



# CONSD News

The Newsletter of Contemplative Outreach of North  
San Diego, Volume 15, Number 3, August 2020

## *In This Issue*

To CONSD  
.... pages 1-2

Beginning, Again  
.... pages 3-4

Merrilee Memories  
.... pages 4-7

An Invitation to  
Read Joy  
Unspeakable  
.... pages 8-9

Q & A with  
Fr. Carl Arico  
.... Page 10

Two New Zoom  
Groups .... page 11

Upcoming Program  
on John of the Cross  
.... page 12

Events  
.... pages 13-14

Prayer Groups  
.... pages 15-16



## To: CONSD

To: CONSD  
Re: Letter of resignation

Dear CONSD,

Since we met in 2005, you have been a spiritual father and mother. Taking my baby steps in Chris and Sue's prayer group at St. Bart's—a group now led by Parth Domke and others which I still attend—I found a home of contemplative sisters and brothers. Our weekly time of Centering Prayer and faith sharing still supports me, an old child in safe arms.

Then, when I grew enough, you encouraged me to lead my own prayer group, now a 13-year adventure shared with old friends and new. You gave me guidance through Contemplative Outreach Ltd, training programs and Chris and Sue's words of wisdom, all teaching me how to facilitate this treasure.

At your retreats, first the weekend ones and then those harder week-long retreats, you let me experience the significance of deeper silence, silence that seeps into your soul. And a silence that consents to the Spirit to renew and to transform. I learned that the journey never ends.



Your chapter events also opened wide the doors to contemplatives from our area--sisters and brothers who share Centering Prayer. Together we met speakers and teachers and writers whose wisdom has inspired us to see with new eyes, to open ourselves to deeper, wider understandings, and sometimes to begin again.

Your Servant Leadership Team showed me your inner workings—your head, your heart and your hands--servant leaders freely giving of themselves to share Centering Prayer with others. The Introductory Workshop team where you led me helped us to take the prayer directly to the people and ignited my desire for service. Meeting folks who were taking their baby steps was exciting and joyful.

Then you gave me the most surprising gift of all, trusting me to help the chapter as co-coordinator first with Sue Hagen and now with Mary Williams. You taught me that we are One in the Spirit not just as a chapter but with all of Contemplative Outreach Ltd.--a humbling but exciting experience—and for five years the yoke has been easy and the burden has been light,

especially with so many hands and hearts involved.

Now you are calling dear Mary to take the lead and to be our “soul” Coordinator, but with the help of our faithful facilitators and the support of the Servant Leadership Team. She will continue to nurture your Vision and your Mission (see below\*) as well as all of us with her deep faith, her calm presence, her wisdom, and her knowledge. You will be well-served as well as blessed by her “yes.” We have exciting days ahead. - With love and gratitude for the past, the present, and the future, Linda

\*CONSD Vision: “The intent of Contemplative Outreach of North San Diego is to foster the process of transformation in Christ in one another through the practice of Centering Prayer.”

\*CONSD Mission: “The Mission of Contemplative Outreach of North San Diego is to: present the Method of Centering Prayer, build a Christ centered community, and support the contemplative life.”

~Linda Dollins

### **Called to Be Love**

The amazing premise of Christian mysticism is that, when God loves you, he transforms you into love; when God loves you, he gives the fullness of his Divinity to you and, through you, back to God and to others and, indeed, to all creation. When you are called to partake of the divine nature, you are called to be loved, to love, and to be love. You thereby join in the most amazing of cosmic dances, a dance of joy and fullness, of healing and restoration, of light and rest and delight, that will give you the entire cosmos forever and ever.

--Carl McColman, *The Big Book of Christian Mysticism*

## BEGINNING, AGAIN

This summer, as I gingerly don the hat of CONSD chapter coordinator, I remain ever grateful for the steadfast and gracious servant-leadership of Linda Dollins during her five-year tenure as co-coordinator, serving in that role alongside Sue Hagen until 2018 and then with me since 2019. In my eyes – and I know I am not alone in this-- Linda embodies that “spirit of service and utmost charity” that Contemplative Outreach so highly values in sharing our contemplative tradition with today’s world. We have been immeasurably blessed by Linda’s gentle guidance, her skill for delegation and organization, her tender support of other servant-leaders, her lavish hospitality, and her kind and discerning heart. (Also: who can forget *her banana bread!*) I am lucky to know her as mentor and friend, and our chapter is most fortunate as she continues on as a prayer-group facilitator and volunteer with our servant-leadership team. From the bottom of our hearts, thank you, Linda.

Around two decades ago, after a time of healing and deepening in the wake of several Centering Prayer retreats, my yearning to serve Christ took root in a growing willingness to serve Contemplative Outreach in ways that I might be needed. It began by serving at CO events – selling books and working registration tables on occasion. After one event, I was invited to write a reflection in the newsletter. Then an opportunity arose to be trained as a prayer-group facilitator and as facilitator of the six sessions following a Centering Prayer Intro workshop. Eventually, I became a commissioned presenter of Centering Prayer. It is a delight to serve in these ways. I found it to be, as Frederick Buechner put it, “where one’s deep joy meets the world’s deep need.”

But honestly—co-coordinating a chapter had not occurred to me. When a potential call to this role started wending my way, I entered a



time of discernment, beginning with a solo retreat at St. Andrews Abbey in early 2019. At the abbey—to my happy surprise--I ran into Sr. Linda Snow, one of the teachers from my presenter training of years before. She was also there on retreat. At dinner one evening, I asked how things were going with her continuing service to Contemplative Outreach as a teacher and retreat leader. “Oh, I’m just a beginner,” she said, self-effacing and incisive all at once. And although I had not mentioned to her what I was discerning, she went on to say: “Trust God. Nothing depends on just one person.”

Her words were exactly what my mind and heart needed to hear at that moment. Remembering ‘beginner’s heart’ invites me to let go of certain presumptions and anxieties I tend to cling to, and to see “beginning” and “not knowing” as gifts that foster learning and freshness of perspective. And service—whether it’s at a registration table, selling books, offering hospitality, facilitating prayer groups, coordinating—involves individual effort but is also grounded in a wider network of community endeavor, action, and choice. This solidarity, in turn, is held and sustained through the divine mercy, ever present and always flowing.

After this past year of working alongside Linda and our other servant-leaders, facilitators, and volunteers, may we ‘begin’ yet again, realizing that our interdependence and reliance on divine grace is our strength. Grateful for the foundation provided through the work of Chris and Sue Hagen and Linda Dollins, may our leadership teams to go forward, serving in solidarity as we share the gifts of contemplative Christianity with today’s world.

During this time of pandemic, all in-person CONSD events are suspended until further notice. Via e-mail, however, we will keep you informed of opportunities for contemplative teachings, retreats, and formation events that are being offered online through webinars and on Zoom. Peace, strength, and blessings to us all as we journey together through these tumultuous times. Remembering the stillness within the storm, let us “rejoice in hope, endure in affliction, persevere in prayer (Romans 12:12).”

~Mary Williams

## “YOU GUYS, YOU GUYS, YOU GUYS!” –*MERRILEE MEMORIES*



*CONSD servant-leader and all-around delightful soul **Merrilee Melvin** is moving to live near family in Michigan in August 2020. We wanted to send her off with a few memories and well-wishes and prayers.*

I knew Merrilee from Chris and Sue Hagen’s prayer group, but my “Mr. Toad’s Wild Ride” began in 2016 when she and I began our chapter work together. By that time, Merrilee had graduated from Richard Rohr’s selective and prestigious Living School where she had inhaled the extensive required readings and lectures. That year Merrilee, Elena

Andrews, and Avril Bland began presenting retreats together, and CONSD discovered Merrilee’s infectious presentation style of wit, charm, and inspiration.

Next was Living Flame. Merrilee strongly suggested the chapter repeat the successful C.O. program of 7 all-day Saturday retreats on contemplative topics. I feared the work involved would be overwhelming, but Merrilee said, “No problem. I’ll do it.” And organize it she did with more participants than we needed and glowing responses from all.

That fall Merrilee and I roomed together at the C.O. International Conference in Denver. We soaked up the programs during the day and swapped stories at night. But the highlight of the trip was our hurried visit to Snowmass right after the Conference. Chris and Sue had thoughtfully arranged an interview with Fr. Thomas Keating for us. When he appeared in the doorway, Merrilee swept into the conference room, sat down, and then delighted him with stories of contemplatives they both knew. They talked and laughed together like old friends for over an hour.

And then last year, the magic of Merrilee struck again. I told her casually about Fr. Vincent Pizzuto, author of *Contemplating Christ*, thinking he might be a possible event speaker. In less than a week, she had called him, made friends, and asked if he would be willing to present. He would. Three months later Merrilee and Mary picked up Fr. Vinnie—her new name for him—at Lindbergh Field for his retreat at St. Bartholomew's with almost 100 contemplatives.

Dear Merrilee, you are a whirlwind of spiritual energy and have been the chapter's and my inspiration. God gave us a contemplative lightning bolt, and now you leave us your legacy of embracing the possible. How I will miss you.  
~With gratitude and love, Linda

\* \* \* \* \*

The circle closed and again reunited us at a CONSD workshop, long after we both had left Minnesota and many years and experiences later. It was a large group, but across from me I recognized a familiar face and the rest became our history for the past 13 years--of being inspired by your spiritual teachings, your connectivity to gather and refer, your enthusiasm in leading, and your courage to examine the depths. May you experience wholeness as you take our love and blessings to Michigan, where the circle of your roots will be closed. You will be missed! ~ Love always, Sue Cardinal

\* \* \* \* \*

Forever and always when I think of Merrilee I will hear, "You guys, you guys, you guys!" That and, "Rub-a-dub-dub, thanks for the grub, yay God!" ~ Nancy Datte

\* \* \* \* \*

Merrilee is such a lovely name, and so are all the associations I have now when I hear your name - sweetness, brightness, lovable laughter, kindness,

faithful, generosity, thoughtfulness, excitement and joy about life, friendships, and your Faith.

You are always quick to smile, to laugh, to care, to give, to include others, to share all of yourself with all of us, a fun friend, faithful, eager with kindness, always searching to deepen your spiritual relationship, as well as looking for *so many* ways to help CONSD at large and each of us individually.

Your service in the Spiritual Development team has helped enrich us all; I still have materials from half-day retreats I use for devotions. Having a tiny window into some of the physical challenges you face, we know your service has often come at a cost, but you never seemed to slow down. Your inspiration and unwavering commitment brought Living Flame back to CONSD; thanks to your support I was deeply blessed by that wonderful program, thank you!

*Thank you for all you've given of yourself to each of us. So many emotions, including tears, come at the thought of you leaving--although we understand the wisdom and necessity of this decision. You've been such an integral part of our Contemplative Community that it's hard to think of saying goodbye. So I choose to remember we are forever connected through the impenetrable and everlasting bond of the Holy Spirit:*

*Loving and Gracious God, our Healer and Redeemer, our Beloved: We lift our precious Merrilee and place her safely in Your care. May your healing power break through, may Your restoration flow through her. "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11) May the blessing of God Almighty rest upon Merrilee and Sue, and dwell within them this day and evermore. Amen.*

~Susan Wheeler

\* \* \* \* \*



Dearest Merrilee,

Your friendship has been such a treasure over these years and your commitment to the contemplative journey and contemplative service a gift. Most especially, I am grateful for the time and creativity we shared planning and facilitating the half-day retreats -- not to mention the sundaes! Thank you too for bringing Alana here on that beautiful night of music under the stars.

I learned so much from your vast reading and willingness to share that knowledge as well as your personal stories, struggles, and insights. I am truly blessed to have such a generous contemplative companion in so many ways. Thank you!

Of course, I will miss you. Besides everything above, I will miss your giggles and impish grin, your hugs and your "Well you know . . ."s, (with your finger in the air), and everything that came after them.

As you open this next Michigan chapter of your life, (Lancaster Lakes looks lovely!), I wish you every happiness and loving times with your family and Sue.

We'll always have Denny's! ~ **Loving hugs, Elena Andrews**

\* \* \* \* \*



You guys, you guys, you guys!! Lend me your ears - or in this case, your eyes :) - as I want to tell you about my friend, Merrilee Melvin! Perhaps you already know her, but allow my heart to spill over for a minute while I write some words about this delightful soul, this dear friend of mine whom I have been blessed to know for some fifteen years or so. She's getting ready to move to Michigan in August and she will be SORELY missed by so many of us contemplatives in the San Diego area! Don't get me wrong, I'm happy for her as she will be near family, including her delightful three-year-old niece who is sure to bring her nothing but tons of joy, and this is exactly what I wish for Merrilee - joy!

I'm so glad for Merrilee because she has shared with me, and with so many of us, the many gifts of her friendship. Merrilee is full of zest, curiosity, a quick intelligence, a kind heart, and a cheerful countenance. If she has touched your heart and/or your mind, you have surely been transformed more deeply and meaningfully in unexpected and welcomed ways. She is one of those rarest of contemplatives, an extroverted seeker of the wisdom of Silence and of Presence. This combination serves her - and all her friends and acquaintances - very well since her love of interaction spills out to benefit all those in relationship with her. A voracious reader and seeker of contemplative wisdom, Merrilee has an uncanny memory of a great quantity of contemplative quotes. She uses them to pepper the wisdom of her conversations and discussions much like a good researcher shares the source of their knowledge - by verbalizing the exact quote and its author to perfectly fit the topic or theme. The quotes serve to enhance and validate the wisdom being doled out by her large mind and even larger heart. She is a genuine seeker of the good, the true, and the beautiful, and I remain ever grateful for being a recipient of her wisdom and her compassion.

Merrilee, our hearts will go and be with you wherever you are. God be with you always, my friend, to light your path, to bring you joy, to grant

you peace, to remain as your abiding Beacon of Eternal Presence. My gratitude overflows for your friendship! Blessings of love and light and joy, always! ~ **Love, Parth Domke**

\* \* \* \* \*

My spirit always lights up when I see Merrilee. At the moment, I cannot recall how we met. Really, it's as if she's always been there – ever-present Merrilee, elfin dynamo with a twinkle in her eye, open-heartedly bringing together amazing people, possibilities, ideas, and events for CONSD. She's gifted in recognizing rich threads of divine grace out in the world and joyfully braiding them together into beautiful fabrics that warm, sustain, and enrich our community. Thus I came to think of her as a “great connector,” a visionary brilliantly linking diverse ideas into unified wholes, shining light on patterns of living wisdom revealed through contemplative teachings, world religions, perceptive quotes, memorable stories, and great books. But more: She is a dear friend, the kind you share your embarrassing stories and deep fears with, an effervescent inducer of belly-laughs, a healing

touch, and a big, listening heart. I know we will stay in touch, but I will miss her nearby presence in our lives. O mirthful mystic Merrilee – bless you for sharing your rich gifts and friendship. As always, *Yay, God!* ~ **Big love, Mary Williams**



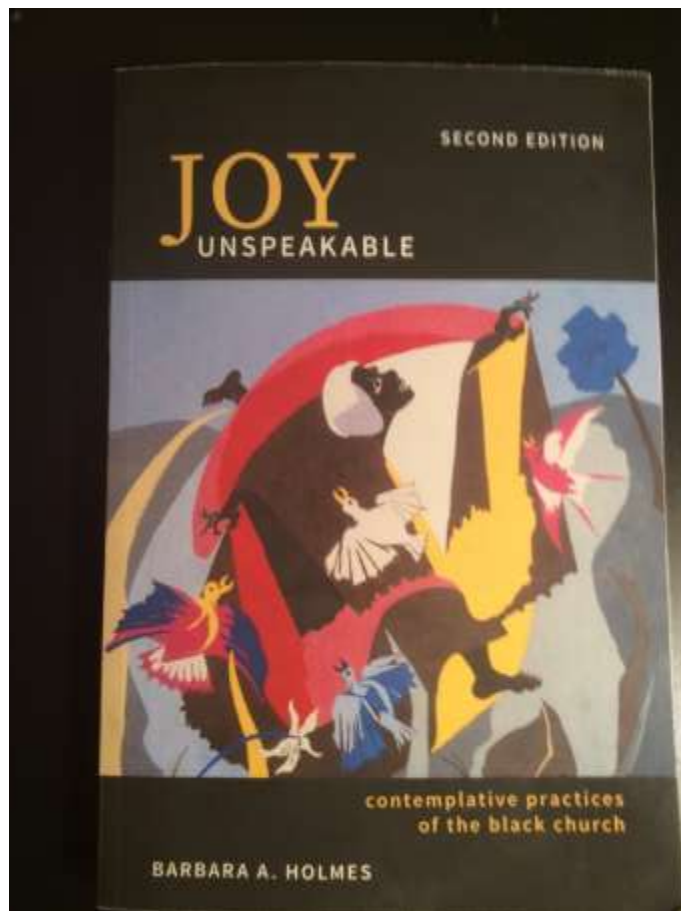
## A Place You Come From

At first when you begin a practice of meditation, it feels like a place you go to. You may think of it as “my inner sanctuary” or “my place apart with God.” But as the practice becomes more and more established in you so that this inner sanctuary begins to flow out into your life, it becomes more and more a place you come from. It is a bedrock of spiritual intelligence, a sense of connectedness known from so deeply within you that nothing can shake it. This is ... theological hope, “the hope that can never be taken away,” because you simply *know* your abiding union in this place of interconnection; you know that nothing can possibly fall out of God, and that, as St. Paul so profoundly expressed it, “Whether I live or die, I am the Lord’s” .... Once grounded in that certainty, you can begin to reach out to the world with the same wonderful, generous vulnerability that we see in Christ.

~Cynthia Bourgeault, *Centering Prayer and Inner Awakening*

## An Invitation to Read *Joy Unspeakable* by Barbara Holmes

For many years, I have been seeking enrichment within the Contemplative Outreach Community that encourages us to also deeply listen and act upon the call to create social justice in our churches, communities, and institutions. Richard Rohr has stated many times that the most important part of the phrase, "contemplation and action" is "and." And Thomas Keating's teachings have emphasized that the work of the contemplative path is to live that "We Are One." So several weeks prior to the pandemic, when one of Richard Rohr's daily meditations listed *Joy Unspeakable: Contemplative Practices of the Black Church* by Barbara Holmes, I immediately ordered a copy. I was not disappointed!



Barbara Holmes is an African-American woman who is a current faculty member at the Center for Contemplation and Action. She is a retired professor, author of several books, and has been a civil rights contemplative all of her life. *Joy Unspeakable*, first published in 2004, explores the communal contemplative practices of the black church that have sustained individuals and communities throughout oppressive times in America. I will not attempt to explain what she means by "contemplative practices" or the "black church." She does an outstanding job of that! I write simply to encourage you to read and reflect upon her book.

We, in the Contemplative Outreach Community, have been taught to practice the discipline of daily periods of silence in our lives, where we trust that the Spirit of God is praying deep within us, beyond our thoughts and our words. We naturally associate silence with contemplation. Yet, Barbara Holmes identifies contemplation as experienced by African Americans in ways that do not fall neatly within planned "times of silence." She describes contemplation as also moments when one is drawn to the Divine at the core of one's being, and this recognition takes one's breath away! In the midst of suffering and trauma, one experiences the presence of Joy Unspeakable, which I came to understand as the words she uses to describe the presence of God.

Ms. Holmes identifies times of contemplation that have occurred for African Americans, such as when one is lying naked, packed with other naked human beings in the belly of a slave ship. Contemplation has occurred when one is standing naked, on display for sale, and marching in a circle on the slave auction block. Contemplation takes place when one's children and family members are separated through the sale of family members to new slave owners. How enlightening to acknowledge that trauma--not just the call to silence--calls us to Being at the very the center of our being. Similarly,



Richard Rohr has taught that both great love and great suffering are the two common paths that lead most of us to God.

Ms. Holmes also explains that for many within the African American church, contemplation is a communal rather than an individual experience. She describes community experiences of contemplation that can occur when the community sings together in the praise house, overcoming the voices of oppression. She also identifies contemplative practices, deeply rooted in African culture, which can have a transformative effect on the community, such as the rhythmic beating of the drums and the swaying of dance. She even identifies times of tap dance as transformative!

The second edition of *Joy Unspeakable* was published in 2017. It includes updated chapters, such as: "Black Lives Matter and the Black Church: Twenty-First Century Activism," where Ms. Holmes describes the founding of the BLM movement and its contemplative practices, which she presents as part of the lineage of black communal and church traditions. This has so enriched my understanding of Richard's Rohr's teaching that contemplatives are called to "hold the tension" between opposing viewpoints, and to not "collapse" into dualistic thinking...a most challenging practice to put into place.

I began reading *Joy Unspeakable* in February 2020, prior to the pandemic and the killing of George Floyd. Our United in Prayer Day, always held in March, was cancelled this year for safety reasons, and then the Stay at Home Order was put into effect. Since then, the media has outlined the devastating impact of the virus, especially upon communities of color, and has

made all of us aware that the tension between police departments and African Americans is real, regardless of our individual opinions about this.

Barbara Holmes writes that (page 200):

*"We are on a pilgrimage toward the center of our hearts. It is in this place of prayerful repose that joy unspeakable erupts.*

*Joy Unspeakable / erupts when you least expect it. / When the burden is greatest / when the hope is gone. / After the bullets fly. / It rises / on the crest of impossibility, / It sways to the rhythm / of steady hearts / and celebrates / what we cannot see.*

*This joy beckons us not as individual monastics, but as a community. / It is a joy that lives as comfortably in the shout as it does in the silence. / It is expressed in the diversity of personal spiritual disciplines and / liturgical rituals. This joy is our strength, and we need strength / because we are well into the twenty-first century, / and we are not healed."*

I encourage you to read *Joy Unspeakable*. The contemplative practices of the black church, embodied in contemporary African American people and communities, have much to teach us. I found this book inspiring, revealing, difficult, challenging, and joyful. I am grateful to the author. *Joy Unspeakable* is a "keeper" that I will read, re-read, and practice Lectio Divina with, as the wisdom that flows through single paragraphs is indeed rich.

**~Diane Langworthy**

### Centering Prayer During Times of Unrest

**Q:** Extreme injustices and inflicted cruelty are buried in people's lives. When these experiences arise (often unexpectedly) as a response to the asking participation in one's own spiritual journey, it is advised to slow down the evacuation process. How does this affect a daily Centering Prayer practice? We cannot take away another's hurt or suffering. When one can't even quiet to sit for Centering Prayer during these times of unrest, from the contemplative point of view, what can we suggest?

**A:** Thank you for your question. It points to the need to be generally faithful to the practice. What is the contemplative point of view that you ask about? It is always trying to see our experiences in a larger context. Extreme injustices, etc., are buried in people's lives; we use the expression, 'the issues are in the tissues'. In the process of consenting to God's presence and action in Centering Prayer, over time these issues will come to the surface so that we may gradually heal and let go of them, with the grace of God. Remember they are coming up in order to come out.

There are a number of approaches to consider here:

1. It is recommended that fidelity to the Centering Prayer practice continue, even if there is much unrest. This helps keep the intention of letting go active. It also keeps trust in God active.
2. Thomas Keating, in *Open Mind, Open Heart* suggests that, during those moments of unrest, you make the feeling you are experiencing around the injustice your sacred symbol. Then return to your regular sacred word or symbol when the feeling begins to dissipate.
3. Outside of the prayer time, it is very helpful to make use of the Welcoming Prayer and the Forgiveness prayer practices, as they will continue the letting go and deepen trust in the process God is working.
4. For many, it is very helpful to seek professional counseling or therapy for additional support and tools.

However, there may be times when it is advisable to slow down the evacuation process by practicing less Centering Prayer. I would advise this only when the person is seeking the additional help mentioned in #4. Blessings. You are in my prayers.

~ **Fr. Carl Arico**

## TWO NEW CONSD ZOOM GROUPS

Although we are postponing our regular in-person prayer meetings and events because of COVID, the chapter is offering to anyone who wishes to attend two new groups that meet on Zoom: Simply Prayer and CONSD 11<sup>th</sup> Step.

With Simply Prayer, our intention is to offer a way to gently touch base as we shelter in place—praying together and mutually blessing our solidarity-at-a-distance. We begin with an opening prayer or chant, then engage in 20 minutes of Centering Prayer. Afterwards, we read a brief reading from scripture or a contemplative teacher, the end with a closing prayer. Our rotating list of facilitators includes: Kathy Mendoza, Mary Williams, Elena Andrews, and Joan Thompson. These sessions last 30-45 minutes and do not include a time of sharing or discussion. We meet each Thursday at alternating times: the first and third Thursdays at 10 AM, and the second, fourth,

and fifth Thursdays at 7:30 PM. (Please see the “Events” section of this newsletter for Zoom links.)

Our CONSD 11<sup>th</sup> Step Zoom group, facilitated by Kathy Mendoza, is for those who are participating in Twelve-Step recovery programs. With the 11<sup>th</sup> step, one seeks “through prayer and meditation to improve our conscious contact with God as we [understand] Him, praying only for knowledge of His will for us and the power to carry that out.” The sessions begin with Centering Prayer, followed by a 30-minute period in which participants “share experiences, strength, and hope.” This 11<sup>th</sup> Step group meets at 4:30 PM on Fridays. (Please see the “Events” section of this newsletter for the Zoom link).

Please “arrive” a few minutes early to these groups to allow time for settling in – and to allow time to smooth out any technological issues. We look forward to being with you in this way as we seek stillness and guidance and deepening in these harrowing times.

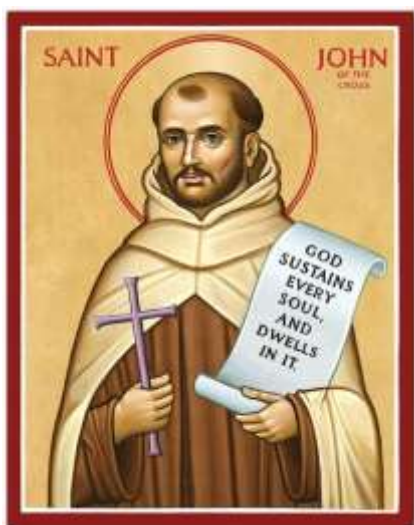
### Christ with Us in Difficulty

We must try to perceive Christ in the interruption of our plans and in the disappointment of our expectations; in difficulties, contradictions, and trials. No matter what happens, *“We know that in everything God works for good with those who love him” (Rom 8: 28).*

--Father Thomas Keating, *The Heart of the World*

## UPCOMING PROGRAM ON AUGUST 22 & 29, 10 AM TO 12 PM “JOHN OF THE CROSS: POET, MYSTIC, SPIRITUAL GUIDE”

John of the Cross, Doctor of the Church, mystic, and acclaimed Spanish poet, was a close collaborator of Teresa of Avila in reforming the Carmelite Order in the 16<sup>th</sup> century. Then, as now, at a time of upheaval in Church and country, John looked at life events and nature as movement by the Spirit. His poetry speaks of his deep mystical experiences. A skilled spiritual doctor, his prose writings and letters give practical advice on ways to reach union with God and emphasize the importance of experienced guides to show us the road. His words and teachings are very relevant today.



In this two-part presentation offer through Zoom, we will look at his life, his poetry, and his advice for those seeking God in a world in turmoil. The sessions will also feature meditative readings of

John of the Cross' poetry in Spanish and English as well as meditative harp music. Both sessions will be recorded and made available to attendees.

The presenter of this program, Oliva M. Espin, is Professor Emerita of Women's Studies at San Diego State University, having served the institution from 1990-2007. A native of Cuba, Espin received her bachelor's degree from the Universidad de Costa Rica in 1969 and her

doctoral degree from the University of Florida in 1974. Upon receipt of her doctoral degree, Espin worked as a psychotherapist, taught in Canada and at Boston University, and received a National Institute of Mental Health Fellowship at Harvard University.



In addition to her many years of teaching experience, Espin's research and advocacy work is also laudable. She has fought for refugee women to gain access to mental health care services, and her writings are interdisciplinary in nature, tying

in psychology, social justice issues, politics, and religion. Her presentations in the US and the world at large are just as exciting as her classroom lectures. Among other books, she recently published *Women, Sainthood, and Power: A Feminist Psychology of Cultural Constructions*.

This program is being offered free of charge. Free will donations are welcome. For more information, please go to:

<http://mmacc.org/get-involved/john-of-the-cross>



# CONSD & COSD EVENTS – 2020

Until further notice, all events are online-only

## CONSD EVENTS 2020

### Simply Prayer – Zoom Meeting (morning)

**Facilitators:** Kathy Mendoza and Elena Andrews

**Time:** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month, 10:00 AM

Zoom link:

<https://us04web.zoom.us/j/79489072955?pwd=TK5Ga1M2NUk2SHJxNUZrZotlRmg3Zz09>

Meeting ID: 794 8907 2955. Password: 3u1m19

### Simply Prayer – Zoom Meeting (evenings)

**Facilitators:** Mary Williams and Joan Thompson

**Time:** 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Thursdays of the month, 7:30 PM

Zoom link:

<https://us02web.zoom.us/j/89771694647?pwd=ODVUV2VBMoN4dTNBTLJzR21odm81UT09>

Meeting ID: 897 7169 4647. Password: 786555

### CONSD 11<sup>th</sup> Step – Zoom Meeting

**Facilitator:** Kathy Mendoza

**Time:** Fridays at 4:30 PM

Zoom link:

<https://us04web.zoom.us/j/78042556785?pwd=TEZVclVIRVNTWmY5bmdkOHhUTEFVUT09>

Meeting ID: 780 4255 6875. Password: 3deA9g

**CONSD Events:** For information on all CONSD events call Mary Williams at 760-822-3916 or see the CONSD website:

[www.consd.org](http://www.consd.org)

**COSD events:** For information on all COSD events, see the COSD website:

[www.contemplativeoutreachsd.org/](http://www.contemplativeoutreachsd.org/)

## CONSD RECOMMENDS:



**John of the Cross: Poet, Mystic, and Spiritual Guide**  
**Presenter:** Oliva M. Espin

“Join us for a two-part series on John of the Cross that will look at his life, his poetry, and his advice for those seeking God in a world of turmoil.”

**Date:** August 22 & August 29

**Time:** 10:00 AM to 12:00 PM via Zoom.

Register here on Eventbrite

<https://www.eventbrite.com/e/john-of-the-cross-mystic-poet-spiritual-guide-two-part-series-tickets-115552166641>



**Healing Social Injustice through Contemplation and Action. Half-Day Retreat sponsored by Contemplative Outreach of Maryland and**

**Washington.**

Saturday, September 19, 2020, 9:00 am ET to Noon Via Zoom.

The purpose of these half-day retreats is to deepen our awareness of God's transforming presence in our lives.

Led by COMW Leadership Team member:

Benedicte Vibe Christensen

Registration Required. Suggested \$15 goodwill offering. (Please make the check out to COMW, and mail to Kathleen Blank Riether, COMW Treasurer, 5265 Winter View Dr., Alexandria, VA, 22312.

<https://zoom.us/meeting/register/tJAqdO2vqjMsGtFF8UFi4abXxbfPS7c4dv-A>

Looking for more contemplative opportunities? At the Contemplative Outreach Ltd. Resources page, you can find videos with Fr. Thomas Keating, articles, newsletters, and more: <https://www.contemplativeoutreach.org/resources/>

At the Contemplative Outreach, Ltd. Programs page, you will find in-home and online workshops, retreats, and Zoom Centering Prayer Groups: <https://www.contemplativeoutreach.org/programs/>

Did you know Contemplative Outreach Ltd. has its own YouTube channel? There you can find Fr. Thomas Keating's Spiritual Journey Series, The Welcoming Prayer Practice with Mary Dwyer, Cynthia Bourgeault's 2020 presentation, "Oneness, The Secret Embrace," videos on Centering Prayer and prison ministry, and more: <https://www.youtube.com/user/coutreach>

Chris Hagen's "Putting on the Mind of Christ: How Centering Prayer Changes the Brain," is available on YouTube. A must-see: <https://www.youtube.com/watch?v=ivlP5KltXxQ&t=523s>



# Prayer Groups

	Area	Facilitators	Telephone	Location	Day & Time
1	Carlsbad (1)	Rev. Madison Shockley	760-729-6311ext.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 <sup>th</sup> St.	Thursdays 4:30-5:45pm
3	Del Mar (2)	Kathy Agnew, Nichola Riggle	858 481-8754 760-448-5224	St. Peter's Episcopal Church, 334 14 <sup>th</sup> St.	Tuesdays 8:55-10:00am
4	Encinitas (1)	Shirley Shetula	760-525-6721	(Call for location)	Mondays 10:00am
5	Encinitas (2)	Virginia Erickson	760-846-5749	Beth Lutheran, 925 Balour Dr., Multipurpose Rm., Encinitas	Mondays 4:30-6:00pm
6	Encinitas (3)	Lynne McKiernan	619-665-6344	San Dieguito United Methodist Church, Encinitas	Mondays 1:30pm
7	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
8	Fallbrook	Barbara Hudson	760-645-0726	(Call for location)	Saturdays 8:30am
9	Murietta	DeeDee Warden	951-265-8557	42753 Settlers Ridge, Murietta	Wednesday 4:00pm
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.	Tuesdays 1:00pm
12	Oceanside (3)	Pat Julian	760 757-3659 x123	Mission San Luis Rey, 4050 Mission Ave.	Fridays 10:00am
13	Poway (1)	Elena Andrews	838-663-6584	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:00-10:30am
14	Poway (2)	Colleen Clementson & Rebecca Crowley	858-663-6584 858-748-3801 858 748-3542	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00pm
15	Poway (3)	Parth Domke	858-829-2664	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm

16	Poway (4)	Audrey Spindler	760-215-0782	Order of St. Luke* (call for directions)	Sunday 10:45am
17	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
18	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
19	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:00-10:30am
20	San Marcos (1)	Karla Halvorson & Sharon Phelps	760 727-1509 760-533-2437	San Marcos Lutheran Church, 3419 Grand Ave., Sanctuary	Wednesdays 1:30-2:30pm
21	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Tuesday 1:30-3:00pm
22	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 1:00-2:30pm
23	Temecula (1)	Pam Bowen, Joan Neidig, & Marigold Velasco	909-938-9932 951-676-2928	Home of Joan Neidig, 42149bCamino Romo, Temecula	Thursdays 6:30pm
24	Temecula (2)	Robin Orner & Pastor Sandy Benz	951-669-3998 951-676-6262 X205	Hope Lutheran, 29043 Vallejo Ave. Classroom 6, Temecula	Tuesdays 6:30pm
25	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:30am

Contemplative Outreach of North San Diego is a non-profit ecumenical spiritual organization. The Newsletter is published online quarterly. The views expressed in the articles by our local contributors are theirs alone and are not intended to indicate endorsement by Contemplative Outreach.

**Website:** [www.consd.org](http://www.consd.org)

**Editor:** Mary Williams ([kirkmary@cox.net](mailto:kirkmary@cox.net)).

**Telephone:** 760-822-3916 (cell and text) for Mary Williams

**Post:** CONSD, c/o Mary Williams, 1241 Granite Rd., San Marcos, CA 92069.

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

**Layout and Design:** M. Williams