



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
Volume 11 Number 2 May 2016

Discerning a Rule of Life with Rev. Carolyn Metzler

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I was looking forward to this half day experience as I do all contemplative outreach events, especially because Rev. Metzler is a staff member of Richard Rohr's Living School. But I'll admit the questioning, judgmental voice inside me was saying, "What's this about? Is it like making new year's resolutions - which I'm not very good at, by the way." The voice chimed in again when we were asked to give ourselves a "soul name." "This seems kind of pretentiously 'new agey.'" But, as is also part of my M.O., I let myself go with it and showed up that morning with notebook in hand, an open mind and a possible soul name.

We met Carolyn as "Crane Woman" who invited us to let go of expectations and to notice what rises in us. She explained the activity of choosing a soul name as a way to connect with our most authentic selves - where we feel most in relationship with God - and a new way of relating to others. My friend was not just someone I knew as Parth but also Lavender Breezes, someone more than who I thought I knew. Meeting each other through soul names can engage conversation at a different level.

Carolyn also shared an artwork she created based on her soul name and encouraged us to use art to go even further into the (continued)

Discerning a Rule of Life with Rev. Carolyn Metzler (continued)

experience of who we are in our truest being. Although we were not able to create our own artwork there, Carolyn led our journey through the morning encountering the arts of chant, poetry, music and dance. This was all to assist the process of discerning our rule of life. As I understood it from Carolyn, it is about creating a disciplined practice which allows for ongoing transformation from our small, petty selves to our more authentic true selves. How do we organize our lives around a spiritual rhythm? What breaks our hearts open to deeper compassion? What gives our lives purpose and meaning and how do we grow into that? A rule is a vocation where our deepest longing connects with the needs of the world.

She explained as well what a rule of life is not: a way of earning divine brownie points, a way of atoning for past mistakes, a fast track to enlightenment, a vision of my own perfection. This also came with a warning about creating a spirituality of “me” as a result of our “extraordinary potential for self-deception.”

She instructed us to begin where we already are with whatever gives us most meaning and purpose to our lives explaining that a rule does not bind us but sets us free. It is a process of

love that keeps us accountable without beating us up. But the word “rule” implies discipline and obedience. Her handouts included a list of traditional spiritual disciplines, some of which we may want to include in our own rule such as prayer, work, solitude, study, fasting... She also touched on some of the historical contexts of rules of life, particularly the Benedictine rule.

There was a lot of richness packed into 3 short hours. Writing this article and taking Carolyn’s advice to let go of expectations and see what rises has given me a chance to begin unpacking and sorting out what it could mean for me. What rose in me was the hope of “freedom” in a rule. This hope set me on the path of discovering and discerning my rule of life. I am easing into it simply, starting with first with: “Daily faithfulness to centering prayer.” I know it will include my prayer groups, and role as payer group facilitator, work, spiritual reading, active prayer sentences, creativity, retreats... I am looking forward to an “ever so gentle” process leading me to a place where as Carolyn said in her closing remarks, “love trumps all.”

~Elena Andrews

Connecting with the Divine Life

Centering Prayer activates an existential relationship with Christ as one way of receiving the fullness of unconditional love pouring out of the depths of the Trinity into creation and into us.

As we sit in Centering Prayer, we are connecting with that immense flow of the divine life within us. It is as if our spiritual will turned on a switch, and the current (the divine life) that is

present in our organism, so to speak, goes on and the divine energy flows. It is already there waiting to be activated.

~Fr. Thomas Keating,
The Mystery of the Trinity

United in Prayer Day 2016

Praying together, whether at our Centering Prayer meetings, in a retreat setting, or worldwide with thousands of other contemplatives, reminds us of the support we find in sharing the prayer. For 24 years Contemplative Outreach has encouraged all Centering Prayer participants by hosting United in Prayer Day, a time to celebrate the gift of silence and our global community of contemplatives.

On March 19th almost 50 of us gathered at Our Mother of Confidence Catholic Church to join other contemplatives from around the world in Centering Prayer. Hosted by COSD this year, the morning included wonderful hospitality, two periods of centering prayer, a new DVD featuring Fr. Carl Arico, lectio divina, and announcements. Kathy Di Fede, COSD coordinator, led many of the morning activities, and Ardy Woodmansee was responsible for coordinating the event.

The DVD with Fr. Carl, entitled “Centering Prayer: A Way of Life” was the first of a new four-part series available from Contemplative Outreach. Each DVD is a presentation of one of the guidelines of Centering Prayer, and we saw the first one which was on words. In the opening, Fr. Carl reminded us that “Centering Prayer is an opportunity to connect to God” in all ways. With his usual humor he continued, “I take my God for better or worse, for richer or poorer, in sickness and in health,” and emphasized that we need to be open to the surprises God has for us. Fr. Carl also noted that Contemplative Outreach has pioneered how important it is to consent in a prayer practice, and we do that by using our sacred word. Our word allows us to consent to God’s presence and action within. “Don’t underestimate the power of consent—it is all about intention and motivation.”

Another message in the DVD was the importance and power of words. Fr. Carl asked us to think about how these words make you feel: *thank you, I really love you, job well done, you could do better next time.* But sometimes a remark dominates our thinking—we “can’t get it out of our head.” Fr. Carl said that the desert fathers and mothers had a practice that helped. They repeated a word of scripture over and over to draw closer to God. A prayer sentence or word can erase other words that do not give us freedom.

After the DVD we shared another period of Centering Prayer followed by a period of lectio divina. At the close of our time together, we had announcements of COSD and CONSD events, and Kathy Di Fede told us of her recent additional responsibility. She has been elected to Contemplative Outreach’s new board of governors, an honor, but also, as we know, a commitment of her time and energy. We thank her for assuming this appointment. Kathy’s one request was that we speak freely to her about our perceptions of Contemplative Outreach. She emphasized that C.O. wants to hear from the membership so it can respond.

The morning concluded with our sense of being blessed by the Holy Spirit and the connection we have with other contemplatives in San Diego, North County and throughout the world. Thank you COSD for making this possible and to Kathy for saying “yes” to greater responsibility with Contemplative Outreach.

~Linda Dollins

Centering Prayer Group — Mission San Luis Rey —

Peace of our Lord and all good to readers of this post. As we look into eternity in quiet, our little group of contemplatives enjoy one another's company each Friday afternoon from 1:30-3pm. We visit and greet with embraces as we assemble, awaiting everyone's arrival. There are roughly just a half dozen or so of us who regularly meet. I wonder at this since we are advertised in our parish news. Perhaps the Lord's stirring is in initial stages.

We settle in and begin our first of two (20 minute) prayer sits with a phrase or some such passage of reading to calm our minds and bring us to our sacred word. We sometimes have chant

music playing softly, adding to our environment of a small table placed in the room's center with a candle flower, cross, and Bible to set the mood and provide a focus. A singing bowl takes us in and brings us out of our silent meditations. For formation time between sits, we have used portions of *A Taste of Silence* and currently are in *The Four Consents*. We just read of "Bernie", a special man of gracious heart as recounted by Fr. Keating. I want to be like Bernie! See Bernie's story in *Invitation to Love*.

~Kelly Jo Farnum

Let Your God Love You

Be silent.
 Be still.
 Alone. Empty.
 Before your God.
 Say nothing.
 Ask nothing.
 Be still.
 Let your God
 Look upon you.
 That is all.
 God knows
 And understands.
 God loves you with
 An enormous love,
 Wanting only to
 Look upon you
 With love.
 Quiet.
 Still.
 Be.
 Let Your God
 Love You.

~Edwina Gately

Prayer for Exuberant Faith

With our whole heart, soul, mind
 and strength,
 And fortitude;
 With our whole understanding,
 powers and effort,
 Affection and feeling;
 With every desire and wish,
 Let us love the Lord our God
 Who gives each of us our body,
 our soul, our life;
 Who creates, redeems, and
 saves us by mercy alone;
 Who does all good for us.
 Creator of all, Savior of all,
 We believe in, hope in and love you.
 Unchangeable, invisible,
 Unspeakable, unfathomable,
 You alone are most gentle, most lovable,
 Most delightful, and totally desirable
 Above all others!
 Amen

~St. Francis of Assisi

Building Bridges Moving from Seeking to Accepting

Christ Has No Body
 Christ has no body but yours,
 No hands, no feet on earth but yours,
 Yours are the eyes with which he looks
 Compassion on this world,
 Yours are the feet with which
 he walks to do good,
 Yours are the hands, with which
 he blesses all the world.
 Christ has no body now on earth but yours.

~St. Teresa

personal encounters with the grace of God Fr. Mark will facilitate us to explore God’s desire that we build bridges that transcend and transform the artificial barriers erected by human-kind.

After graduating from Wheaton College Mark entered the business world working full time for Equal Exchange Inc. During this time he earned an MBA degree at Northeastern University. Though working full time Mark was called to share his love of God through fifteen years of Children and Youth ministry lay leadership. After a very successful thirteen-year career in business Mark entered the ordination process and was ordained an Episcopal priest in January, 2008.



This excerpt from St. Teresa’s prayer expresses the spirit of this half day retreat led by Fr. Mark Mc Kone-Sweet. St. Teresa’s prayer calls us to move beyond seeking God’s grace to accepting that it already exists within us.

His personal journey with learning disabilities and ADHD have become gifts for ministry and listening to the voice of God. His life is about creating a vision and finding creative ways around obstacles. Mark also trains and develops leaders for Mission Work, Stewardship, and Youth Ministry. He enjoys music, often playing his trumpet in church worship services. It would definitely be remiss if it were not also noted that he is an avid Boston Red Sox’s fan. Mark is married to Kate, a Professor at Babson College, MA and they have two amazing children Maya (11) and Marcos (12).

It calls us to move beyond our times of Centering Prayer, our Centering Prayer Group gatherings, our other places and times of worship. It calls us to transmit the grace of God that arises in us during these times of prayer and worship to the people and situations that we encounter in the course of our daily lives. Through the mediums of Centering Prayer, Taize chants, scripture, and the sharing and reflection upon

You will not want to miss this bridge building journey with Mark!!!

Date: June 25th, 2016
 Time: 8:30am – 12:30pm
 Place: St. Bartholomew’s Episcopal Church,
 16275 Pomerado Rd, Poway

SEE THE PRE-REGISTRATION FORM ON THE NEXT PAGE

Contemplative Outreach North San Diego presents:

Building Bridges Moving from Seeking to Accepting



Fr. Mark McKone-Sweet, Rector of St. Bartholomew's Episcopal Church has designed this retreat to help us transition from prayer to transmitting God's grace to others. Through the mediums of Centering Prayer, Taize chants, scripture, and the sharing and reflection upon personal encounters with the grace of God, Fr. Mark will explore with us God's desire for us to build bridges that transcend and transform the artificial barriers erected by our human family.

❖ See article in May 2016 CONSD newsletter for details (www.consd.org)

Date: June 25, 2016

Time: Registration/hospitality: 8:30am Retreat: 9:00am – 12:30pm

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

Registration form:

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

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ Zip: _____

CONSD (Contemplative Outreach North San Diego).

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

Putting On the Mind of Christ How Centering Prayer/Meditation Changes the Brain — A CONSD Workshop

St. Paul calls us to be “transformed” by the “renewing” of our mind (Romans 12:2). He tells us that the mind of Christ is the transformed mind – “Let this mind be in you, which was also in Christ Jesus” (Philippians 2:5). Paul goes on to tell us that dismantling our false self is the transformative path – “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (2 Corinthians 5:17). Finally, he tells us that the person whose mind is transformed in Christ, the person that has put on the mind of Christ, will be a person whose behavior will be transformed – “Put to death your old self with its practices and put on the new self ...clothe yourselves with compassion, kindness, humility, gentleness, and patience” (Colossians 3:5,10).

For centuries the spiritual practice of meditation has been used as a method of traversing the transformational path of putting to “death ...the old self” and putting on the “new self.” Meditation is mentioned seventeen times in the Bible with the majority found in the Old Testament. Three times Jesus is described as withdrawing to a place of silence and solitude to pray and in Mathew 6:6 Jesus tells his disciples “When you pray go into your inner room, close the door, and pray to your Father in secret and your Father who sees in secret will reward you.” Here, the word “reward” is of significance. In Aramaic the word reward means to blossom, to grow or in current day terminology to be transformed. Those who have a faithful daily meditation practice, such as Centering Prayer, can attest to the transformative power of meditation.

How and where does this transformation occur are two of the questions that the new discipline

of Neurotheology is exploring. Numerous studies conducted by this discipline indicate that meditation practices, such as Centering Prayer, cause changes in those brain structures that are related to empathy and compassion. Andrew Newberg, M.D., a leading neuroscientist and co- author of the book *How God Changes Your Brain* states “... religious and spiritual contemplation changes your brain in a profound way ... because it strengthens a unique neural circuit that specifically enhances social awareness and empathy while subduing destructive feelings and emotions.”

This workshop will present and explore the findings of studies that have identified the brain structures that change as a result of meditation and how those changes have the potential to “clothe [the meditator] with compassion, kindness, humility, gentleness, and patients” (Colossians 3:5,10).

The workshop will consist of the following four conferences:

Conference 1: The Mind of Christ: The Potential that already exists within us

Conference 2: The False Self that exists within our brain.

Conference 3: How Centering Prayer changes the brain.

Conference 4: Did God create the brain or did the brain create God?

Presenter: Chris Hagen

Date: Sept. 10, 2016

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

Time: Registration/hospitality 8:30am – 9:00am, workshop: 9:00am – 12:30pm

Introductory Workshop

At our 27th Introductory Workshop, Sue Hagen, when introduced to the group said, “You will never forget this day.” And of course, *she’s right*. We do not forget important firsts in our lives, and an Introductory Workshop is often the place where we first learn the prayer. If we already are practicing it, we begin to more fully understand just what Centering Prayer is.

Forty-six of us gathered at the First United Methodist Church of Escondido, registered with Diane Oldfield and Carol Sumner, and shared in hospitality beautifully prepared by members of the church and the Introductory Workshop Team. Then we heard the bell ringing, and it was time to begin the work of the workshop.

We have always had two presenters, but for this workshop, Chris Hagen led all four conferences. To begin, though, he gave a brief background on the origin of the prayer answering two questions often asked: what is the prayer and where did it come from? Conference One is about prayer as relationship, and Chris used his own changing relationship with God as an illustration ending with his and Sue’s adoption of Centering Prayer after the events of 9/11. Since they began their practice, they have prayed diligently twice a day and have gone to retreats at St. Benedict’s Monastery in Snowmass Colorado at least once every year. This faithfulness to the prayer has changed their lives and deepened their relationship with God. A by-product of his testimony is, of course, an increased awareness of our own walk with God. We were then ready for Conference Two: The Method of Centering Prayer.

For the teaching of the prayer, Chris stepped up on the stage to demonstrate a preferred seated posture. He contrasted this with a hu-

morous slide showing a person sitting painfully erect and another slouched, dead asleep. Neither, of course, appropriate. He then instructed us in choosing a sacred word but reminded us, with a grin, that the sacred word is not sacred. It is a means of returning to our intention to be with God. After the selection of our sacred word, we moved to the large prayer circle for our first sit.

Following that first period of Centering Prayer, Conference Three addresses thoughts, and Chris’s slides of Fr. Keating’s well-known metaphor comparing thoughts to boats on a river masterfully illustrated the difference between our thoughts passing by and becoming engaged with our thoughts. Other slides showed how specific thoughts we might have—for Chris, his planting of camellias—capture our minds and require us to return to our sacred word and our intention. Chris also observed that when we are not engaged in our thoughts, our prayer time passes without our knowing, and when we are engaged, we may not even recognize that state. We may take quite a bit of time to even recognize our engagement and to return to our sacred word. After Conference Three we moved again to the prayer circle for our second period of Centering Prayer followed by a time of questions and answers. One participant asked about the difference between praying individually and praying in a group. Chris opened the question to all of us. One person offered that the group provides support for the participants and encourages the practice of the prayer. We are more faithful to the prayer when others are also practicing. Another said that Centering Prayer meetings not only support the practice of the prayer, but also learning about the prayer and our spiritual journey. The time of formation following the prayer period, which can include

Introductory Workshop

watching a DVD, listening to a CD or reading a book, especially over time, provides a richer understanding of the practice.

The fruits of the prayer is the topic of Conference Four, and Chris talked about how we often don't see changes in ourselves but others do. He also offered that the prayer changes our ordinary awareness of ourselves. We begin to understand ourselves differently and can "hear" what we are saying or "see" what we are doing with greater perception. Rather than saying or acting without noticing, or being in the "ordinary," we often have a greater sense of the spiritual dimension of ourselves, even in the moment to moment interactions of daily life.

Many of the participants were familiar with Centering Prayer having participated in prayer groups but had never been to a workshop. Chris Hagen's presentation brought about, according to their comments, an awareness of the subtleties of growth that they have experienced but have not been able to articulate. Taking a full morning to focus only on Centering Prayer under Chris's guidance and wisdom, clarified, enhanced, underscored, and deepened our understanding of our practice. One woman simply said, "He is a master teacher."

Thank you to Gail Carr, Intro Team Leader, and her team members: Diane Oldfield, Merilee Melvin, Jan Simpson, Vicki Rehkopf, and helpers Carol Sumner, Elaine Griveas, and Bill Olzanicky. Thank you also to Sue Hagen, Co-Coordinator, for her support and presence, and most of all to Chris Hagen whose preparation, presentation, and leadership at our workshop was a gift beyond measure. In gratitude and thanksgiving.

~Linda Dollins

Thanks Be To God

Thank you for your Goodness,
 Ever Giving God,
 For the goodness of this place and work,
 For the goodness of one another,
 For the goodness of all creation,
 And even for our own goodness,
 All of which is merely a part of Yours.
 You volunteer your Love to us, freely
 and without limit,
 You volunteer to come among us
 as a human being in Jesus.
 You volunteer to be wherever the pain is,
 Wherever people are poor, rejected,
 ignorant, and alone,
 You volunteer to be on both sides
 of everything.
 And You have taught us how
 resurrection happens.
 You are the Great Outpouring God,
 You are the Eternal Yes of Jesus,
 You are the Abiding Presence of
 Spirit in all things.
 We offer this prayer in thanksgiving
 because you are first praying
 In us, through us, and with us
 Amen.

~Fr. Richard Rohr

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. Thomas Keating,
 Open Mind Open Heart, pg. 63.

12-Step Introductory Workshop

Come to Me, all you who are weary and burdened, and you will find rest for your souls. In 2001, 12-step Outreach was established within Contemplative Outreach to offer Centering Prayer to people in all 12-step fellowships as an 11th step prayer/meditation practice. The 11th step tells them that prayer and meditation nourish and strengthen their relationship with God in a deliberate way, “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

The vision of 12-step Outreach is to pass on the gift of Centering Prayer and related spiritual practices. Those of us who practice Centering Prayer know that it helps provide a pathway to renew and strengthen our relationship with God. For many, it can be a key support system in the process of recovery and transformation. Therefore, it is with great excitement, that CONSD will be hosting an Introductory Workshop specifically designed for ALL in 12-Step Recovery.

It will be hosted on August 20th at First United Methodist Church in Escondido. The presenters will be Christophe D. and Ramon Estrada. The six follow-up workshops will be led by Ramon at the same location. He will be guided by the series “Contemplative Dimensions of the 12 Steps” by Fr. Thomas Keating.

Both gentlemen have been Presenters and Facilitators for Centering Prayer workshops including those that combine Centering Prayer with the 11th Step, and they have sponsored several 12 steppers.

Christophe lives in San Pedro, CA. He has been a sober member of AA since 1984 and practicing Centering Prayer since 1994. In 2005 he was invited to attend a 10-day retreat

at St. Benedict Monastery with other 12 Steps members to help in bringing Centering Prayer to facilitating retreats and introductory workshops for all 12 Steps fellowship. <http://www.cp12stepoutreach.org>

Ramon has been active in Centering Prayer since approximately 1995 and has been in 12-step groups since 1992. He is a parishioner of St Brigid’s in Pacific Beach, San Diego where he is a Eucharist minister and prayer group facilitator. He and his wife lead a Bible Study (and occasional meditations) once a week at the St. Vincent de Paul homeless shelter.

Please keep this ministry in prayer, as we respond to God’s will allowing His Love to envelop our outreach to this unique group of people who are seeking a deeper healing and relationship with God.

~Vicki Rehkopf

Prayer

Regarding the effectiveness of our prayer, we have to be careful not to project our own judgment on God. God responds to each of us where we are, and takes into account what we are capable of. Everyone of good will who offers prayer of any kind is certainly going to be heard. We do not have to wait until we have reached deep interior silence in order to pray. We must do the best we can and hope for the mercy of God. It is precisely by praying as well as we can that God is moved to raise us to a higher state of prayer. After all, the fundamental purpose of prayer is not to get something from God, or to change God, but change ourselves. When we have changed, God can give us everything we want, because our wills will be one with his, and we will want only what he wants.

~Fr. Thomas Keating

CONSD & COSD Events—2016

CONSD EVENTS

Retreat with Fr. Mark McKone-Sweet

Event: Building Bridges: Moving from Seeking to Accepting

Date: June 25, 2016

Time: 8:30am-9:00am hospitality, retreat
9:00am-12:30pm

Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway
Free Will Offering

12-Step Introductory Workshop

Date: August 20, 2016

Time: TBA

Location: First United Methodist Church, 341 S. Kalmia Street, Escondido

Workshop with Chris Hagen

Event: Putting on the Mind of Christ

Date: September 10, 2016

Time: 8:30am-9:00am hospitality, workshop:
9:00am-12:30pm

Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway
Free Will Offering

Weekend Retreat

Event: Monastery Retreat

Dates: October 14-16, 2016

Location: Prince of Peace Abbey, 650 Benet Hill Road, Oceanside

Cost: \$200

Please let Sue know if you are coming as space is limited.

Half Day Retreat

Facilitator: Elena Andrews

Date: December 3, 2016

Location: TBA

CONSD EVENTS

For information on all CONSD events call Sue Hagen at (760) 745-8860 or Linda Dollins at (760) 743-8297

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

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CONSD CENTERING PRAYER GROUPS

	Area	Facilitators	Telephone	Location	Day & Time
1	Carlsbad	Rev. Madison Shockley	760-729-6311 ext.207	Pilgrim United Church of Christ, 2020 Chestnut Ave. Carlsbad	Wednesdays 6:30-7:30pm
2	Del Mar (1)	Kathy Agnew	858 481-8754	St. Peter's Episcopal Church, 334 14 th St.	Thursdays 4:30-6:00pm
3	Del Mar (2)	Kathy Agnew	858 481-8754	St. Peter's Episcopal Church, 334 14 th St.	Tuesdays 8:55-10:00am
4	Encinitas (1)	Shirley Shetula	760-525-6721	984 Carmen Ct., San Marcos.	Mondays 10:00am
5	Encinitas (2)	Mike and Ann King	760-753-1575	Home of Ann and Mike (Call for directions)	Thursdays 7:00pm
6	Encinitas (3)	Susan Elmore	760-518-8387	Call for location	First & third Mondays 6:30pm
7	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
9	Fallbrook (1)	Barbara Hudson and 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
10	Fallbrook (2)	Ann Keegan	760-723-0855	(Call for location)	Saturdays 8:30am
11	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey, McKeon Center, Room 12	Wednesdays 7:00pm
12	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Thursdays 1:00pm
13	Oceanside (3)	Pat Julian	760 757-3659 x123	Mission San Luis Rey, 4050 Mission Ave.	Fridays 10:00am
14	Oceanside (4)	Kelly Jo Farnum	760 529-2350	Retreat Center, 4050 Mission Ave.	Fridays 3:00-4:30pm
15	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00am
16	Poway (2)	Colleen Clement- son and Rebecca Crowley	858-748-8548 858-748-3801 88 748-3542	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00pm
17	Poway (3)	Sue and Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
18	Poway (4)	Sherlene Moller- stuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
19	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Cntr. Rooms A & B	Wednesdays 3:30-5:00pm
20	Solana Beach	Bea Doblado	858-925-7882	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
21	Solana Beach	Bea Doblado	858-925-7882	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Thursdays 7:00-8:30pm
22	San Marcos	Pastor Karla Halvorson and Jim Ullman	760 727-1509 760 598-8943	San Marcos Lutheran Church, 3419 Grand Ave., Sanctuary	Wednesdays 9:30-11:00am
23	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Commu- nity/Gethsemane Lutheran, 2696 Mel- bourne Dr., San Diego	Tuesdays 7:00-8:30pm
24	Temecula	Jenny Alcazar	951-696-5657	42758 Settlers Ridge, Murrieta	Thursdays 3:45-5:00pm