

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
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Reflections on United in Prayer Day gathering

"Remember that, all over the world, people are united in contemplative prayer today." Sue Hagen, CONSD Co-Coordinator reminded us, as we from CONSD and COSD gathered at St. Bart's in Poway on March 18th, 2017 for the 25th annual World-Wide Day of Prayer. The program for the morning was to include two periods of Centering Prayer and the viewing of two segments from a DVD interview of Fr. Thomas Keating, *God Is Love*, filmed about three years ago. Of course, there was to be sharing and reflection from the community. The gathering began, as always, with wonderful hospitality, time to greet one another, the welcoming of the community, and the chiming of the singing bowl, inviting us into contemplative silence. Always these mornings together in prayer and spiritual formation are rich! Yet this gathering was rich with delightful surprises, which unfolded in the midst of unexpected "technical difficulties."

Although thoroughly rehearsed prior to United in Prayer Day, those responsible for the viewing of the first segment, *The Heart of All Creation*, from Fr. Keating's interview could not get the sound to work on the projector. Their best efforts continued over quite a period of time, until someone announced that we would "take a break" as they continued to work on this. Why am I including this "failure" in my reflections? Because we live in "the human condition" where events and people's reactions and responses do not always "go our way, go smoothly, or as we had planned." And though disappointed, as this interruption went on for some time (possibly 30 minutes, though I was not looking at my watch,) that morning I experienced the presence and the gentle power of love in our contemplative community.

The unexpected free time allowed me to share with several others, how deeply moved I had been by the conversation just shared in our car, on the way to St. Bart's. We had been privy to hear first-hand, of the many experiences of Pauline Rippel, who has been teaching Centering Prayer weekly for more than fifteen years, to those rounded up by ICE (Immigration and Customs Enforcement) at the Federal Detention Center in Otay Mesa. Although some are accused of offenses and are awaiting trial, the majority are people who have been detained because they have entered the United States illegally or have (continued on next page)

Reflections on United in Prayer Day gathering (continued)

overstayed their visa. Politics aside, these are people from all around the world, who are suddenly removed from their employment, their studies, their families, and their children, awaiting great uncertainty. How comforting to be introduced to Centering Prayer, the prayer of silence that transcends all language barriers. Pauline also reminded us that Fr. Keating so wants this ministry to continue as San Diego is the only city offering Centering Prayer in a prison setting. Can we ponder this with our hearts and find a way to support her, as she is now the sole person in this ministry?

I was also deeply touched by other contemplative companions who shared personally of the events in their lives, at work, at church and in community, and in family. Yet, how quickly the conversation came back to the prayer, which anchors us in God's presence. Then, suddenly, our private conversations were interrupted, with the news that we were ready to reassemble for the viewing of the DVD. Modeling peace and calm, Linda Dollins, CONSD Co-Coordinator, shared that the sound was not working, and invited us to select a solution. The community decided to "read in silence," the words of Fr. Keating's interview which were displayed across the screen. The viewing of the DVD in silence, by over 75 people was similar to the increased depth of the silence of the prayer, when practiced in community. ...another surprise gift of the day. The DVD focused upon the balance between our nothingness and our confidence in God's presence and support system. How appropriate that the handout given to us summarized Fr. Keating's words from *Open Mind, Open Heart*:

As God brings the "new creation" to life in interior silence, that is to say, the new you, with

the worldview that Christ shares in deep silence, his view of things becomes more important than our own. Then God asks us to live that new life in the circumstances of everyday life, contradicted by turmoil, opposition and anxieties of all kinds.

Following a second sit, we viewed the next segment of the DVD, entitled *A Blessing*, and this viewing was with the sound restored. We learned that "blessing" means "affirmation," and this blessing came from Ephesians 3: 17-19: *May Christ dwell in your hearts through faith, so that you, being rooted and grounded in love, will be able to grasp fully the breadth, length, height and depth of Christ's love and, with all God's holy ones, experience this love that surpasses all understanding, so that you may be filled with the fullness of God.*

Fr. Keating commented that from God's perspective we are to have great confidence, but that within the human condition, we are likely to experience many obstacles to our surrender to Divine Love. There is no question of God's loving intention toward us. The issue is "Will we consent?" I am most grateful for the annual United in Prayer Day when contemplatives from around the globe gather in chapters, in small groups, and as individuals, pondering Fr. Keating's reminder that "Every human is called to make a contribution toward transformation in love. "I express a sincere 'thank you' to the leadership of CONSD and COSD who so graciously carry on this tradition every March to bring us together in prayer and in community. These are essential gifts that help us to sustain the commitment to the prayer and to our God, in the midst of the human condition and our very busy lives. May it always be so!

~Diane Langworthy

Books by Anthony de Mello

The late Anthony de Mello (1931-1987), is an internationally well-known spiritual writer who uses parables and very short stories (1-2 pages) similar to Jesus. He was a Jesuit priest from India and some of his stories and parables are drawn from Hindu and Buddhist sources, as well as from Christian scriptures. His writings are ecumenical, in that the lessons to be learned are applicable to anyone of faith, or to those who have no faith tradition.

Where de Mello uses the term Master, a Jew could substitute Rabbi, a Catholic the word "priest," a Protestant the word "minister," and one who has no formal faith community could substitute either teacher or guru. Perhaps the best way to acquaint you with his writings is to give you several of his stories.

Religion

The governor on his travels stopped in to pay homage to the Master. "Affairs of state leave me no time for lengthy dissertations," he said. "Could you put the essence of religion into a paragraph or two for a busy man like me?" "I shall put it into a single word for the benefit of your highness." "Incredible! What is that unusual word?" "Silence." "And what is the way to Silence?" "Meditation." "And what may I ask, is meditation?" "Silence." Taken from *One Minute Wisdom*

Riches

Husband: "I'm going to work hard, and someday we are going to be rich." Wife: "We are already rich, dear, for we have each other. Someday, maybe we'll have money." Taken from *The Song of the Bird*

Miracles

A man traversed land and sea to check for him-

self the Master's extraordinary fame. "What miracles has your Master worked?" he said to a disciple. "Well, there are miracles and there are miracles. In your land, it is regarded as a miracle if God does someone's will. In our country, it is regarded as a miracle if someone does the will of God." Taken from *One Minute Wisdom*

In addition to the two books mentioned above, several other books have slightly longer parables (1-2 pages): *The Heart of the Enlightened*, *Taking Flight*, and *The Way to Love*. All are less than 210 pages and are available from Amazon at reasonable prices--\$7-\$10. If you want to start with one book, I would suggest *One Minute Wisdom*. His writings have helped me greatly in my spiritual journey.

~ Jim Ullman

CONSD Half-day Retreat

This retreat will draw upon the wisdom of Jesus found in his Parable of the Prodigal Son. This parable calls us to return to our home, to return to the person that God intends us to be, to return to our true self – the image of God. Join us for a quiet time to reflect upon the three phases of returning home as depicted in Henri Nouwen's book *The Return of The Prodigal Son: A Story of Homecoming*. We will have several periods of Centering Prayer, prayerful readings, Taize chants, and periods of personal silent reflection.

Presenter: Chris Hagen

Date: June 3rd 2017

Place: St. Bartholomew's Episcopal Church, 16275 Pomerado Rd., Poway

Time: Hospitality at 9:00am,

Retreat 9:30am – 12:30pm

See flyer on the next page in this newsletter.

CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO *presents* Half-Day Retreat



Day: Saturday, June 3rd , 2017
Gathering: 9:00 AM Registration & Hospitality
Retreat: 9:30 AM – 12:30 PM
Place: St. Bartholomew's Episcopal Church, 16275
Pomerado Rd., Poway 92064

This retreat will draw upon the wisdom of Jesus found in his Parable of the Prodigal Son. Join us for a quiet time to reflect upon the three phases of returning home as depicted in this parable.

The community that gathers on this date will experience:

Periods of Centering Prayer

Taize songs

Readings

Periods of silent personal reflection

For more information, contact CONSD at 760.745.8860 or sue.hagen@sbcglobal.net

Shared Introductory Workshop

A couple of months ago, Merrilee Melvin’s Pastor Josh Acton of the Rancho Vineyard Church in Poway requested a Centering Prayer Introductory Workshop. The Rancho Vineyard Church, however, meets on Sunday in a Seventh Day Adventist Church, and the Seventh Day Adventists worship on Saturday mornings, the day of the week CONSD usually schedules Introductory Workshops.

To the rescue came Audrey Spindler, Centering Prayer group facilitator at San Rafael Catholic Church and good friend of Merrilee. For some time, Audrey had wanted an Introductory Workshop at San Rafael to reignite an interest in Centering Prayer and suggested that the two churches sponsor a workshop at San Rafael. So, on June 10th their Introductory Workshop will be held from 8:30-12:30 in the Parish Hall at San Rafael Catholic Church, 17252 Bernardo Center, San Diego 92128.

If you have never been to a workshop, please consider coming and if you have, come again to refresh yourself with the four conferences and two periods of Centering Prayer.

For more information call or email Merrilee Melvin (760) 215-0782 (C), Audrey Spindler (858) 208-8609 (C), the CONSD office (760) 745-8860, or email sue.hagen@sbcglobal.net. A free will offering will be collected.

~Linda Dollins

Communion

In silence one hears God
a meek and quiet spirit
is filled with His rapture
in stillness you feel His
movement,
the pulse of a star.
Robert Park



Salve

the stars are too beautiful
and the presence of God
for one as me
to gaze without shame
for once I was a child
hungry for the winter air
to brush against my cheek
to be wanted by
by another soul.
And love made my eyes twinkle
like moonlight on the river.
~Robert Park

Silent Retreat Opportunity

Women’s Silent-Directed Retreat at Mission San Luis Rey. This retreat, July 16-27, 2017, is for women of all faiths who seek time away in a beautiful place where solitude and quiet surrounds all who come here. The gardens of flowers, a rose garden, labyrinth, swimming pool, and Mass every day in the St. Clare Chapel beckon you to enter this sacred place for your 8-days of direction, prayer and reflection. <https://www.sanluisrey.org/rg-retreats/382/intercommunity-sisters-retreat/>

~Pat Julian

Note: No formal centering prayer times are scheduled for this retreat.

Centering Prayer: An Introductory Program

“Be Still and Know That I am God.”

Do you yearn for a deeper relationship with God?

Centering Prayer may be for you.

*Centering Prayer is a simple method
of Christ-centered silent prayer*



June 10, 2017

***San Rafael Catholic Church, Parish Hall
17252 Bernardo Center, San Diego 92128***

Registration: 8:30 – 8:50 am (With coffee and continental breakfast)

Workshop: 9:00 am – 12:30 pm. Free will offering accepted.

The Introductory Program includes the Saturday workshop and six 90 minute follow up sessions over six weeks. Place, day and times will be determined at the workshop.

Centering Prayer Introductory Program Workshop

San Rafael Parish, San Diego, June 10, 2017

Name _____ Phone _____ \Email _____

Address _____

City _____ State _____ Zip _____

For registration information call: Merrilee Melvin (760) 215-0782, Audrey Spindler (858) 208-8609 (C), the CONSD Office (760) 745-8860, or email sue.hagen@sbcglobal.net

Please mail registration to: CONSD * 908 Via Linda * Escondido, CA 92029

Registrations also accepted at the door.

CONTEMPLATIVE OUTREACH NORTH SAN DIEGO www.consd.com

Service of a Contemplative Friend



John 12:26: If anyone serve me, they must follow me, and where I am, there will my servant be also.

Diane Langworthy certainly is one of God's beautiful servants, and over the years she has shared much of her time, energy, talent, and witness by encouraging and supporting the practice of Centering Prayer. This many of you already know, but as she leaves her current Servant Leadership Team work of Media Librarian, I wanted to know more of her history before she slips away. How did she become such a seasoned leader? What experiences had she had to give her such mature insights into helping others to nurture their prayer practice? So I called her.

Diane has been practicing Centering Prayer for almost fifteen years and was simply introduced to it through a friend who gave her a Centering Prayer tri-fold brochure. Eventually, she joined a group, attending rather sporadically at first because of her work and family obligations, but her prayer group attendance led to her becoming a prayer group facilitator herself. From

there she joined the San Diego Servant Leadership Team (we were one chapter then) organizing Introductory Workshops and half day retreats.

The workshops led to her interest in becoming an Introductory Workshop Presenter and she trained for that at Holy Spirit Retreat Center in Encino. Then, at the urging of Chris and Sue Hagen Diane trained to be a Chapter Coordinator also at Holy Spirit, and because training to be a Lectio Divina presenter was available as well, she took that. As many of you know, trainings through Contemplative Outreach are a serious commitment, usually a week in length and involving long days of preparation and practice. Our chapter is most grateful for Diane's presenter gifts as she serves our chapter at many of our Introductory Workshops.

When the Contemplative Outreach of North San Diego chapter was formed, Diane became a part of that Servant Leadership Team as the Communications team leader. She sent emails out to all of the members and publicized events. She then switched "hats" and worked on Spiritual Formation events with Chris Hagen. For example, Diane organized all of our Sacred Saturdays at Gethsemane Lutheran which were held for several years fulfilling a wish of Evie McGreevy's. When the chapter had its first Living Flame offering, she also coordinated the Living Flame I and II programs which included providing for the needs of the speakers and arranging hospitality at the retreats.

But a contemplative also balances her service with silence. Diane has nurtured her spirit with the 8-day Intensive Retreats held at Holy Spirit (continued on next page)

Service of a Contemplative Friend (continued)

Retreat Center at the end of June for ten years as well as attending the 3-day Silent Retreats at Prince of Peace. Weekly she facilitates her prayer group at Mary Magdalene Apostle Catholic Community, a commitment she has honored for over ten years.

She has also used her artistic gifts to create thank you gifts for many of our speakers. When Fr. Keating came, she made a creamy white stole that displayed the logo of Contemplative Outreach, which was professionally embroidered with purple thread, and she has created icons as gifts for other speakers. When our chapter wanted to honor Chris Hagen's Co-Coordinator retirement, it was Diane who collected the donations and purchased the gift, a very time-consuming and complicated task since so many wanted to participate.

But these are the highlights only. Diane's gifts to us are her smile, her encouragement, her gentle conversations, and her presence. The time, for example, when after presenting at an Introductory Workshop (I'm sure she was tired), she, I, and others on the Intro Team had lunch together—debriefing and sharing sug-

gestions. Or the rich telephone conversations we've had about the chapter, the insights at Servant Leadership Team meetings, the positive comments at our events. She is always thinking of others. Those moments are the ones I will miss the most.

Diane also shared that commitment to the prayer can take us to places to serve that we could not have imagined. She referred to Richard Rohr's reference that the most important word in the phrase, "Prayer and Action" is "and." Two years ago, Diane acted upon an invitation on the radio by the President of the San Diego National Association for the Advancement of Colored People for "white people to come to an NAACP meeting and to listen." She has been involved in service to the NAACP ever since.

We thank you Diane for your years of commitment, and for so often saying, "Yes." Your life and the chapter's have been intertwined for so many years—it's hard to loosen the bonds. Blessings dear friend.

~Linda Dollins

On Silence

Silence reveals itself as the mystery of the future world by teaching us to speak. A word with power is a word that comes out of silence. A word that bears fruit is a word that emerges from the silence and returns to it. It is a word that reminds us of the silence from which it comes and leads us back to that silence. A word that is not rooted in silence is a weak, powerless word that sounds like a "clashing cymbal or a booming gong" (1 Corinthians 13:1). All this is true only when the silence from which the word comes forth is not emptiness and absence, but fullness and presence, not the human silence of embarrassment, shame, or guilt, but the divine silence in which love rests secure.

~Henri Nouwen *The Way of the Heart*, pg 49

Post-Intensive Centering Prayer in Snowmass

In March there was a Post-Intensive for Centering Prayer in Snowmass, and blessings allowed me to attend. Seems quite indulgent to go twice in two years, yet, God knows what is needed to center this soul, and I accept His wisdom.

The Post-Intensive is silence the entire 10 days including no eye contact. We did have a brief time of acquainting during our first meal, and after that... silence. I wondered how that would be for me personally because I am very interested in people, and how God manifests himself in each of us. Not talking left me with a questioning about sharing this space with others, and yet, not getting to know them.

The days passed slowly in a beautiful peaceful form of slow. We sat in CP together for 3.5 hours daily, broken up into segments throughout the day. We were with and among one another off and on as our own preference took us here and there in silence in the retreat house and at the monastery, where the monks' services were open to us and were profoundly inspiring. The walk from the retreat house to the monastery and chapel was humbling in its purity, especially in the light of the full moon in the early mornings and the evenings after dark. One could palpably sense God in His creation there.

Spring was just peeping through the brown fields with a hint of the baby green that comes first. As the days passed, like a water color wash, subtle green spread over the fields that would soon grow hay to be harvested by the monks. Abbott Joseph calls this place the Sacred Valley, and everyone agrees and feels it holding a space for peace.

Retreatants experience love-in-action as the three staff prepare from scratch three meals a day, serve the meals, organize and conduct the centering sessions, provide spiritual direction if requested and are the highest example of joy in service!!!

The last day we gathered to share a bit of our experience with each other. My share was this: I was surprised and delighted that I felt a deep sense of intimacy with each person there in a way that was new and unexpected. It was as if our spirits were free to connect without all the noise of talking and trying to understand words and tones of voice, or dialects, accents, nervous ticks, or shyness or endless other parts of our wonderful humanness. Wow! Gratitude. Gratitude. Gratitude. Maybe coming away for ten days is more necessary than indulgent. I only speak for myself.

~Kathy Mendoza

Faith

“Contemplation involves a surrender of one’s whole self, not just a period of time set aside each day for some form of prayer or meditation. It is a commitment of immense proportions and requires an eminent trust that God will bring us where we hope to go if we submit to this inner conviction or urging that we have to start. It does not matter how many difficulties there are, we have to go.

~Fr. Thomas Keating *Intimacy with God*, pg 114

The Living Flame Program from Contemplative Outreach



Starting in January, 2018, CONSD is going to offer The Living Flame Program. It will consist of seven full-day retreats of in-depth study, presented on the third Saturday of each month by commissioned Contemplative Outreach, Ltd. presenters. The program is designed

to teach the vital conceptual background needed to support your faithful practice of Centering Prayer.

Below is the list of dates, presentations and presenters. Please note that we are skipping March because of United in Prayer Day:
1/20/18, Refinement of Centering Prayer, Kathy Difede

2/17/18, Lectio Divina, Leslee Terpay

3/17/18, (No Living Flame because of United in Prayer Day)

4/21/18, The Human Condition, Jim McElroy

5/19/18, Divine Therapy, Mary Dwyer

6/16/18, The Dark Night of Sense, Susan Komis

7/21/18, The Welcoming Prayer Practice, Therese Saulnier

8/18/18, The Discernment Practice, Cherry Hagens

The Living Flame program is presented as a single package and requires payment for the program before it begins. The total cost per person depends upon the number of people attending, but will not be more than \$200.00. To hold your place, please send a check made out to CONSD for \$50.00 to: CONSD, 908 Via Linda, Escondido, CA 92029. Please include your email address and phone # on your check or on a separate sheet.

Here is what people who attended the Living Flame program in 2008-2009 have to say:

“The Living Flame program was an opportunity to learn from different teachers from Contemplative Outreach on the foundational topics of Centering Prayer, broadening my perspective on the breadth & depth of the contemplative experience. It also was a chance to deepen relationships with others in our contemplative community by keeping the same small groups through the series. It was a very enriching & supportive program. I am excited to be able to attend again after several years & to continue peeling the onion.” Elena Andrews

“I was a participant of the Living Flame program the first time it was offered. I learned history, scripture and the procedure of centering prayer from the many sessions held once a month. The program helped me to be aware of how and why centering prayer is not just a spiritual journey but a personal journey that is different for everyone. The main thing I learned and remember is the constant discipline needed to strengthen my daily practice of being committed and faithful to centering twice a day for at least 20 minutes each sit. At the sessions, we broke out into small groups following the lectures. These small groups were most helpful for discussion and learning more about centering. We developed a closer and more personal relationship with other Living Flame participants. I am looking forward to a review of what I learned and to strengthen my spiritual journey with more guidelines and knowledge.” Nancy Bachelier

For more information call Merrilee Melvin at 760-215-0782 or email at mtmelvin@cox.net.

The Prince of Peace Abbey three day retreat



CONSD will hold its annual three day retreat at the Prince of Peace Abbey in Oceanside October 20th through October 22nd 2017. 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 during 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 2017.



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

Q & A with Fr. Carl J. Arico Doing a Second Meditation

Q: I have had numerous people tell me that they have no difficulty carving space for the first sit of the day, usually in the morning. But once the day gets going it is most difficult to find time for the second sit. I myself find the second sit difficult to find time for or even to remember. One solution I have heard is to do a longer sit in the morning. But it seems if I do that I am not replenishing myself later in the day when I feel tired and worn out. I have suggested to people that they find a place at the lunch hour where they can sit in silence. At one time, I would visit a small historic chapel during my lunch hour and practice CP. Of course, I am aware of God's presence with me during the day and that is pure gift. So, Fr. Carl, I was wondering if you have any solutions to offer folks on the "second sit" question?

A: Thank you for your question and thank you for the creative ways you have been able at times to enter into the second period of Centering Prayer. Praying the second sit later in the day is a recommendation--a guideline not a rigid rule. We recommend one sit for maintenance and two for transformation. Not that transformation doesn't happen with one sit, but it is useful to recharge our reservoir of silence after a day engaged in life. You mention the need to recharge as well.

I have never been able to get into the routine of the second sit later in the day. So, for years I make time in the morning for a 40-minute period of Centering Prayer. When possible I will on occasion enjoy a sit later in the day. I have trusted that the Lord would understand the rhythm of my life. God help me - I am a morning person.

Your thoughts about using the lunch period and going to a local church are helpful. I know someone who informs their staff that they have an important call at 2pm and are not to be disturbed for 20 minutes. At our CO Butler office, we set aside time each afternoon for Centering Prayer but sometimes the day gets away from us too. Folks have shared that they make time as soon as they get home from work at night, before doing anything else. Some have created space just before they get ready for bed, preparing for the night like they prepare for the day. That is not a bad idea although it may make you too alert to sleep; you would need to experiment. Some who travel or commute are able to pray on trains, airplanes and in airports. It's a very portable practice!

So, there are so many ways of making time, but you have to be realistic. The important element is your intention to be with God by praying two periods of Centering Prayer a day. Just do the best you can do under the circumstances and in spite of your humanity. Prayer is a relationship not boot camp. As we know, any relationship almost always needs adjustments while reaching for the ideal. Start each day with the intention that today will be the day for craving out time for the second sit. Be surprised. Persevere.

~Fr. Carl Arico

Faith

Pure faith will bring you closer to God than anything else. To be attached to an experience of God is not God; it is a thought. The time of centering prayer is the time to let go of all thoughts, even the best of thoughts. If they are really good, they will come back later.

~Fr. Thomas Keating,
Open Mind, Open Heart p.57

CONSD & COSD Events—2017

CONSD EVENTS

CONSD Half Day Retreat with Chris Hagen

Date: Saturday June 3, 2017

Time: 9:00am-12:30pm

Location: St. Bartholomew's Church, 16275 Pomerado Rd., Poway

Free Will Offering

Centering Prayer Introductory Workshop

Date: Saturday June 10, 2017

Time: 8:30am-12:30pm

Location: San Rafael Catholic Church, 17252 Bernardo Center, San Diego

Free Will Offering

CO LTD. Annual Conference

Dates: Sept. 21-24, 2017

Location: Denver CO

Prince of Peace Weekend Retreat

Dates: October 20-22, 2017

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

Cost: \$200

Half Day Retreat with Elena Andrews

Date: Saturday November 18, 2017

Location: To be determined

Free Will Offering

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

Contemplative Outreach of North San Diego is a non-profit ecumenical spiritual organization. The Newsletter is published online quarterly.

Website: www.consd.com.

Editors: Sue Hagen (consd@cox.net) and Linda Dollins (dollinslinda@hotmail.com).

Telephones: (760)-745-8860 for Sue Hagen. And (760)-743-8297 for Linda Dollins.

Post: CONSD, 908 Via Linda, Escondido, California 92029. Postmaster: please send address corrections to the address above.

The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd.

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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)	Barbara Hamilton	480-236-7319	St. Peter's Episcopal Church, 334 14 th St.	Thursdays 4:30-5:45pm
3	Del Mar (2)	Kathy Agnew & Virginia Erickson	858 481-8754 760-846-5749	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	Encinitas (5)	Judith Pruess-Mellow	650-823-0559	San Dieguito United Methodist Church, Encinitas	Mondays 1:30pm
9	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
10	Fallbrook	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)	Pat Julian	760-757-3659	Retreat Center, 4050 Mission Ave.	Fridays 1:30-3:00pm
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 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
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	Ramona	Deborah Lewallen & Cindy Dodson	760-519-1811 602-549-9839	St. Mary's in the Valley Episcopal Church, 1010 12th St., Ramona	Mondays 4:30-5:45pm
20	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
21	Solana Beach	Bebe Zaniboni	858-755-2545	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
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 Community/ Gethsemane Lutheran, 2696 Melbourne Dr., San Diego	Tuesdays 1:00-2:30pm
24	Temecula (1)	Jenny Alcazar	951-696-5657	42758 Settlers Ridge, Temecula	Thursdays 3:45-5:00pm
25	Temecula (1)	Pam Bowen & Marigold Velasco	909-938-9932	Home of Joan Neidig, 42149 Camino Romo, Temecula	Thursdays 6:30-8:00 pm