



CONSD News

The Newsletter of Contemplative Outreach of North
San Diego, Volume 16, Number 1, February 2021

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The **VISION** 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.

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.

CORE VALUES

Value -- Christ Centered

We will know we are living by this value when we: Commit ourselves to be faithful to the practice of Centering Prayer twice a day. Embrace the inspiration and direction of the Holy Spirit in accomplishing our Vision and Mission. Share the method of Centering Prayer with utmost charity and humility.

Value -- Humility

We will know we are living by this value when we: Acknowledge that any good accomplished by CONSD is the work of the Holy Spirit. Are transparent in our actions. Treat everyone we meet, within and outside of CONSD, in a non-judgmental manner. Respond to every issue that comes to us in a non-judgmental manner.

Value -- Utmost Charity

We will know we are living by this value when we: Reach out with compassion, understanding, and joy in the pursuit of our Vision and Mission Statements. Accept and value each person wherever she/he may be on their spiritual journey. Treat every person and issue with utmost patience.

Value -- Community

We will know we are living by this value when we: Cultivate and foster a spirit of unity and utmost charity throughout the spiritual network. Honor and respect people within and outside of our Christian tradition regardless of differences in outlook, theology, or practice. Hear, share, learn, and grow in union with one another with God as our center. Reach out with utmost hospitality in all that we say and do.

Value -- Encourage and Support

We will know we are living by this value when we: Offer the Centering Prayer Introductory Program regularly. Present programs/events that encourage spiritual illumination, growth, and transformation regularly. Hear and respond to the needs of the CONSD membership. Affirm each member's desire to develop a closer relationship with God.

Advent Morning of Prayer

With Mary Williams

On November 12, 2020, fifty-two contemplatives were brought together on Zoom to pray and reflect on Advent with CONSD facilitator Mary Williams. Mary guided us on a **heart melting** journey!

Yes, and how better to prepare to host the birth of our Savior than with hearts melted open by loving compassion, reminders of who we are called to love, how we can open to love others at this time and always? While cello and piano soulfully played “O Come, O Come, Emmanuel”, a *Visio Divina* series of human faces began with a child behind bars looking at us, pleading for care, then a homeless man sitting in a public area with a sign asking for human kindness.... The opening was masterfully orchestrated by allowing each face to have time to really look at us, and for us to really see each of them. Tears were flowing among us, and we felt the softening to love those we saw--and also to soften to our need to be loved as we are. Hearts broke open. It was beautiful!



**“O Come desire of nations—bind
In one the hearts of humankind.
Bid thou our sad divisions cease
And be Thyself our Prince of Peace.”**

The rest of the time together built on these moments in a way that continued with music and views of the Holy Family from various perspectives, which helped to show we are ALL part of the Holy Family...and always have been.

James Finley visited us via his Advent Meditation (on YouTube) in which he spoke of our making room in the “Inn” for Love who is our Savior, being born within us moment by moment always. Advent helps us draw our full attention to this miracle. Together, we help remind each other.



James Finley offers an Advent reflection

Two periods of Centering Prayer gave us time to go inside and let God take us into His love. We also had two breaks to get up and stretch. Alana Levandoski sang “Behold, I Make All Things New” from her album of that name. “Let there be light, let there be light, let there be light” she sang, then, “God unseen is taking form, God unseen is taking form, God unseen is taking form. Let there be light!” Beautifully sung, and perfect for our Advent awareness opening to the Light, the Love, the ultimate Reality.

We also had times of reflection when we could jot down thoughts we might want to share later. “Hymn of the Cherubim,” offered during our break-time, is hauntingly lovely.

We finished with a bit of sharing, which made clear the presence of God’s Grace in this morning together. Included below are links so

everyone can enjoy some of the music and videos that Mary prepared.

Quite honestly, I remained speechless at the close of our 2 hours together...it touched me that deeply. Thank you.

~ **Kathy Mendoza**

Links to Music and Videos shared during Advent Morning of Prayer:

- [“Da Pacem Cordium \(Give Peace to Every Heart\)”](#) -- Taizé Community
- [“O Come, O Come Emmanuel”](#) – The Piano Guys
- [“Let All Mortal Flesh Keep Silence”](#) – Benedictines of Mary, Queen of Apostles
- [“Hymn of the Cherubim” \(Excerpt\)](#) – Pyotr Ilyich Tchaikovsky
- [“Advent Meditation”](#) – James Finley
- [“Behold, I Make All Things New”](#) – Alana Levandoski

All Shall Be Well

In you, Father all-mighty, we have our preservation and our bliss.
In you, Christ, we have our restoring and our saving.
You are our mother, brother, and savior.
In you, our Lord the Holy Spirit, is marvelous and plenteous grace.
You are our clothing; for love you wrap us and embrace us.
You are our maker, our lover, our keeper.
Teach us to believe that by your grace all shall be well,
And all shall be well,
And all manner of things shall be well.
Amen.

~Julian of Norwich, c. 1343 - 1416

Heaven at Home Retreat

With Ardy Woodmansee and Kathy Di Fede

Inviting Taizé music greeted me on January 30 as I joined 51 other retreatants for the Zoom gathering “Heaven at Home,” deftly led by Ardy Woodmansee and Kathy Di Fede. Savoring the comfort of my cozy room, at ease in my lounging pajamas--and grateful for not having to fight traffic--I settled in for a morning of silent prayer, sacred music, *Lectio Divina*, and *Visio Divina*.

After a brief explanation of the morning’s schedule, we began with a full half-hour of Centering Prayer. Then from the space of that extended silence, we listened to a passage of scripture: Mark 4: 35-41, in which Jesus calms a storm

that sprang up while he and his disciples were crossing the sea in a boat. We also listened to a brief commentary on the passage taken from Thomas Keating’s book *Reflections on the Unknowable*. Ardy and Kathy invited us to focus on a particular word or phrase that spoke to us, repeating it

in our hearts during a few moments of silence. Then the same passages were read again, after which we were guided to silently reflect with the aid of the following prompts: “What does the ear of the heart hear; what does the eye of the heart see? Where is the storm in your own life?” As we took some time for a break, we were encouraged to write down words, phrases, sights, or sounds that had touched our hearts.



“Calming the Storm” by Tigran Ghulyan

After the intermission, the group regathered for two 20-minute periods of Centering Prayer, including time for a brief meditative walk in between the sits. Then we had time to vocally share and reflect on what had spoken to us during the morning’s *Lectio*. Several people resonated with the word *powerlessness* –

listening deeply to Keating’s assertion that “Powerlessness is our greatest treasure. Don’t try to get rid of it To be in too big a hurry to get over our difficulties is a mistake because we don’t know how valuable they are from God’s perspective. Without them we may not be transformed as

deeply and as thoroughly.” Powerlessness is certainly what many are experiencing in these days of pandemic and political turmoil... like being in a boat, tossed about by an unpredictable storm. And where is Jesus? Asleep in the stern! Very close by, and, as Keating suggests, “assisting us more than ever at a deeper, more subtle level. The conviction grows that whatever we may feel, Jesus is in our little boat and is giving us... help.”

Likewise, the phrase that I held in my heart was: *God never goes anywhere, he just seems to...*

As our Zoom time together came to an end, Kathy suggested that we could extend the retreat to the rest of our day by: Taking a long walk in nature, eating meals in silence,

and having another period of Centering Prayer in the evening. Thus the refreshment of the morning could, like a fragrant incense, bless the remainder of the day.

Early in the day, as our retreat began, Ardy reminded us of something Cynthia Bourgeault has said: “The pandemic has sent us to our room.” The silver lining—or, perhaps, the unexpected grace in this—is that we can pray in our own separate “cells” while holding contemplative silence together as a group. It is one of the gifts of peace we can give to one another in this time of pandemic, this stormy sea we are traversing together. From our own homes, we can mutually offer and receive a taste of heaven.

~Mary Williams

Jesus Is in Our Boat

[The disciples] took Jesus with them in the boat.... A violent squall came up and waves were breaking over the boat... Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?” He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm.... [Jesus] said, “Why are you terrified?” ~Mark 4: 35-41.

“At one level of faith, we panic and yell for help... It is the greatest prayer ever composed... But if we move to the mature faith to which contemplative prayer leads us, we know we have all the help we need. God never goes anywhere, he just seems to... The purpose of God’s sleeping is to make us realize that he has not left us at all, but is assisting us more than ever at a deeper, more subtle level... The conviction grows that whatever we may feel, Jesus is in our little boat and is giving us all the help we need; we can just relax and let go of all fear...

Powerlessness is our greatest treasure. Don’t try to get rid of it. Everything in us wants to get rid of it. ‘Grace is sufficient for you.’ To be in too big a hurry to get over our difficulties is a mistake because we don’t know how valuable they are from God’s perspective. Without them we may not be transformed as deeply and as thoroughly. The spiritual journey is the commitment to allow everything we possess to be taken away before the dying process begins. This makes us of enormous value to ourselves and to others because we have anticipated death, and death is not the end but the beginning of the fullness of transformation.”

~Thomas Keating, *Reflections on the Unknowable*

The Spirit Leads Us Onward, via Zoom

Reprinted with permission from *Contemplative Outreach News*, December 2020

When I was invited to write an article about Zoom fatigue, I set out to interview some of the many who have been attending Centering Prayer groups on Zoom, one of whom asked me this wonderful question: “Is it cheating if I do ALL my Centering Prayer in online groups?”

My interviews suggest that the main story is not Zoom fatigue but an overwhelming sense of gratitude for the new technologies that make it possible for us to pray together in the amazing multitude of Zoom groups that have sprung up. While some of us are longing to return to our in-person groups, others are saying, “Please don’t ever end this online group!” and “I hope things never go back.”

Zoom fatigue is a term that has been created to describe the exhaustion that some feel from attending too many online meetings during the pandemic era. It can be very demanding to follow a conversation when we can’t read body language in our usual ways and are interrupted by blips and delays. Latency issues change the rhythms of how we talk back and forth. Add to that the weirdness of seeing our own faces as we speak and the need to master the ever-changing controls on our various devices—there is a lot to negotiate! But do the factors that create Zoom fatigue apply to contemplative groups? We are not involved in crosstalk. We are not struggling to read each other’s body language in the way we

might be if we were in a business meeting. We spend much of our time on mute and some of us turn our cameras off, especially during the meditation. Sometimes we have our eyes closed while others are speaking or even while we ourselves speak. For much of our time together we allow ourselves to go within rather than struggling to make ourselves heard or to take in information. For those of us who experience Zoom fatigue in other areas of our lives, our contemplative Zoom encounters may be an antidote rather than part of the problem.



Author, spiritual director, and professor Lindsay Boyer

Meditation Chapel now has over 100 facilitators, over 140 groups, and continues to attract new participants. Busy people can use time zone differences to squeeze in a

group early in the morning, late in the evening, or even in the middle of the night. Quite a few people join online groups every day and some do virtually all their daily Centering Prayer sessions there rather than alone, an option previously available to almost no one. People love not having to drive at night or travel at all. They love seeing each other's cats, dogs, partners, babies, decor, and window views. While some may have quibbles about the details of group format, for the most part these represent the same kinds of differing preferences that participants also have regarding in-person groups: do we enter on mute, or start with a little chat? How much sharing do we do, as opposed to spending most of our time together in silence?

At the beginning of the pandemic I met with Pamela Begeman, on staff with Contemplative Outreach, Ltd. and on the steering committee of Meditation Chapel, to brainstorm together about how to help Centering Prayer groups get started as quickly as possible on Zoom. Recently we checked in again to exchange notes on where the events of the last eight months have taken the Centering Prayer community and where the Spirit might be leading us next. Pamela expressed her excitement about the way the movement into online groups has led us "beyond mythic membership consciousness." On Meditation Chapel, there is no longer a sense that "I go to my church and meet with my prayer group." We're in an environment where we don't get to pick who our group is, we just show up, and "that has interesting effect on consciousness, the fruits of which will show up down the road."

Sometimes we don't even know what part of the globe our fellow group members are from. As we join from different time zones we exist almost beyond time. There is something very egalitarian about our images in their little boxes of equal size and random order. While we may lose something by not knowing each other in familiar and localized ways, we gain something in our sense of ourselves and each other as equal partners in a global community of prayer. The seemingly random assortment of people who come together for prayer prevent us from over-identifying with the group and underline that we have been brought together by divine providence.

Pamela and I identified what we see as emerging trends. While online quiet days and shorter retreats have become more commonplace, there is a hunger for longer online retreats. Some communities are experimenting with five to eight day retreats in which participants are not on Zoom all day long but spend some time in silence in their homes, punctuated by times of coming together on Zoom for talks and practice.

Now that many people have more opportunities for practice and greater access to groups, their committed contemplative practice is taking them deeper, and many of them are hungry for increased spiritual sharing to help them process their experience and insights, yet they aren't always looking to do that within the Centering Prayer groups themselves. One group has developed a pilot program of offering group spiritual direction to some of its members. What other opportunities might online groups offer their

participants to help them bond together and deepen their sense of online community, all the while protecting the sacred space of contemplative prayer time?

Local Contemplative Outreach chapters have new discernment issues to explore. The whole idea of a “local” chapter is becoming obsolete. What does local mean in this new context? What do we put in our “local” newsletters when we have access to international events but not enough time and space to publicize all of them? It's time to rethink everything, which can be both exciting and bewildering. Perhaps chapters that once were local will rearrange themselves around themes that call specifically to them and the competencies of their memberships rather than their geography. It's all being reordered, and our contemplative practices can help open our hearts and minds to the extraordinary possibilities that lie before us. Many local chapters are in discernment about whether to go beyond the one hundred person threshold of a regular Zoom account: “Okay, I can kind of wrap my head around one hundred people, but am I ready to be the facilitator of an event that might reach five hundred?”

While contemplative groups don't have large financial resources to promote the practices that are so dear to them, events and technologies have suddenly given them new power and reach. Contemplative Outreach service teams are seeing that their offerings can appeal to vast new audiences. The Centering Prayer Introductory Team recently

reached more than 400 people with an introductory workshop, while the 12-Step Outreach team had more than 800 registered for a weekend retreat. Small groups may sometimes even be nervous about how many people their events attract and wonder if they need to set cut-off points.

Rather than being fatigued by Zoom, we can be energized by the new ways our contemplative practices equip us to approach this unique situation. While the pandemic has created many hardships, losses, and challenges, our odd and wonderful new online communities have helped us nurture spiritual resources that we can offer to our anxious and disrupted world. Our practices allow us to cultivate an openness to the movement of the Spirit that enables us to follow the twists and turns of this adventure we are on. As Pamela observed, “You start to see how the mind has constraints you didn't even know it had and you're being asked to blow through all of them all at once.”

Let's use our beloved contemplative practices to break down our own barriers and resistances to what is suddenly and astonishingly possible. The Spirit flows forth like water that will go wherever there's a channel open for it. It has taken us to surprising places and it is not done with us yet. May we continue to follow its exciting, creative, and holy movement.

~ Lindsay Boyer

Q and A with Mary Dwyer

Unloading of the Unconscious

Q: I have practiced Centering Prayer for years now, and I was wondering if you could explain the process of unloading of the unconscious. What happens when forgotten memories and feelings, past traumas, just erupt during the prayer session? Does it mean that by being brought to the surface they are healed? How do we handle them during the prayer itself, as they are much more difficult to let go than “ordinary” thoughts?

Mary: As Fr. Thomas taught, the Divine Therapist embraces every opportunity we provide (by faithfulness to our practices) to remove all the obstacles within us that preclude the free flow of Grace/Love in our lives. A regular practice of Centering Prayer almost guarantees that “cleaning out the basement” will begin! For most lay folks, the bulk of the “unloading of the unconscious” occurs in the midst of our daily lives through—not during—the time of prayer. Relationships, careers/jobs, health issues provide a myriad of sources to begin to free us from our unconscious attachments and aversions. Yearly retreats also enhance the unloading process.

But what is most important to remember from my perspective is that while the psychological/physical content of the moment may be uncomfortable and downright dreadful, it is a true indication that the Divine Therapy (healing process) is fully underway. God is truly LOVING US INTO LIFE. A Radical, Invincible Trust begins to emerge in the One who brought us to the moment; that One will see us through the moment, because the only way out IS through. Often, we are only aware of this in hindsight. For if we were fully aware of the unloading, we think we are really in charge of it! The 12-step way of saying all of this is, “God is doing for us what we cannot do for ourselves.” So, faithfulness to our daily practices is our way of saying yes to the invitation to be transformed and consent to Divine Union, the fourth Consent.

When really overwhelmed with emotion or pain during Centering Prayer, *just be*. Fr. Thomas taught that in the midst of unloading, the sacred word is like a buoy in a hurricane. Nowhere to be found! But if we ride it out, so to speak, a calming begins to emerge after a while, and we can “ever so gently” return to our sacred word/symbol.

Thérèse of Lisieux Seminar

With Presenter Oliva M. Espín

February 27, 2021

10:00 AM – 12:00 Noon via Zoom



Thérèse of Lisieux



Presenter Oliva Espín

Join the Mary Magdalene Apostle Catholic Community and presenter Oliva Espín for a morning of study and chant as we venture through and beyond Thérèse's "Little Way."

The life of Thérèse of Lisieux, known in English-speaking countries as "The Little Flower," is sometimes reduced to sugary language. When Pope John Paul II made her the third woman Doctor of the Church, he spoke only about her focus on love--on doing every little thing with love, which is her well-known way. While Thérèse's "Little Way" is at the core of her writings, there is much more to her. Thérèse suffered strong psychological distress that had its roots in multiple maternal losses. She wrote about her struggles with faith when she was dying from tuberculosis at age 24. Her strong desire to be a priest is mostly discounted by church authorities but has been embraced by some well-known French

writers and others supporting the ordination of women. Much of her psychological distress, her "less orthodox" teachings, and her struggles with faith continue to be largely unknown.

In this seminar, we will present details of Thérèse's life, her writings, her contemplative teaching and practices, and we will try to understand her as a young woman of a specific historical period and sociocultural context who has a lot to teach us about searching for God in the silence of contemplation. And finally, we will learn from her unfiltered words about ways of life and contemplative prayer that bring us to God in simple yet profound ways.

This program is offered free of charge. We invite you to contribute what you can so that we can continue to provide these opportunities.

For more information or to register, visit:

<https://www.mmacc.org/get-involved/therese>

Saturday, March 6, 2021

United in Prayer Day

A globally hosted 24-hour day of prayer via Zoom



**In the global unity of silence as God's first language,
we honor Fr. Thomas Keating's birthday (March 7)
and the growing presence of Christ among us.**

Join in silence and community at any time, as many times as you are able. Each hour will begin with at least 20 minutes of Centering Prayer, followed by an offering from the hosting group, which may include a video segment, the practice of Lectio Divina, selected reading, community sharing, etc. **CONSD and COSD will host this Prayer Day from 4-5 PM.**

The Zoom chapel goes live at 12 AM New Zealand time on March 6.

You can access it at this link:

<https://www.contemplativeoutreach.org/2021-united-in-prayer-day/>

More Contemplative Offerings for the 2021 Lenten Season

Until further notice, all events are online-only

Simply Prayer: CONSD's Ongoing Weekly Prayer Gathering with alternating facilitators. 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. The schedule includes: an opening prayer or chant, 20-30 minutes of centering prayer, a short reading from scripture or from a contemplative teacher, and a closing prayer. These sessions generally last 30-45 minutes. **Thursdays, 10:00 AM.** Zoom link: <https://us04web.zoom.us/j/79489072955?pwd=Tk5Ga1M2NUk2SHJxNUZrZotlRmg3Zz09> Meeting ID: 794 8907 2955. Password: 3u1m19.

CONSD's Eleventh Step Zoom Meeting with Kathy Mendoza. Especially for those in 12-Step recovery programs. With the 11th 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.” **Fridays, 4:30 PM.** Zoom link: <https://us04web.zoom.us/j/78042556785?pwd=TEZVclVIRVNTWmY5bmdkOHhUTEFVUT09> Meeting ID: 780 4255 6875. Password: 3deA9g

Spiritual Gifts from the Imaginal Realm with Rev. Cynthia Bourgeault. In partnership with the Spirituality and Practice website, Rev. Cynthia will be offering a Lenten e-course on her new book *The Eye of the Heart*, in which she investigates the imaginal realm—an energetic realm well known to mystical traditions but often forgotten in our times. **February 18 – April 1.** Click here for more information and registration: <https://www.spiritualityandpractice.com/ecourses/course/view/10285/spiritual-gifts-from-the-imaginal-realm>

A Contemplative Approach to Scripture with Fr. Vincent Pizzuto. Fr. Vincent's book, *Contemplating Christ*, was recommended by Fr. Keating for everyone on the spiritual journey. In this presentation, Fr. Vincent will engage our minds and hearts through a close look at brotherly love in the parable of the Good Samaritan. He will also discuss the Wayless Way and Meister Eckhart's fresh take on the familiar tale of Martha and Mary. **February 20, 9:00 AM – 12:00 PM Mountain Time.** Click here for more information and registration: <https://www.centeringprayer.net/VincentPizzuto>

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart, bring hope and courage to all who wait or work in uncertainty.

Bring hope that you will make them the equal of whatever lies ahead.
Bring them the courage to endure what cannot be avoided, for your will is health and wholeness; you are God, and we need you.

This we pray in Christ our Lord. Amen.

~Adapted from the *New Zealand Prayer Book*

More Contemplative Offerings, con't:

Virtual Centering Prayer Weekend

Retreat with Fr Bill Sheehan. This retreat, offered through the Holy Spirit Retreat Center in Encino, will focus on Fr. Thomas Keating's book *Consenting to God as God Is*. "From my point of view, this is a most helpful book for those of us who have embraced this contemplative journey." Our time together will nourish silence with periods of Centering Prayer and daily presentations. **Feb 26 – 28.** A \$50.00 deposit is due by February 18. For more information, please email Amanda Berg at spiritualdirection@hsrcenter.com or Sr. Linda Snow at srlinda.snow@gmail.com. Registration is available at <https://www.hsrcenter.com/>. Click on "Featured Events," then click on "Extended Retreats."

Lenten Silent Saturday with Fr. Bill

Sheehan. Sponsored by Shepherd of the Hills United Methodist Church in Mission Viejo, **March 6, 9:00 AM – 12:30 PM.**

Registration is limited and required. For more information, contact Jill Yamada at 949-257-6002. A registration form is available at: <https://sothumc.ccbchurch.com/goto/forms/91/responses/new>.

Mark your calendars for Contemplative Outreach's annual United in Prayer Day on March 6. This will be a 24-hour virtual event coinciding with Fr. Thomas Keating's birthday on March 7. **CONSD and COSD will be co-hosting an hour of this event on March 6, 4:00 – 5:00 PM.** Click here to access CO's Zoom Prayer Chapel: <https://www.contemplativeoutreach.org/2021-united-in-prayer-day/>

Centering Prayer and the Enneagram

with Fr. Jos Tharakan. "This retreat is meant for anyone who wants to advance in their contemplative prayer practice with a deeper knowledge of who we are and why we do the things we do. Knowing who we are is the first step into growing in wisdom. Enneagram personality types will show us what motivates us . . . When we know what inspires us, then it will be easier for us to pray and play. When we pray well, we will play well, meaning, we will do whatever we do for living joyfully." **March 20, 9:30 AM – 3:00 PM Central Time.** Click here for more information:

<https://hobs.houseofblessings.org/hobsretreat/291/8th-centering-prayer-and-enneagram-zoom-retreat/>

Forgiving: The Art of Mercy, with

Mirabai Starr. In a talk drawn from her book *Wild Mercy*, Mirabai "will weave an experience of feminine wisdom and personal and communal reconciliation—and challenge us to deepen our capacity to truly forgive ourselves and others." **March 20, 9:00 AM—12:00 PM Mountain Time.** More info:

<https://www.centeringprayer.net/MirabaiStarr>

Expanding Our Love of Neighbor with

Fr. Martin Laird. "Laird is the author of several books on early Christian thought and Christian contemplative life, including *Into the Silent Land*, *A Sunlit Absence* and *An Ocean of Light*. He lectures widely throughout the United States, the United Kingdom, and Ireland." **April 24, 9:00 AM – 12:00 PM Mountain Time.** For more information, click here:

<https://www.centeringprayer.net/MartinLaird>

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 th 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 th St.	Tuesdays 8:55-10:00am
4	Encinitas (2)	Virginia Erickson	760-846-5749	Beth Lutheran, 925 Balour Dr., Multipurpose Rm., Encinitas	Mondays 4:30-6:00pm
5	Encinitas (3)	Lynne McKiernan	619-665-6344	San Dieguito United Methodist Church, Encinitas	Mondays 1:30pm
6	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
7	Fallbrook	Barbara Hudson	818-357-4167	(Call for location)	Saturdays 8:30am
8	Murietta	DeeDee Warden	951-265-8557	42753 Settlers Ridge, Murietta	Wednesday 4:00pm
9	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey, McKeon Center, Room 12	Wednesdays 7:00pm
10	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Tuesdays 1:00pm
11	Oceanside (3)	Pat Julian	760 757-3659 x123	Mission San Luis Rey, 4050 Mission Ave.	Fridays 10:00am
12	Poway (1)	Elena Andrews	619-246-3356	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:00-10:30am
13	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
14	Poway (3)	Parth Domke	858-829-2664	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
15	Poway (4)	Audrey Spindler	858-208-8609	Order of St. Luke* (call for directions)	Sunday 10:45am

16	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
17	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
18	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:00-10:30am
19	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
20	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Tuesday 1:30-3:00pm
21	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 1:00-2:30pm
22	Temecula (1)	Pam Bowen, Joan Neidig, & Marigold Velasco	909-938-9932 951-676-2928	Home of Joan Neidig, 42149b Camino Romo, Temecula	Thursdays 6:30pm
23	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
24	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.

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

Layout and Design: M. Williams