

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
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June Half Day Retreat: The Journey Home

The morning of Saturday, June 3, at St. Bartholomew's Church was the setting for another of Chris Hagen's wonderful retreats; this one based on the parable of the prodigal son and Henri Nouwen's book *The Return of the Prodigal Son, A Story of Homecoming*. Through scripture, prayer, reflections, silence and chant, Chris and Sue led us through the movements of the familiar parable revealing and challenging us to see ourselves through the characters and places of the story.

First there is **home**, our center of being and belonging to the Beloved. Yet over and over again through the afflictive emotions of our human condition we, like the **younger son**, leave home to dwell in a "**distant country**," looking for love and fulfillment on our terms. **The Father**, in his great generosity, allows this while unwaveringly waiting and watching for his child's return.

This "distant country" can be reached by many roads--greed or anger or gluttony or resentment to name a very few. And despite their promise they eventually lead not to a place of joy and fulfillment but to a longing for the love and comfort of home. We can choose another path. Will the path of lust take us there? Or the path of pride? Or can we turn in a different direction and follow the path of humility? It doesn't look inviting, but it is the way home. Can we change our course, let go of our illusions of control, and become like a little child returning home?

This is the road the younger son chooses with no illusions of the good life, but with the knowledge that at least he can eat there, even if it is only pig scraps. He has run out of options. We know what the younger son returns to--an open-armed welcome beyond his wildest imaginings and the unconditional love of his parent that was always there for him.

We then see that the **elder son** has been dwelling in his own "distant land." He does not live at home in his father's absolute love. Instead he has chosen to journey into self-righteousness, jealousy and anger. Can he change from his insistence on being loved as **he** wants to be loved to allowing his father to love him as the father longs to? (continued on next page)

June Half Day Retreat: The Journey Home



Sue accompanying our Taize chanting.

How can we return from our “distant lands” back into the tenderness of our God’s loving care?

Chris offered that the question is not “how am I to find God?” But “how am I to let myself be found by God and known by God and loved by God?” *Trust* is the answer. He shared, “As long as I doubt I am worth finding, I cannot be found. I have to keep saying to myself, ‘God is looking for you . . . he wants you home . . .he cannot rest until he has you with him.... The *Father* is always looking for me with outstretched arms to receive me back and whisper again in my ear: ‘You are my Beloved, on you my favor rests.’”

What then when we return, allowing God to bathe us in infinite love? Is it “party every day, party every night,” as the song says? That is not “the rest of the story.”

The rest of the story, Chris revealed, is “the realization that there is a call beyond the call to return. It is the call to become the father/mother who welcomes home, . . . who forgives, . . . I cannot remain a child forever. I have to dare to stretch out my own hands in blessing and receive my neighbors with ultimate compassion regardless of how they feel or think about me.”

This is the good news we are called to live and to share!

~Elena Andrews

San Rafael Introductory Workshop

On June 10th, a team of CONSD members gathered around 7:30 in the Parish Hall of San Rafael Catholic Church armed with our large outdoor “Centering Prayer” signs, refreshments, hospitality boxes, participant folders, money boxes, copies of *Open Mind, Open Heart*, a sacred environment for the prayer circle, and a publicity table for general CONSD information. In an hour, the large hall had been transformed into a sacred space where the teaching of the prayer by Audrey Spindler and Mary Williams would occur.

Soon the participants began to arrive. First were a few members of Audrey’s long-practicing San Rafael prayer group, including Maureen Anderson, whose deep faith and regular practice of Centering Prayer flowed from her in words of blessings and grace, encouraging us as we finished preparations. Members from Rancho Vineyard Church, which co-sponsored the workshop, also came: four who were new to the prayer and four who have practiced for many years. There were others, the majority from San Rafael, but three from Encinitas, one from Solana Beach, two from Fallbrook, another from Vista, and a couple from LaJolla. And one who had not planned to be there at all. She simply saw the “Centering Prayer” signs outside and felt tugged to “come and see.” Eventually we were over 50 people joined together for the morning.

As participants introduced themselves, a number confessed they had not been practicing the prayer for some time and were coming to be re-introduced. Their presence reminded us that even though some people do not continue with the prayer after the first introduction, they may feel drawn even years later to return. Others came as active practitioners wishing to experience again the power of a workshop, and

some, of course, were new.

We listened to Audrey and Mary present the four conferences, we prayed in the oversized prayer circle, we shared questions about the prayer, and over 20 signed up for Audrey’s follow-up sessions. By 12:40 some were saying good-bye while a helpful number pitched in to rearrange the Parish Hall for Sunday morning: 24 tables with 8 chairs, carefully arranged. It was our closing gift to one another and a thank you to San Rafael.

If you have not attended an Introductory Workshop in a while, consider coming. And then be surprised by being deeply moved hearing the basic tenets of the prayer with others who are on the journey, especially those who are just beginning.

Thank you to the following: San Rafael Catholic Church, Msgr. Dennis Mikulanis, S.T.D., pastor, Cheryl Danzel, office manager, Audrey Spindler and Mary Williams, presenters, Jan Simpson, Gail Carr, Diane Oldfield, Merrilee Melvin and Vicki Rehkopf, intro team, Alicia Annas and Nancy Bachelier, hospitality, Sue Hagen and Linda Dollins chapter co-coordinators.

Note: This was our first workshop where a free will offering was accepted rather than the \$25 suggested donation, a new policy decided by the Servant-Leader Team at the May meeting.

~Linda Dollins

Participating in Christ

When we work to surrender our own desires, world view, self-image, and all that goes to make up the false self, we are truly participating in Christ’s emptying of himself. ~Thomas Keating, *The Heart of the World*, pg. 22

The Value of the Centering Prayer Introductory Workshops

I have been walking in contemplative community in North County since October of 2015. Interestingly enough, I did not discover this path through an introductory workshop. In the course of my walk in my contemplative community, the topic of attending an upcoming introductory workshop would come up in conversation from time to time. My reaction would invariably be, “*Why should I even consider this, since it is obviously geared to the uninitiated?*” Deep down this reverberated with a superior attitude that “*I am better than that.*”

But those in my group who were much more experienced in these matters continued to encourage me to attend at least one for my own personal growth. So, I hesitatingly took my leap of faith at the recent introductory workshop at San Rafael in Rancho Bernardo. I discovered to my surprise that my assumptions were all incorrect. Here are my misconceptions in no particular order for your benefit.

Misconception #1: *Only people who have never practiced Centering Prayer attend these workshops.*

First of all, I was able to meet people who have helped to grow and give exposure to CONSD. This includes Linda Dollins, Sue & Chris Hagen, Merrilee Melvin, Audrey Spindler, and Mary Williams, among others who love this path so much that they give their time generously to this transformation practice. I was truly humbled to be in their presence on that day.

Misconception #2: *The material covered in the workshop is simply a rehash of what is discussed in the Centering Prayer communities.*

I have a habit of taking paper with me to gatherings when I might possibly want to write down important things that I see or hear. I didn't think that I would have much to write, but I brought my pad anyway, and boy was I glad I did. Both Audrey and Mary brought out material that I have never heard before, like “*The Four R's of Centering Prayer*” and “*The Centering Prayer Values*,” and “*Healing in Centering Prayer*.” I found myself writing furiously at times because of fresh, quality material being shared from the presenters.

Misconception #3: *Those who are well-practiced in Centering Prayer don't need to attend the workshop and won't be there.*

This particular meeting had over fifty participants; half (by my count) were already very involved in their own groups, many of them veterans of this practice for a decade or two. Looking back on this, I saw that they truly care about those who are considering this practice for the first time and simply want to support its growth. And they added credibility to the workshop by their very presence. It spoke volumes to me.

Misconception #4: *Attending the six follow-up sessions are unnecessary if I already know what to do and can do it on my own.*

I attended five of the six sessions to help get more group sit time in for me (I am selfish that way) and to help support those who were new come to the practice. It doesn't take rocket science to the conclusion that it is the rare individual who can take something like the Centering Prayer and run with it on their own. This practice we call “contemplation” is just that: a “practice” to develop a habit of more perfectly (continued on next page)

The Value of the Centering Prayer Introductory Workshops

experiencing unitive moments with our creator that lead to transformational moments outside of the twenty minute periods. Most of us have an inherent need to ease into something this profound, and a communal or group experience helps to facilitate this. I noticed that the follow-up sessions helped to assist the newbies to understand this key point before they transitioned to a permanent community. I was so privileged to view the videos that were hand-picked for each session and to absorb the wisdom of Audrey and Nancy throughout the weeks that followed. And I have no doubt that those who came were also enhanced by this group dynamic.

All in all, I saw all of my misunderstandings

on the true nature of the Introductory Workshop melt away. I hope that those who have *never* experienced one, no matter how long you have centered, consider attending at least one. Your personal growth has everything to gain and nothing to lose. After all, we are not human *be-ings* on this pilgrimage we call "life"... We are human *be-comings*.

Note: The next Centering Prayer Intro. Workshop is August 12th at St. Mark's Catholic Church, San Marco

~Randy Singh

Putting on The Mind of Christ Workshop Video Now Available on Line

The workshop "Putting on The Mind of Christ: How Centering Prayer/Meditation Changes the Brain" presented by Chris Hagen is now available on line. Here is how you can access it:

- ◆ Go to the CONSD website: consd.com
- ◆ Click on the "Events" tab
- ◆ The workshop title will appear at the top of the list of events for 2017-2018
- ◆ Click on link in the last line of text to access the workshop video
- ◆ There is also a link to instructions to use the video controls at the bottom of the video screen when it is open.

NOTE: The DVD of this workshop is also available for \$15.00. For further information contact Sue Hagen at 760.745.8860 or sue.hagen@sbcglobal.net

Virginia Erickson and the Hospitality Posse

Ten years ago, my daughter stumbled upon an Episcopal church in Boulder, Colorado that offered something called Centering Prayer. She thought I might be interested in reading Father Thomas Keating and looking into this Christian practice. I went on line, found the CONSD website, and read that there was to be an Introductory Workshop that very next Saturday in Rancho Bernardo. Well, I thought, how convenient is this? After the introductions, Alicia Annas smiled broadly and told us all how much we were going to love this prayer. I could hardly imagine what the words could be to a prayer that would have a whole movement behind it. Imagine how surprised I was to realize that it was a Christian form of meditation. My husband and I had tried to develop a daily meditation practice but found we were spending more time reading about Buddhist meditation than actually sitting. Would Centering Prayer work for me? I went home from the event newly inspired and eagerly began reading my freshly purchased copy of *Open Mind, Open Heart*. I joined John and Mary Wavrick's group at St. Peter's, right on the way home from school where I could take a beach walk and then sit every Thursday afternoon in Del Mar. The practice stuck.

Almost two years ago, my church in Encinitas got wind of my Centering Prayer practice and wanted me to introduce contemplative Christianity to our community at Bethlehem Lutheran. I was invited to give a presentation on Centering Prayer at opening morning session of our fall Women's Retreat. After a brief history of the practice, I led the forty women through a *lectio divina* using the passage of Mary and Martha. Later in the day, a smaller group showed up to hear the four guidelines for centering and we had our first sit. At the end of the retreat, Pastor Laura Ziehl asked me what it would mean to bring the practice to

Bethlehem. I had never imagined myself a facilitator; I just wanted to be a member of the group at St. Peter's. But who can say no when the opportunity to share this practice presents itself? I realized it was time for me to step into this role. That spring about a dozen signed up for our Monday afternoon group. I now practice Mondays in Encinitas and Tuesdays in Del Mar, a perfect set up!

I started to help Bea Doblado with Hospitality at the CONSD events, learning the ropes under her wise and generous tutelage. She took such delight in all the preparation and loved providing our CONSD group with homemade breads, cookies and, of course, her famous vegetable frittatas. We feasted with Bea at the helm. But when she decided to move back to her home in Fletcher Hills it meant she would be leaving CONSD for COSD. Newly retired from teaching, I wondered if I could serve CONSD by taking over the reins from Bea. Whereas she trusted that everything would work out and the event would come together beautifully (which it always did), I wanted to delegate specific tasks. I figured people would be happy to help out when asked. So ask I did! With much encouragement from Linda Dollins, I decided to form a Hospitality Posse, a group that would rotate throughout the year, baking, serving and cleaning up. Susan Wheeler and Nancy Bachelier helped out at the registration table by letting people check a box indicating interest in serving on the Posse. Before long, I had a group of over twenty willing volunteers I could rely on for setting up the tables, making coffee, bringing in treats and flowers, and cleaning it all up. I would arrive early (but not before Linda, of course!), and the day would move smoothly from breakfast to snack thanks to our posse. I would simply oversee it all, grateful for all the hands making it possible. (continued on next page)

Virginia Erickson

Turns out that 2017 is a year of outrageous abundance for my family. Both of our children are having their own children. The first grandchild was due on the day of our March retreat and the second one is coming at the time of our fall retreat. I feel it is time for me to hand over the Hospitality Posse to someone with the time, energy and the focus I seem to lack for anything other than those dear sweet little ones of mine.

Our CONSD is a dynamic organization of dedicated, generous folk who are a pleasure to work alongside. I am so grateful for the opportunity I had to serve on our Servant Leadership Team and to get to know those in the Hospitality Posse. CONSD is now looking for someone who would enjoy setting a welcoming table and heading up this friendly posse. Is it your time?

~Virginia Erickson

Our Centering Prayer Prison Ministry

You have probably heard me talk about or read an article I wrote about our prison ministry at the Otay Mesa Detention Center for Immigrants near the border. I have been volunteering there for 13 years and I am now the only person doing so. It would be wonderful to have a few more of us doing this awesome ministry. Last week I was with 6 men from China, 5 from Africa, and 2 from Latin America. All in one room learning about and practicing Centering Prayer. (And God always sends a translator when I need one!)

But in this article, I want you to know that Contemplative Outreach has many volunteers nationwide who are teaching Centering Prayer in Prisons. AND we are now partnering with **Prison Contemplative Fellowship (PCF)**. I am taking the opening words from their website (uspcf.org) to introduce you to them.

*"What is PCF? Prison Contemplative Fellowship is an association of volunteers, prison chaplains, prisoners and former prisoners, who practice centering prayer. We support these groups in starting and growing contemplative prayer groups in prisons and jails. We try to **help volunteers get into prisons to teach***

centering prayer and support them during their initial visits to the prison.

Upon request we send materials in English and Spanish, free of any charges, to volunteers and prison chaplains to assist them in responding to prisoners desiring a contemplative prayer practice."

PCF is writing articles for the Contemplative Outreach newsletter that is now being sent to prisons. This is truly wonderful. PCF was founded by Ray Leonardini, a man deeply committed to Centering Prayer and to bringing it to prisoners. Ray wrote Finding God Within for prisoners and sends hundreds of these books on Centering Prayer to prisons around the country. FREE. We volunteers then give the books to the people in our groups. Ray and PCF are wonderful partners in our Contemplative Outreach Prison Ministry.

OK! Does that make you want to join us? I hope so. If you cannot yourself become a volunteer near the border, please tell others who might be interested. And please pray for all of us who are doing this ministry. Thank you with all my heart.

~Pauline Rippel



Prince of Peace Abbey Retreat

CONSD will hold its annual three-day retreat at the Prince of Peace Abbey, 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 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. See the retreat flyer in the Newsletter to register.

Contemplative Outreach North San Diego Presents
Weekend Centering Prayer
Silent Retreat
October 20th – 22th, 2017

Check In: Friday, October 20th after 3:00 pm

Check Out: Sunday, October 22nd 1:00 pm

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

Cost: \$200.00 includes single room or double room if requested and all meals. \$50:00 non-refundable deposit required. **(Full payment is due at the time of check in, MAKE CHECKS PAYABLE TO CONSD)**

Registration: Fill out form below and mail to CONSD, 908 Via Linda, Escondido, CA 92029 **Please preregister as we will not be able to accommodate walk ins.**

For more information contact Sue Hagen: [760-745-8860](tel:760-745-8860) or consd-news@cox.net



CONSD weekend silent retreat registration form

Name: _____ Phone: _____ Email: _____

Address: _____ City/State: _____

The Living Flame Program from Contemplative Outreach

Starting January 2018, The Living Flame Program, which consists of seven full-day spiritual and informational retreats, will be presented from 9:00 AM to 4:00 PM on the 3rd Saturday of each month (except for March). All presenters are commissioned by Contemplative Outreach, Ltd., and all retreats will be held at St. Bartholomew's Episcopal Church in Poway.

This spiritually enriching program is experiential as well as informational, giving participants the opportunity to evaluate, validate, and share their own experience of Centering Prayer in the context of a contemplative community. The program is designed:

- ◆ To heighten one's awareness of the dynamic of contemplative prayer in the context of the spiritual journey.
- ◆ To offer the understanding needed to stay faithful to the Centering Prayer practice.
- ◆ To access a deeper understanding of the purification process.
- ◆ To receive and share personal experiences in a community committed to Centering Prayer.

Even if you have previously received some of this information, it is important to note that, since that time, your practice has grown and deepened and you will hear and understand these presentations at a substantially different level.

The Living Flame program is presented as a single package and requires a \$200 payment before it begins. Partial scholarships are available. To hold your place, a non-refundable deposit of \$50 is required. Please send a check made out to CONSD to: CONSD, 908 Via Linda, Escondido, CA 92029. Please include your email address and phone # on your check or on a separate sheet or use the registration form from the Living Flame flyer. If you want more information, or if you need scholarship help, call Merrilee Melvin at 760-215-0782 or email her at mtmelvin@cox.net.

~Merrilee Melvin



CONSD Presents: The Living Flame Program

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Dates, Topics and Presenters

- 1/20/18 Refinement of Centering Prayer, Kathy Di Fede
- 2/17/18 Lectio Divina, Leslie Terpay
- 3/17/18 (No retreat, 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 Haistens

COST

The Living Flame program is presented as a single package and requires a \$200 payment before it begins. Partial scholarships are available. To hold your place, a non-refundable deposit of \$50 is required. (See registration form below)

Registration Form

Name _____
 Address _____
 Email _____
 (Please Print)
 Phone _____
 Cell Phone _____

Please make your \$50 non-refundable deposit check payable to CONSD (Contemplative Outreach of North San Diego). Mail registration form with check to: CONSD, 908 Via Linda, Escondido, CA

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

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

Q.: I started doing Centering Prayer about a year and a half ago. I was quite strict about two 20-minute periods a day at the start. Then, circumstances plus lack of discipline prevented me from going at it exactly like that. Sometimes when I knew my day was going to be long and tough, I'd do 40 minutes at a stretch and leave it at that. Now for a while, I've been trying two 20 minutes a day again. Sometimes, I over-reach. Tonight, I set down to do 20 minutes and wound up doing 40. I personally don't take it too seriously. I never overshoot too much [and] not being so very exacting is somewhat of a release. I also feel the Spirit takes me where and for as long as I need to go. What can you tell me?

A.: The Spirit led you to a good decision when you decided to do the prayer in the morning for 40 minutes. It not only showed your willingness to be faithful but also your desire to continue to deepen the relationship with the Lord. Now that you are returning to your ordinary routine (two 20 minute periods), I have a word of 'wisdom.' I always alert people not to fall into the trap that 'more is better,' but if one's intention is just to be faithful and the Spirit moves you at times to lengthen the time, you are responding to that inspiration. Don't judge your prayer—the fidelity to your daily practice

says it all. Thank you for consenting to God's presence and action in your life. – Fr. Carl

Q.: What is the difference between Buddhist insight meditation and Centering Prayer? I am really confused as to which path.

A.: I am not qualified to speak about Insight Meditation. Concerning Centering Prayer, it is both a relationship and a discipline—a relationship which has as its source the indwelling Trinity: Father, Son and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ. It builds communities of faith and bonds the members together in mutual friendship and love. The heart and soul of Centering Prayer is consenting to the presence and action of God in our lives. The discipline is the four guidelines. The intention is relational on all levels. There are of course external similarities with other meditations but the intention is the key. When I present retreats I sometimes say to people concerning the variety of meditations—they are like dancers on the dance floor—they may look the same, but it is your intention and who is in your arms that make all the difference.

~Fr. Carl Arico

On Silence

Words can only create communion and thus new life when they embody the silence from which they emerge. As soon as we begin to take hold of each other by our words, and use words to defend ourselves or offend others, the word no longer speaks of silence. But when the word calls forth the healing and restoring stillness of its own silence, few words are needed: much can be said without much being spoken.

~Henri Nouwen, *The Way of the Heart*, pg. 50

With Gratitude to Ann and Mike King

Recently Ann and Mike King decided that their long-time prayer group needed to end. They have served faithfully for many years, and I asked Ann to give a little history of their group.

Ann: About year 2000 we became involved with an established prayer group led by Reverend Harry Starbuck, a retired Methodist minister. He was on the COSD Board of Directors and led Introductory Workshops. A few years later, he and his wife moved to Northern California, and Mike and I began to host Centering Prayer at our home. At one time, there were up to 18 people from many different Christian

Faith groups who attended. Gradually, people moved to begin leading new prayer groups or moved out of our area. Happily, there have been new groups and new leaders with fresh perspectives springing up. It is the dynamic movement of the Spirit at work.

CONSD wishes to thank Ann and Mike for their continued commitment to Centering Prayer, their strong leadership, and their willingness to open their home to others for so many years. You are an inspiration to all of us.

~Sue Hagen and Linda Dollins

On Generosity

Eternal Word, only begotten Son of God, teach me true generosity. Teach me to serve as you deserve—to give without counting the cost, to fight heedless of the wounds, to labor without seeking rest, to sacrifice myself without thought of any reward except for the knowledge that I have done your will.

~St. Ignatius' Prayer for Generosity

Divine love is not a feeling of benevolence. It is not a feeling at all. It is total self-giving. There is no self-interest in the Trinity. Each person of the Trinity dwells in the others, and everything that they have is shared in common. The only distinction is the way in which each shares the infinite treasure of the Godhead. The Father shares it to give it, the Son to receive it, and the Holy Spirit to rejoice in it as the gift of the Father and the Son. When divine love invades the world of broken people, a world in which there is suffering and limitation, it is certain to be rejected. It is precisely by being rejected, and yet still remaining steadfast in boundless compassion, that its divine character is ultimately proved. Moreover, divine love triumphs over every obstacle, including suffering and death... In a world of imperfection, divine love is proved by sacrifice.

~Thomas Keating, *The Heart of the World*, pg. 23

CONSD & COSD Events—2017

CONSD EVENTS

CO LTD. Annual Conference

Dates: October 20–22, 2017

Location: Denver, Colorado

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

Date: Saturday November 11, 2017

Facilitator: Elena Andrews

Location: San Dieguito United Methodist Church, 170 Calle Magdalena, Encinitas

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

Half Day of Prayer

Date: October 7, 2017

Time: 9:00am-12:00pm

Location: Unity Church of El Cajon, 311 Highland Ave, El Cajon

Speaker: Father Justin Langille

COSD EVENTS

For information on COSD events

call Karen Downs (858) 488-1014

or Ardy Woodmansee (858) 279-7278

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

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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)	Susan Elmore	760-518-8387	Call for location	First & third Mondays 6:30pm
6	Encinitas (3)	Virginia Erickson	760-846-5749	Beth Lutheran, 925 Balour Dr., Multipurpose Rm., Encinitas	Mondays 4:30-6:00pm
7	Encinitas (4)	Judith Pruess-Mellow	650-823-0559	San Dieguito United Methodist Church, Encinitas	Mondays 1:30pm
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)	Pat Julian	760-757-3659	Retreat Center, 4050 Mission Ave.	Fridays 1:30-3:00pm
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 Moller-stuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
18	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
19	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
20	Solana Beach	Bebe Zaniboni	858-755-2545	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
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 1:00-2:30pm
23	Temecula (1)	Jenny Alcazar	951-696-5657	42758 Settlers Ridge, Temecula	Thursdays 3:45-5:00pm
24	Temecula (1)	Pam Bowen & Marigold Velasco	909-938-9932	Home of Joan Neidig, 42149 Camino Romo, Temecula	Thursdays 6:30-8:00 pm