

# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO  
Volume 13 Number 2 May 2018



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## Angels in the Morning

The phone rang in the darkness on a Monday at 4:00 am, but Sharon was already up to do her homework for her Bible Study Fellowship meeting. With just a little hesitation thinking it might be an emergency, she answered, but the voice said simply that she wanted some information about Centering Prayer. So, Sharon, taking the caller seriously and not reacting to the early time, began to talk to her. The conversation continued for a couple of hours. They talked about Centering, but they also talked about other subjects—or rather the caller did. Sharon mostly listened, not just to the words, but to the yearning of someone who needed to talk, who perhaps didn't even realize what time it was. Sharon also sensed that God was in this call, asking her to be patient and to be present to this voice in the darkness. When the lady asked Sharon to pray with her, Sharon suggested that the caller pray, and she did—openly and powerfully, revealing her deep trust in God. Sharon also invited her to come to a Centering Prayer meeting the next day and said she'd meet her in the parking lot if she'd like. The caller said she might.

As Sharon told me this story, it seemed strange, but then again not strange. I thought of angels, and how, in those two hours, talking to a stranger who only gave her first name, Sharon must have seemed like an angel to her new acquaintance. How easy to have said, "What number are you calling?" or "Do you realize what time it is?" or not to take the call. But that never entered her mind. In fact, she allowed all that needed to be said to be said and offered a way to extend the connection they had formed with her invitation to the Centering Prayer meeting. Sharon was simply present the way we understand God to be present and active in our lives when we consent.

But perhaps the caller was also from God, someone offering Sharon an unexpected spiritual challenge making me wonder what I would do in her place. But then I let myself identify with the caller. She had the courage to reach out to someone she didn't know, but to someone who, she thought, could tell her about Centering Prayer. She became a companion at that early hour, one whose deep faith was evidenced by the powerful prayer she shared with Sharon. And she was a reminder of all those who question or who yearn, but do not call. Had I ever wanted to talk to someone about my faith at an inconvenient time? How do we serve each other in Christ?

(Continued on page 9)

## Centering Prayer Introductory Workshop Opportunity

CONSD is pleased to be able to offer a Centering Prayer Introductory Workshop at the First United Methodist Church of Vista on May 5<sup>th</sup> from 8:30-12:30, and we are grateful to the leadership of Martha Treutle, the church's Centering Prayer group facilitator to encourage this opportunity. Her dedication to Centering Prayer has provided the energy and enthusiasm for her fairly new prayer group and this workshop. CONSD is also grateful to Jan Simpson who attends the First United Methodist Church of Vista and is part of Martha's prayer group. She, along with Gail Carr, are the coordinators for the workshop. Jan and Gail have made space arrangements with the church as well as taking care of registration, hospitality, and publicity.

Presenters for this workshop are Diane Langworthy and Rich Gannon. Diane is well-known in both CONSD and COSD for her leadership in Centering Prayer. She began her practice of centering prayer fifteen years ago and has since led a prayer group at Mary Magdalene Apostle Catholic Community. She is a commissioned presenter for Lectio Divina and for Introductory Workshops as well as receiving training to be a chapter coordinator. Diane has also attended 8-day Intensive Retreats for the last ten years at Holy Spirit Retreat Center in Encino. She has presented seven times for CONSD workshops and we are pleased she will be with us again.

Rich Gannon became a commissioned presenter last year, and we are most grateful for his commitment to Introductory Workshops. Rich has been practicing Centering Prayer since 1990 and attended his first Introductory Workshop online in 2011. Since then he has come to almost all the workshops CONSD has offered in the last 7 years. Rich studied theol-

ogy at Fordham University in the 1960's and has had a deep spiritual practice throughout his life. He and his wife are members of St. Mary's Catholic Church in Escondido, and he has attended the Escondido prayer group since 2012. In 2013, they made a pilgrimage to Santiago de Compostela in Spain. Rich, now retired, taught Real Estate Finance at National University, UCSD Extension, and Kaplan University. We look forward to his presentations.

So, what happens at a workshop? Maybe it's been a while or maybe you've never attended. We gather for about a half hour (8:30-9:00am) for a continental breakfast and at 9:00am introduce ourselves. About 9:15am Conference One: Prayer as Relationship will be presented by Diane. Following a short break, Rich will present Conference Two: The Method of Centering Prayer, and then we will gather in a prayer circle for our first period of Centering Prayer. There is a second break, and Diane then presents Conference Three: Thoughts and the Sacred Word. Again, we gather in the circle for Centering Prayer followed by a time of questions and sharing. The leader of the follow-up sessions, Martha Treutle, will then provide information about the follow-ups and participants sign-up. Rich concludes the morning with Conference Four: The Fruits of the Prayer, and we dismiss about 12:30pm.

For this workshop, we are trying a new schedule for the follow-up sessions. The six 1½ hour sessions are always held consecutively on the following weeks after the workshop. However, this time we are offering the follow-up sessions on the three Saturday mornings after the workshop with the hope that working people may find it easier to attend. We are combining two sessions each morning for 2½ hours.

Continued on page 3)

## Centering Prayer Introductory Workshop Opportunity (cont.)

As most of you know, Introductory Workshops are one of the best ways to introduce newcomers to Centering Prayer because we start anew with the teaching of the prayer, and participants are in the company of other novices. The comfortable time provided for questions and sharing is also helpful.

We hope you will invite someone new to the prayer to this workshop and then, if possible, accompany them. Remember that “refreshers” (those of you who have attended a workshop) are always invited, and there is no

specific charge or even required registration. However, if you can register, it does help us to plan for hospitality. A free will offering will be accepted. Please see the flyer in this Newsletter for contact information and a registration form.

~Linda Dollins

### Breathed by The Spirit

“We may notice in everyday life an increase of mental, physical, and spiritual energy, and a certain quiet joy without knowing where it comes from. We feel detached from everything even while functioning in our customary ways. The past becomes inconsequential along with its contents, and the future is of no importance if we think of it at all. A sense of peace, freedom, spaciousness, and general well-being predominates.

In this context, we see that to seek rewards from God is a misunderstanding because we already have what is better than any reward. We are right now all that we can ever want or desire to be. We just think it isn’t so. Stop thinking that thought and see what remains.

Relax into the all-embracing and boundless presence of God which is beyond time, conceptual thinking, words, and actions but present in everything that exists and containing everything that exists.

Rest in the divine Trinity, in the bosom of the Father, in the heart of the Eternal Word, and in the infinite love of the Holy Spirit. This is the doctrine and experience of Divine Indwelling, and the most fundamental basis of our relationship with God.”

~Fr. Thomas Keating,  
The Thomas Keating Reader, pgs. 194-195

# Centering Prayer: Introductory Program

***“Be Still and Know That I am God.”***

Do you yearn for a deeper relationship with God?

Centering Prayer may be for you.

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



***Saturday, May 5, 2018***  
***United Methodist Church of Vista***  
***490 S. Melrose Drive, Vista***

***Registration: 8:30 – 8:50a.m.*** (with coffee and continental breakfast)

***Workshop: 9:00a.m. –12:30p.m.*** Free Will Offering Accepted

The Introductory Program includes the Saturday workshop and three 2 1/2 hour follow-up sessions on May 12, May 19, and May 26 at the United Methodist Church of Vista. Times to be determined at the workshop.

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***Centering Prayer Introductory Program Workshop***

***United Methodist Church of Vista, May 5<sup>th</sup>, 2018***

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

For registration information call: Gail Carr (760) 390-2076 (C), the CONSD Office (760) 745-8860, or email <mailto:sue.hagen@sbcglobal.net> Gail at [carr.gail@gmail.com](mailto:carr.gail@gmail.com). ***Please mail registration to: CONSD \* 908 Via Linda, Escondido, CA 92029. Registrations also accepted at the door***

CONTEMPLATIVE OUTREACH NORTH SAN DIEGO

## Q & A with Fr. Carl Arico

**Q:** Before I began Centering Prayer (three months ago), my faith life was simple. My love for Jesus was similar but sincere and comforting. Perhaps childlike. Now that I am inexplicably drawn in to twice daily practice (only 20 min/sit for now) I often feel overwhelmed. Sometimes, I feel farther from God and a bit lonely. I long for some consolation, some comfort for what so many describe as resting in love. I want to be patient and trust but need some reassurance as I wait. I have taken Cynthia Bourgeault's recent online course on Centering Prayer and read and reread Fr. Keating's book *Open Mind, Open Heart*. I think I understand what to do but I find only glimpses of awareness and waves of thoughts after thoughts. Sometimes, I feel a special new awareness of God's presence during worship time. I don't know if there is "fruit" in my ordinary life yet. Is this just the normal time it takes to settle oneself? Is this a kind of night of sense? Is there anything I should do? There is no group or person I feel comfortable talking with right now. I miss the online course I took this past November because at least I could express some of my thoughts and feelings to a virtual community.

**A:** Thank you for opening to the invitation from the Lord. It sounds like you are experi-

encing the normal awareness and reactions that come with practicing the prayer for three months. These are the graces given as you look more deeply into your relationship with Christ. Here are some practical observations to keep in your mind and heart.

1. To acknowledge that being drawn to the prayer is the work of the Holy Spirit.
2. To be clear that your intention for praying Centering Prayer is to consent to God's presence and action in your life.
3. To know that the fruits of your prayer are not experienced during the prayer but, for the most part, outside the prayer time, such as new awareness of God's presence during worship time.
4. At this time, I would suggest that you prayerfully review Cynthia Bourgeault's online course. Take your time, read slowly, reflect deeply and respond heartfully to the materials.

Please stay faithful to the daily practice and allow the journey to unfold. Trust the process the Spirit of God is guiding you through. Please keep in touch - patience is the most difficult virtue to practice. Allow the Lord to lead the Dance. In Prayer, - Fr. Carl

~Fr. Carl.

### Be Present to the Now

Let us be present to the now. It's all we have and it's where God will always speak to us. The now holds everything, **rejects** nothing and, therefore, can receive God, too. Help us be present to the place we're most afraid of, because it always feels empty, it always feels boring, it always feels like it's not enough. Help us find some space within that we don't try to fill with ideas or opinions. Help us find space so you, loving God, can show yourself in that place where we are hungry and empty. Keep us out of the way, so there is always room enough for you.

~Fr. Richard Rohr, Hope Against Darkness



## Scriptio Divina: A Taste of Contemplative Journaling

“Fill your paper with the breathings of your heart.” ~W. Wordsworth

In an atmosphere of prayerful presence and solidarity, journaling can become a contemplative activity, a form of active prayer that invites us to behold the threads of the Divine Mystery woven through our day-to-day lives. This retreat on June 9 will include centering prayer, a brief exploration of some ways to keep a contemplative journal, and time to write silently in response to various prompts. No previous experience in journaling is required – just your heart open to God’s dynamic presence.

When we gather together in a group to practice centering prayer together, there is often a sense of having gone “deeper” into the prayer than we do when we are by ourselves: one of the blessings of being present and holding silence in solidarity with one another. The same goes for any practice in which we share an intention, including journaling in silence together. As Ira Progoff notes in his book *At a Journal Workshop*: “The active quality of many working together, each in their own depths, each giving their silent ... support to those around them is a great source of psychic energy. In an intangible way, it generates a power very much as prayer does.” Even though we are sitting in silence and writing in our own individual journals, the “field effect” of being in a prayerful group present to the presence of God provides a deeply supportive atmosphere for “holy doodling.” Several carefully selected journaling prompts will be offered, and participants will be encouraged to write what comes to mind without editing themselves or straining for elo-

quence. The purpose of a contemplative journal is to explore, behold, and respond to God’s presence in the life that you are living: to notice the Spirit whispering to you in an ordinary moment, to savor the Mystery winking at you from your own back yard. Taking time to notice and express such experiences in words is one way of bringing the fruits of contemplative prayer into the activity of our lives.

The journaling exercises will be thought-provoking but open-ended—even playful and whimsical. There will be time to taste and see, to remember and ponder, to muse and dream. As time allows, participants will be invited to share journal passages aloud if they wish. (And of course, those who prefer not to share are welcome to remain silent. What you write in your journal is between you and God.)

This brief retreat can provide the impetus to start keeping a spiritual journal or to renew and refresh a journaling practice you are already engaged in. Over time, a contemplative journal provides a record of insights about your relationship with God, nudges from the Spirit, revelations from your devotional life, prayers and answers to prayer, valuable quotes from others, moments of grace and events of spiritual significance. It can provide a space to observe, clarify, celebrate, or grieve the twists and turns along the spiritual journey. It can reveal to you truths you are hiding from or patterns that need to be changed. For some, it might serve as a rich mine of material for more polished writing or creative work. Most significantly, it invites us to discover the Divine Mystery embedded in the arc of our lives.

~Mary Williams

## *CONSD Half Day Retreat*

### Scriptio Divina: A Taste of Contemplative Journaling



In an atmosphere of prayerful presence and solidarity,  
journaling becomes a contemplative activity,  
a form of active prayer that invites us  
to behold the threads of the Divine Mystery  
woven through our day-to-day lives.

**Date:** June 9<sup>th</sup>, 2018

**Time:** Registration and Hospitality 9:00-9:30am

**Retreat:** 9:30am-12:30pm

**Place:** St. Thomas More Catholic Church, 1450 S.  
Melrose Dr., Oceanside, 92056

Led by Mary Williams, participants will experience:  
Periods of Centering Prayer—Methods of  
Contemplative Journaling—Silent Times to Journal

For more information contact Sue Hagen 760-745-8860 or Linda Dollins 760-743-8297  
BRING WRITING TOOLS AND UNUSED JOURNALS TO GIVE AWAY

**Free Will Offering Accepted**

## 12-Step Introductory Workshop in July

In 2001, 12-step Outreach was established within Contemplative Outreach to offer Centering Prayer to people in all 12-step fellowships as an 11<sup>th</sup> step prayer/meditation practice. The 11<sup>th</sup> step tells them that prayer and meditation nourish and strengthen their relationship with God in a deliberate way, "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

The vision of 12-step Outreach is to pass on the gift of Centering Prayer and related spiritual practices. Those of us who practice Centering Prayer know that it helps provide a pathway to renew and strengthen our relationship with God. For many, it can be a key support system in the process of recovery and transformation. Therefore, it is with great excitement, that CONSD will be hosting an Introductory Workshop specifically designed for ALL in 12-Step Recovery.

It will be hosted on July 7<sup>th</sup> at Pilgrim United Church of Christ in Carlsbad. We are extremely blessed to have this church as our host. Rev. Madison Shockley is passionate about helping those in recovery. To that end, the church offers space for 15 different recovery program meetings throughout the week. He offered to hang Centering Prayer posters throughout the church several weeks prior to the event, thereby reaching hundreds of people. The presenters will be Ramon Estrada, Kathy M., and Robb D. The six follow-up sessions will be led by Ramon at the same location. He will be guided by the series "Contemplative Dimensions of the 12 Steps" with Father Thomas Keating.

Ramon has been active in Centering Prayer

since approximately 1995 and has been in 12-step groups since 1992. He is a parishioner of St Brigid's in Pacific Beach, San Diego where he is a Eucharist minister and prayer group facilitator. He and his wife lead a Bible Study (and occasional meditations) once a week at the St. Vincent de Paul homeless shelter. He has been a Presenter and Facilitator for Centering Prayer workshops including those that combine Centering Prayer with the 11<sup>th</sup> Step, and he has sponsored several 12 steppers.

Kathy has been active in Centering Prayer for several decades, beginning in Massachusetts, and now here in So. Cal. where it has been a stimulating experience being involved with North County Centering Prayer. (Cape Cod was less sophisticated!) She has been an active member of the 12-Step program of AlAnon for several decades also. She is in training to be a presenter for the Centering Prayer Introductory Workshop and the 11<sup>th</sup> Step Introductory Workshop. She has attended a 10-Day Intensive Retreat in Snowmass, a 10-Day Post Intensive in Snowmass, and plans to attend a 10-Day Advanced Intensive in Snowmass in May 2018. Kathy has made an effort to attend many retreats/presentations that Fr. Thomas Keating has offered in Boston, New York, Boulder and Aspen because he so much lives the prayer. Kathy is also sponsoring AlAnon new-comers.

Robb got sober in AA on January 21, 1991 while living in a rowdy college dorm in New York City's East Village. Throughout the years, as part of his 11<sup>th</sup> step practice he has explored many different spiritual paths.

(Continued on next page).



## 12-Step Introductory Workshop in July (cont.)

In 2014 he simultaneously discovered Centering Prayer and the Pilgrim United Church of Christ. In 2015, he was baptized by Rev Madison Shockley. Now living in San Diego, Robb is a member of St Paul's Episcopal Cathedral but still returns to Pilgrim UCC whenever possible for classes and events.

Robb is a Licensed Marriage and Family Therapist working with people facing a variety of health challenges but always has a special affinity for helping young people get sober. He thinks few things match the satisfaction of helping another person discover the deep, last-

ing joy of living a life free of drugs and alcohol.

Please keep this ministry in prayer, as we respond to God's will allowing His Love to envelop our outreach to this unique group of people who are seeking a deeper healing and relationship with God.

~Vicki Rehkopf

## Angels in the Morning (cont.)



D. Conner

Rachel Naomi Remen, author of *Kitchen Table Wisdom: Stories That Heal* writes: "Helping, fixing and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service is the way of the soul. Service rests on the premise that the nature of life is sacred, that life is a holy mystery which has an unknown purpose. When we serve, we know that we belong to life and to that purpose. From the perspective of service, we are all connected:

All suffering is like my suffering and all joy is like my joy. The impulse to serve emerges naturally and inevitably from this way of seeing." Our Centering Prayer practice is helping us to serve through the power of transformation, and occasionally we are tested when the phone rings at four in the morning. (Based on a recent event shared with me. The names have been changed).

~Linda Dollins

## United in Prayer Day 2018



Given the current “global bad mood,” it was not surprising that 81 people attended the March 17, 2018 United in Prayer Day dedicated to Healing Violence. The Day featured a recorded interview of Sr. Mary Margaret (Meg) Funk discussing her new book “Renouncing Violence.” COSD and CONSD co-sponsored the Day at Gethsemane Lutheran Church, San Diego, and it was hosted by COSD. Ardy Woodmansee, COSD’s Event Coordinator, graciously organized the schedule, prepared the handouts and took care of technical needs. Diane Langworthy arranged for us to gather in her home church of Mary Magdalene, the Apostle which shares Gethsemane Lutheran Church, provided hospitality, and with Ardy, set-up and cleaned up. Great appreciation to both.

Sr. Meg’s message was that we need to renounce the violence in ourselves, thus heal ourselves from anger, thus less violence. She told how she laid her out-of-control anger towards a person at the feet of Christ daily while sitting in prayer. She had a “metanoia”—a change in her life from a spiritual recognition that she

needed help. She asked God for help and received it. After a while, her attitude and mood changed towards the person. Sr. Meg had listened to the Holy Spirit. We also need to ask for God’s help to heal our anger and our violence within ourselves. It takes a physical effort to reprogram our minds and body to get rid of anger. We need to renounce anything that is not of God. The healing process takes time.

Sr. Meg mentioned using holy water to help protect us. “What we’re doing with holy water is just putting our faith on something to ask Jesus to sanctify, and to bring God to do what we can’t do ordinarily.” The gesture of using holy water is a prayer.

After listening to the interview, small groups answered discussion questions and shared their responses. After the second sit, the reflection and blessing included holy water to help us on our healing journey.

~Joan Thompson



## CONSD & COSD Events—2018

### CONSD EVENTS

#### **Introductory Workshop**

Date: 5/5/18

Location: United Methodist Church of Vista,  
490 S. Melrose Dr. Vista, 92081

Cost: Free Will Offering

#### **Living Flame full-day retreat**

Event: Divine Therapy

Date: 5/19/18

(All Living Flame retreats are closed to  
new participants)

#### **Half Day Retreat with Mary Williams**

Event: Scriptio Divina: A Taste of Contempla-  
tive Journaling

Date: 6/9/18

Time: 9:00am hospitality,  
9:30am-12:30pm retreat

Location: St. Thomas More Catholic Church,  
1450 S. Melrose Dr. Oceanside, 92056

Supplies: Writing utensils and, if you wish, a  
journal to donate. Free Will Offering

#### **Living Flame full-day retreat**

Event: The Dark Night of Senses

Date: 6/16/18

#### **12-Step Introductory Workshop**

Date: 7/7/18

Time: TBA

Location: Pilgrim United Church of Christ  
2020 Chestnut Ave. Carlsbad, 92008

Free Will Offering

Bring a sack lunch

#### **Living Flame full-day retreat**

Event: The Welcoming Prayer Practice

Date: 7/21/18

#### **Living Flame full-day retreat**

Event: The Discernment Practice

Date: 8/18/18

#### **Servant Leadership Team Meeting**

Date: 10/6/18

### CONSD EVENTS

*For information on all CONSD events  
call Sue Hagen at (760) 745-8860 or  
Linda Dollins at (760) 743-8297*

### COSD EVENTS

#### **Four-Day Centering Prayer Silent Retreat**

Dates: 6/6/18-6/10/18

Location: Guest house, Prince of Peace Abbey,  
Oceanside 92058

Cost: \$400 for 4 nights (\$100/night). Price in-  
cludes meals. Non-refundable \$50 deposit due  
Feb. 28, 2018. Checks payable to Prince of  
Peace Abbey.

Information: Sharon Peterson at shar.pete@att/  
net

### COSD EVENTS

*For information on COSD events*

*call Karen Downs (858) 488-1014*

*or Ardy Woodmansee (858) 279-7278*

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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 <sup>th</sup> St.	Thursdays 4:30-5:45pm
3	Del Mar (2)	Kathy Agnew	858 481-8754	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)	Judith Pruess-Mellow	650-823-0559	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 3:45-5:00pm
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.	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 8:30-10:00am
15	Poway (2)	Colleen Clementson & 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	Poway (5)	Audrey Spindler	760-215-0782	Rancho Vineyard Church (call for directions)	Sunday 10:45am
19	Ramona	Deborah Lewallen & Cindy Dodson	760-519-1811 602-549-9839	St. Mary's in the Valley Episcopal Church, 1010 12th St., Ramona	Mondays 4:30-5:45pm
20	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
21	Solana Beach	Bebe Zaniboni	858-755-2545	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
22	San Marcos (1)	Karla Halvorson & Jim Ullman	760 727-1509 760 598-8943	San Marcos Lutheran Church, 3419 Grand Ave., Sanctuary	Wednesdays 9:30-11:00am
23	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Tuesday 1:30-3:00
24	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran, 2696 Melbourne Dr., San Diego	Tuesdays 1:00-2:30pm
25	Temecula	Pam Bowen & Marigold Velasco	909-938-9932	Home of Joan Neidig, 42149 Camino Romo, Temecula	Thursdays 6:30-8:00 pm
26	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:30am