



Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
Volume 11 Number 3 August 2016

Building Bridges Retreat

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On June 25, 2016, Fr. Mark McKone-Sweet, the rector of St. Bart's Episcopal Church, led a very timely retreat titled "Building Bridges: Moving from Seeking to Accepting." The focus of this half-day event was to explore God's desire for us to create connections that transcend and transform the artificial barriers erected by the human family.



In an engaging storytelling fashion, Fr. Mark shared some revealing highlights from his spiritual journey – in part to invite reflection on our own particular struggles and turning points – but also to emphasize the myriad ways that the Holy Spirit calls us to encounter “God in disguise in every living being.” Worshipping in church, praying for the poor and downtrodden, and being present to God in contemplative silence are all ways that grace draws us into deeper relationship with Christ. Yet, Fr. Mark asserts, we are called to do more than seek God through prayer and worship. We are also to embrace and embody Christ in the world, construct bridges and then cross over them, create and sustain connections with one another: in essence, build the kingdom with our choices and our actions. After all, “faith is an action word,” says Fr. Mark. And, as Teresa of Avila reminds us: “Christ has no body now on earth but yours. No hands but yours, no feet but yours. Yours are the eyes through which Christ’s compassion looks out onto this world. Yours are the feet by which he is to go about doing good. Yours are the hands by which he is to bless us now.”

Incorporating personal vignettes, scripture and spiritual parables interspersed with hymns and Taize chants, Fr. Mark would share a story and then sum it up with a relevant question. For example, after recounting some childhood yearnings for God – feeling the thrill of the Spirit after the laying on of hands, visualizing the cracks and shadows on his bedroom ceiling as a silhouette-icon of Christ, Fr. Mark invited us to recall: *When did you first sense Christ’s companionship?*

(Continued on next page.)

Building Bridges Retreat (continued)

Ensuing questions included:

- *When was the last time you laughed or cried with Christ at your side?*
- *Have you ever experienced Jesus reaching out to you from within a storm and giving you peace?*
- *When did you get your hands dirty to wash the feet of another?*
- *What bridges have you built? What bridges have you crossed?*

One shared story that resonated with many of the retreatants was Fr. Mark's bridge-building experience with farmers in Mexico. As part of his work with Equal Exchange, a fair trade coffee company, Fr. Mark took a long, grueling journey to central Mexico to meet directly with the people who grew the coffee. Part of the purpose of this trek was to foster dialogue between the native workers who cultivated the coffee and the first-world consumers of their product. During his visit, Fr. Mark discovered that many poor families in neighboring regions had sent a youth – often an oldest son -- to attend the cooperative schools supported with coffee funds. The families' hope was that these sons would return home years later and use their education to lead and build up their own struggling communities. Fr. Mark was moved and humbled to recognize the Christian mythsos deeply alive within this contemporary experience. Like God sending his Son to bring love and healing to the world, these families were sending their sons to bring hope and strength to their communities.

Fr. Mark shared yet another (sad) miracle within this story: this encounter between Equal Exchange and the farmers was the first time the indigenous people of this region had met white men who did not rape their children or destroy their land. The grace-lit dignity of re-

spect and empathy was able to emerge instead – due, in part, to the willingness of American visitors to step outside their comfort zones as they made this journey. The native communities, furthermore, had also built bridges: over the centuries they gradually brought together two faith traditions, blending Catholicism (initially forced on them by colonizers) with their own indigenous beliefs and creating a rich, living spirituality out of formerly “opposing” religions.

The retreat felt quite timely, given how socially and politically polarized our world is today – it was an invitation to deepen into trust and faith, to live faith as a verb, to continue to build bridges and connect seemingly irreconcilable aspects of our spiritual backgrounds as a way to build the kingdom.

Finally, Fr. Mark discussed the value of spiritual story telling. Story, in its deepest sense, is the way the universe expresses itself through our particularity. Thus our stories are actually a reflection of a Great Story: Christ present and active within the human condition and within the specifics of our autobiographies. Our stories are our own – but their purpose is not to make us focus on ourselves, but to taste and see and share Christ alive in this time and this place, to remember that our actions are his eyes and hands and feet blessing the world and building up the kingdom with our very lives. Beholding our life experiences and sharing them through story, then, is one way of transmitting and radiating Christ to the world.

~Mary Williams

Centering Prayer Group, Mission San Luis Rey, Oceanside California

Please note: we wish to apologize for not including the entire article in the May Newsletter.

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 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 in 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* page 50.

Discussion is directed yet also a freedom of expression by all is encountered. We share life experiences and personal insights together. There is an openness to allowing the Father access to areas of our lives needing to be brought to the fore and processed and healed.

The remaining time after discussion is the second sit (20 minutes). Often this second prayer is what ties the whole session together with a

soul quiet achieved and hearts unburdened. The first sit is an initial getting there, formation a baring of the soul in genuine dialogue, and the final sit a real rest. I sometimes feel as if I have napped and I am thus relaxed and rejuvenated.

Though I'd love to see our group grow, the faithful have been there since our Introductory Workshop a couple of years ago. There is a beautiful measure of growth, familiarity and comfort with one another. We have Christians of varying faith traditions in our group, and that is the true beauty, our mutual allegiance to worship in Christ.

We head out of the retreat center into our weekends looking forward to when we met again, having accomplished in some measure the most important thing of life, practicing the presence of God.

We welcome all members of all groups to please come and pray with us as your schedules permit.

~Kelly Jo Farnum

As big as God is, our conversations will sometimes begin in the simplest of ways through the beauty of a flower or a strain of a Beethoven symphony. It could be through the cry of an infant or an epiphany that is born out of sheer silence. All we have to do is listen to how God is beginning the conversation and we will then know how to respond.

~Br. Jim Woodrum,
Society of Saint John the Evangelist

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).

~Chris Hagen

Come to me all you who labor and are burdened and I will give you rest.

Matthew 11:28

Rest refers to interior quiet, tranquility, peace, rootedness of being one with the Divine Presence. Rest is our reassurance at the deepest level that everything is okay. The ultimate freedom is to rest in God in suffering, as well as in joy. God was just as present to Jesus on the cross, as on the mountain of the Transfiguration.

~Thomas Keating, *Reawakenings*

Putting on The Mind of Christ How Centering Prayer Changes the Brain



**St. Paul calls us to be “transformed” by the
“renewing” of our mind (Romans 12:2).**

This workshop, led by Chris Hagen, 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 patience” (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.

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?

Date: September 10, 2016

Time: Registration/Hospitality 8:30am – 9:00am.

Workshop: 9:00am – 12:30pm

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

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

Snowmass Centering Prayer Ten-Day Intensive Retreat, February 2016

When I was asked to write about my Snowmass 10-Day Intensive retreat I enthusiastically accepted the invitation. The opportunity to share and possibly encourage someone else to attend seemed like an invitation from above. At the point of putting word #1 on paper I realized that it was challenging for me to put my deeply grace-filled experience into outward expression. This has been a very fine challenge because I must stop and ask for guidance to express my truest holy experience clearly enough for the reader to benefit and hopefully take part as God leads. Thus, I can put what've learned into practice. Thank you.

I waited a long time to attend an intensive at Snowmass. Working full time precluded many of the dates offered, then the availability was always full when I could go; it seemed one had to sign up a year ahead and my life was not that predictable. I decided to relax and let God get me there when and if it was part of my journey.

I had been to Snowmass twice prior to this Intensive...

1. A quick visit the summer of 2003 when studying at the Mercy Center in Colorado Springs for Spiritual Direction. Several of us drove out to visit St. Benedict's Monastery and had the pleasure of being served communion by Fr. Thomas Keating. Lovely, lovely surprise. We witnessed a herd of horses playing, yes, playing in the field in front of the monastery. Romping and running, and swirling tails, and lifting heads high ...celebrating life! With the back-drop of stunning mountains, sweet little stone hermitages for guests, a brand new exquisitely crafted retreat house formed from wood and stone and glass, it was without doubt

a taste of heaven emblazoned in our hearts. A longing to return was ignited.

2. Several years later I returned briefly as part of a weekend conference that was held in Aspen with Fr. Keating as the main speaker. We were taken out to the monastery to visit and have a tour. Another whetting of the appetite to return. One of the greatest moments while visiting is the time with the monks in the bookstore after services. They are wonderfully hospitable, funny, interested in everyone, chatty... totally delightful.

Fast forward to February 2016! Answer to prayer.... Yes, patience, patience, patience and grace, lots of grace. Finally, my personal schedule allowed me to sign up for a February intensive. However, my enthusiasm was brought to a halt because the retreat was full! Would I like to be put on the wait-list? Yes, thank you. I was used to NOT going, so I held little hope (oh, ye of little faith). God surprised me, He knows I love surprises; a person canceled and I was next on the list!

The entire experience was grace-filled from the friendly greeting at the Aspen airport, to the ride to Snowmass in the van with other retreatants sharing stories, to the stunning arrival at the beautiful "sacred valley". The day before it had snowed 40" and it was picture-perfect.... Pure white, with evergreens contrasting the snow, and jagged mountain peaks carving out an amazing skyline. There was a sense of whisper that snow can create...a blanket of purity.

Our rooms opened out to the incredible landscape. We each had a roommate, some came with friends, others like myself, came alone.

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Snowmass Centering Prayer Ten-Day Intensive Retreat, February 2016 (continued)

There were all ages and people from many countries, a very interesting mix of CP people. The staff was incredible, they had everything so nicely planned that each day was fluid and easy for everyone. The meals were delicious, healthy, family style; we were given the opportunity to volunteer for little chores to contribute to the overall ease of operations. It was fun to help. Evening meals included talking which gave us time to get to know each other better and form bonds that are unique based on our common experience at Snowmass. Sitting in silence as a group for long periods creates connections that are subtle and strong, also. Each 1.5 hr. sit was divided by a short walking meditation around the circumference of the large glass-enclosed space in which we met three times a day as a group. Everything on the itinerary was optional.

We had videos and talks that enhanced our un-

derstanding of Centering Prayer, Divine Therapy and the Human Condition. Silence gave the retreatants the time to go deep into our practice. We were also invited to all of the monks' daily services. Walking down at 4am in the moon glow on the snowy road was sacred. There was a van available to drive to Mass each day, and I was blessed to be the driver often, if the staff person was involved with other details. That was fun.

We had a circle of check-in and a circle of check-out. Both were wonderful...learning about each other before and after! Profound sharing, changes, deepening...love. Lots of love on a very real level. God is good! So, so good!

~Kathy Mendoza

Above All

Above all, trust in the slow work of God. We are all, quite naturally, impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new, and yet it is the law of all progress that is made by passing through some stages of instability—and that may take a very long time.

And so I think it is with you. Your ideas mature gradually—let them grow, let them shape themselves without undue haste. Don't try to force them on as though you could be today what time (that is to say, grace and circum-

stances acting on your own good will) will make you tomorrow.

Only God could say what this new spirit gradually forming within you will be. Give our Lord the benefit of believing that His hand is leading you and accept the anxiety of feeling yourself in suspense and incomplete.

~Pierre Teilhard de Chardin

Prince of Peace Abbey Retreat for October 2016



CONSD will hold its annual three-day retreat at the Prince of Peace Abbey in Oceanside October 14th through October 16th 2016. 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 \$200.00 which covers room and meals. There are 31 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. A deposit of \$50.00 is due by June 14th 2016. **Please make the check payable to Prince of Peace Abbey.** Mail your check to Sue Hagen, 908 Via Linda, Escondido, CA 92029. For more information please contact Sue Hagen: 760-745-8860 or sue.hagen@sbcglobal.net



Facilitator Formation Training Workshop

What is the backbone of Contemplative Outreach? At the very start of this workshop, Nestor de Armas made it clear that the Centering Prayer Facilitators are the strong backbone. For the next day and a half Nestor, the Coordinator of Contemplative Outreach of Central Florida, deftly guided 35 participants through all the aspects of being a facilitator so we could best fulfill our purpose of helping our prayer group members support each other in transformation in Christ. This was a weekend where we facilitators were not only inspired by Nestor's enthusiasm and wide knowledge but we were all invited to share our own needs and wisdom as facilitators.

He began by clarifying the attributes, spirituality and skills of a facilitator. We were given a list of desired attributes of a facilitator: welcoming, supportive, compassionate, calm, reliable, courteous, and a good listener. We were then encouraged to add to this list and our group continued with confident, trusting, joyful, cheerful, having a willingness to say, "I don't know," and to have fun. He told us that if the spirituality of the facilitator is not right, nothing is right. Our primary intention is to manifest love in an ordinary way. The God in us is serving the God in others without an expectation of return. Our basic commitment, the most important thing we can do as facilitators, is to practice the prayer twice a day for at least twenty minutes. We also maintain the integrity of the Centering Prayer method by utilizing Contemplative Outreach resources to share with our group. As we grow as facilitators, we cultivate more silence in our daily life, perhaps by turning the radio on less frequently, and we are more able to accept silence in our groups. We come to realize that we don't need to be experts and that careful listening is more important than trying to give all the answers.

The skills that we develop help us create an environment where our members can be vulnerable as they share their faith journeys. Perhaps the most important skill we can learn is how to treat questions. We first need to confirm that we heard the question correctly by repeating what we heard. We often can find that we have missed the intent of the question. There are a number of ways to respond because questions are great opportunities for exploration we don't want to miss out on. We can ask them what they think the answer is so they can develop their own thought process. If we don't know the answer, we can admit it and turn the question over to the group. Pointing out that there could be more than one answer or being open to the idea that there is no answer, invites the group to leave it to the Holy Spirit for resolving. Our job is not so much to answer questions but to use questions to guide a rich group discussion.

What happens when either you as the facilitator or another member disagrees with a member's comment? Just as with a question, the facilitator needs to be sure that the person's comment is clearly understood. After we restate the comment, we wait for confirmation and then affirm the person's right to this view. Many times the member just wants to be understood and this is what we can give them.

We can clarify our member's position and how our experience has led us to a different viewpoint. Instead of saying, "You feel this way *but* I feel this way," we can say, "You feel this way *and* I see it this way." The differing opinions are presented and the group can explore their own experience on the topic. A participant shared that one of her members stated that one didn't have to go to church on Sundays.

(Continued on next page.)

Facilitator Formation Training (continued)

She was very opposed to this viewpoint and shared her reaction with our group. Nestor said that an opportunity is lost if we only want to respond from our own frame of reference and not allow the group to grapple with differing concepts and grow together. We were reminded by other facilitators to be prepared to be amazed and to welcome being surprised by what others say in group. We can also be willing to let it get messy when members disagree. Not all members will agree and we need to be okay with that. If an intense situation arises in a group, we can call for three minutes of silence to help diffuse the strong emotions. Nestor reminded us that everything needs to be done with utmost charity because it's all about surrendering and transforming in Christ with love.

The afternoon session was devoted to the practical. Nestor wanted new facilitators to have a toolbox to take the terror out of facilitating. For the more seasoned facilitators, he wanted them to be able to empower members of their groups to become facilitators themselves. For beginners, he suggested how to get a meeting started, how to lead a session, what to do after a prayer session and how to welcome newcomers. He stressed the importance of having guidelines for faith sharing and discussion to foster referential listening. Uncomfortable and awkward group dynamics are avoided when the group's guidelines are clearly stated. Nestor suggested that we don't just take a list of guidelines and impose them on the group. We can give them sample guidelines to take home and think about. The following week, we pass out the guidelines again and invite people's input. With patience, the group reaches a consensus on guidelines they themselves have agreed to. From time to time we ask if the guidelines are still working and call for sug-

gestions to change or add any to the list. To help form new facilitators in our groups, he suggested having a typed-up plan, a punch list, that we could hand to a member we feel is ready to lead. With encouragement and a how-to list in hand, they can easily take on the role of facilitator in our stead. All of these suggestions were open to discussion and we participants shared our own ideas and experiences.

The session ended by going through what is available in the Facilitator's Handbook and gaining facilitator's access to the on-line resources of Contemplative Outreach's website. It is all well organized and tailored to resources for the different types of groups that can exist: establishing, continuing, faithful, and well-established groups as well as resources for enrichment possibilities.

We all give thanks to Nestor's dedication and devotion to "facilitating the facilitation of facilitators" as our gracious host of COSD, Kathy Di Fede put it. Nestor wanted it acknowledged that much of this material is the work of our very own CONSD Rebecca Crowely, who trained him. With all these tools at our disposal, a visitor to one of our groups will not have the same disorienting first time experience that Nestor de Armas had centering in 2005. His friends had invited him to come and listen to a monk. The singing bowl was rung, he was invited to pray, and he had no idea what to do so he recited every prayer he knew for twenty minutes. The great news was that the monk just happened to be Fr. Thomas Keating and Nestor has faithful to the practice since that day.

~Virginia Erickson

Everything Belongs: The Gift of Contemplative Prayer by Richard Rohr

A statement on the back cover of this excellent book provides a good introduction: “Richard Rohr offers a personal retreat for those who hunger for a deeper spiritual life but don’t know what contemplation is. Fr. Rohr helps us understand that intimacy with God cannot be achieved in the rational mind. By practicing contemplation, we learn not to reason better but to see everything – including ourselves and other people – differently. As our perspective becomes wider, we discover that everything belongs.”

Rohr believes that we are “circumference people” with little access to the center of our lives, but he teaches us how to journey to the core.

In his chapter entitled “Vision of Enchantment”, Rohr encourages us to go beyond our comfort zones and see things with a beginner’s mind. “Adapting a beginner’s mind also requires that we be willing to respond and change because we are aware of our own mixture of good and evil.”

In his chapter on “Ego and Soul”, Rohr says that “the religious version of egocentricity is wanting to be right and be in control. To give that up is major surgery.”

Rohr maintains “that true religion is radical; it cuts to the root. It moves beyond our ‘private I’ and into reality. Jesus seems to be saying in the Sermon on the Mount (Matthew 5-7) that our inner attitudes and states are the real sources of our problems. We need to root out the problems at that level.”

Wherever you are on your Contemplative Prayer walk, *Everything Belongs* will move you further down the path. It is not a book that you will read once, but one you will refer to over and over again.

It is available from Amazon and Rohr’s website and bookstore (cac.org) for \$17.95. At the cac.org website you can also sign up for Fr. Rohr’s free daily devotions.

~Jim Ullman

Seeking The Ultimate Reality

Many paths lead to the Source. Some call this Source the Absolute, the One God, the Holy Trinity, Brahman, Great Spirit, Allah, Ultimate Reality or other names, depending upon the cultural or religious frame of reference. For the purpose of this discussion, I use the term “Ultimate Mystery” to designate the meaning that these words are trying to signify. All who seek to participate in the experience of Ultimate Mystery — that is, the meaning of the Reality underlying the cosmos through the practice of religion, love of nature, science, art, dedicated service of others, deep friendship —

are united in the same fundamental search. They can remain in their own chosen path or religious tradition and still contribute to the unprecedented awakening of trans-cultural values that has begun to take place throughout the world. The most significant contribution they can make is to cultivate the experience of oneness with Ultimate Mystery, oneness with all other human beings, and oneness with the cosmos.

~Fr. Thomas Keating,
Grace Upon Grace, pg. 6

CONSD & COSD Events—2016

CONSD EVENTS

12-Step Introductory Workshop

Date: August 20, 2016

Time: 10:00am-5:00pm

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

Free Will Offering

(This workshop is only for those in a 12-Step program not Al-Anon).

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.

Introductory Workshop

Date: October 29, 2016

Time: 8:30am-12:30pm

Location: St. Mary's-in-the-Valley, Episcopal Church, 1010 12th Street, Ramona

Donation: \$25

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	Encinitas (4)	Virginia Erickson	760-846-5749	Beth Lutheran, 925 Balour Dr., Multipurpose Rm., Encinitas	Mondays 4:30-6:00pm
8	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
9	Fallbrook	Ann Keegan	760-723-0855	(Call for location)	Saturdays 8:30am
10	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey, McKeon Center, Room 12	Wednesdays 7:00pm
11	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Thursdays 1:00pm
12	Oceanside (3)	Pat Julian	760 757-3659 x123	Mission San Luis Rey, 4050 Mission Ave.	Fridays 10:00am
13	Oceanside (4)	Kelly Jo Farnum	760 529-2350	Retreat Center, 4050 Mission Ave.	Fridays 3:00-4:30pm
14	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:30-11:00am
15	Poway (2)	Colleen Clementson and Rebecca Crowley	858-748-8548 858-748-3801 88 748-3542	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00pm
16	Poway (3)	Sue and Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
17	Poway (4)	Sherlene Mollerstuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
18	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
19	Solana Beach (1)	Bebe Zaniboni	858-755-2545	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
20	Solana Beach (2)	Joani Mendoza & Amy Stuck	858-755-2545	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Thursdays 7:00-8:30pm
21	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
22	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/Gethsemane Lutheran, 2696 Melbourne Dr., San Diego	Tuesdays 7:00-8:30pm
23	Temecula	Jenny Alcazar	951-696-5657	42758 Settlers Ridge, Murrieta	Thursdays 3:45-5:00pm