 Mission Avenue	Wednesdays 2:00 pm
13	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00 am
14	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
15	Poway (3)	Sue & Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30 pm
16	Poway (4)	Sherlene Moller-stuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30 pm
17	Rancho Bernardo	Audrey Spindler	858-740-9055	San Rafael Parish Center, Rooms A & B	Wednesdays 3:30-5:00 pm
18	San Marcos	Pastor Karla Halvorson Jim Ullman	760-727-1509 760-598-8943	San Marcos Lutheran, 3419 Grand Ave., Sanctuary	Wednesdays 9:00am
19	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community / Gethsemane Lutheran, 2696 Melbourne Dr. San Diego	Tuesdays 7:00-8:30 pm
20	Temecula (1)	Jenny Alcazar	951-696-5657	23479 Canterbury Way, Murrieta	Tuesdays 9:45-11:15am
21	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