

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
Volume 13 Number 3 August 2018



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Scriptio Divina Retreat: Waking Up Through Writing

June 9, 2018. The setting was a large, well-lit meeting room at the stately St. Thomas More Catholic Church in Oceanside. An impressive number of attendees eagerly anticipated how Mary Williams was going to enrich our spiritual lives with a journaling technique she dubbed "Scriptio Divina." Immensely qualified as a published writer, editor, and former instructor with an MFA in creative writing, Mary introduced us to a writing process that she had personally utilized for many years.

Following a period of centering prayer, Mary began her presentation by drawing parallels between contemplative journaling and contemplative prayer. Both practices, she explained, involve a process of surrender that opens the heart and connects us to God and our deeper selves. When done in the silent solidarity of a group, both practices create a kind of "field effect," whereby individuals experience a profound mystical uplift from the group. Additionally, each practice enhances the other. Centering prayer brings stillness; journaling brings clarity—which, in turn, transfers the benefits of centering prayer to everyday life.

Mary identified other rewards of contemplative journaling: It keeps us awake, helps us gather ourselves, offers a healing space for lamentation or praise, and is an effective means of truly noticing. "God likes to be noticed," Mary reminded us, quoting from the French mystic Simone Weil: "Attention is the highest form of generosity." Thomas Merton found that writing helped him savor life rather than simply bolt it down. And journaling allowed another French mystic, Gabrielle Bossis, to record her intimate conversations with Jesus, published as the spiritual classic *He and I*.



Scriptio Divina Retreat: Waking Up Through Writing (continued)



After sharing these and other benefits of writing, Mary ushered us into our own journaling via several writing prompts, a few of which she gleaned from Ira Progoff's Intensive Journaling Workshops. Some examples: Record a new or old dream; tell what brings tears to your eyes; describe in detail the current landscape of your life; respond to a scripture passage (e.g., Ezekiel 17:22-24). A few minutes of writing were allowed for each prompt, with a longer period for the final exercise, which was: Be still and awake in the present moment, then write whatever drifts to the surface in terms of images, memories, parables, prior journal entries, etc. We were then advised to be aware of possible intrusions by the false self and to honestly ask *who* or *what* shows up on the page.

Thirty minutes of silent writing in pleasant church spaces of our choosing literally flew by before we reconvened and heard volunteers read heartfelt excerpts from their journals. The fact that so many were comfortable sharing attested to the safe, affirming, and inspirational environment that Mary so artfully created.

In summary, Mary's workshop/retreat was a splendid opportunity to abandon the busyness of our lives by embracing the peace and clarity of contemplative journaling. Hopefully, for workshop participants and even readers of this article who couldn't attend, journaling will become more of an integral spiritual practice and help serve as a clear gateway to God.

~Jane Milligan

Learning and Loving The Practice of Centering Prayer

On a Saturday morning in May, the United Methodist Church of Vista joyfully hosted a Centering Prayer Introductory Workshop for 30 people from throughout North County.

We enjoyed introducing ourselves and listening to two speakers. Diane Langworthy and Rich Gannon shared their insights and experiences in their faithful practice of Centering Prayer. We studied prayer as relationship with God, the method of Centering Prayer, use of the Sacred Word and the fruits of Centering Prayer. We also had two twenty minute periods of Centering Prayer.

Eight people signed up for the three follow-up sessions. Using a three-week continuing sessions plan worked very well as a substitute for the six-week sessions used before. Everyone agreed the three Saturday commitments of three hours each were easy to schedule and not too much to dedicate to.

Centering Prayer brochures, a sign-in sheet, and a bowl of mixed nuts greeted our new friends. After hello's, we gathered in a circle

for 20 minutes of Centering Prayer. We then met Fr. Arico in our first video presentation. At completion, I asked for comments and questions. No one said a thing! You could hear a pin drop. In a mild panic, I began asking each person what brought them to seek God in Centering Prayer. Everyone had their own unique story to tell. There were a lot of nodding heads as people recognized themselves in each other. Warmth and smiles grew. We trusted and cared about each other.

After a break, we joined our circle of prayer for another Centering Prayer session. We then watched Fr. Arico's second DVD, "It All Begins by Saying Yes." This time there was sharing, comments and questions galore! Everybody really liked how Fr. Arico expressed his faith with such humanity, wisdom, and humor.

Thank you, God, for blessing us with Your presence and gentle guidance. Jan, Susan, Alan, Sandy, Barb, Diana, Joyce, Mercy and Martha. Amen

~Martha Treutle

Inner Room

Prayer is the disposition that expresses our relation to God ... So the invitation, then, is: if you would like the deeper knowledge of God, if you want to enter into this process that leads to divine union and peace, to the sensitivities of the Fruits of the Spirit, to the dance of contemplative prayer and action, in which God guides you more than your own ego and self-centered programs for happiness, then enter your Inner Room.

~Thomas Keating, [The Spiritual Journey Series, Part V](#)

Reflections on an Introductory Workshop for Centering Prayer as 11th Step Practice

11th Step, Alcoholics Anonymous

"We 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."

On July 7, an Introductory Workshop was held at Pilgrim United Church of Christ in Carlsbad. The workshop was presented by Ramon E. and assisted by Kathy M. and Robb D. All three have long-term participation in 12 Step Recovery as well as experience as facilitators of Centering Prayer. There were 15 participants from various 12-Step Programs, Alcoholics Anonymous, Al-Anon, Over-eaters Anonymous, and others. All these groups base their principles of recovery on the 12 Steps of Alcoholics Anonymous.

In 2001, the 12 Step Outreach program of Contemplative Outreach was created to offer Centering Prayer to all 12 Step fellowships as an 11th Step prayer and meditation practice. The first conference, "Prayer as Relationship" was presented by Kathy. She asked us to consider attributes we appreciate in others. Trust. Honesty. Kindness. Comfort. Thomas Keating says Centering Prayer is, "Sitting in silence with God and allowing Him to introduce Himself to us, rather than trying to answer the question of who God is." As a Relationship with God, Centering Prayer is a Discipline to deepen this relationship, and a Movement beyond conversation to communion with God. Thomas Keating reminds us that "God's first language is SILENCE, everything else is just a poor translation"² Bill W. in the chapter to Agnostics³ "We found the Great Reality deep down within us". Certainly, Centering Prayer assists

us in this pursuit.

Robb presented the second and third conferences. Conference 2 "The Method of Centering Prayer", puts into practice the instruction of Jesus in Matthew 6:6. "when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

Robb shared with us the Four Guidelines of Centering Prayer.

1. The choosing of a sacred word.
2. Sitting comfortably, settling briefly, and silently introducing the sacred word as a symbol of our consent to God's presence and action within.
3. When engaged with thoughts, return ever so gently to the sacred word.
4. At the end of the prayer period, remain in silence for a few minutes with your eyes closed.

We then had our first group session of 20 minutes of Centering Prayer after which we took out lunch break.

The workshop continued after lunch with Conference 3: Thoughts and Use of the Sacred Word. Robb reminded us of the natural tendency of our brains to be busy and active. This is the way God made us. The Four R's come in handy when the thoughts come up:

1. Resist no thought.
2. Retain no thought.
3. React emotionally to no thought
4. Return, ever-so-gently, to the sacred word.

We then had a second session of 20 minutes of silent prayer.

(Continued on next page)

Reflections on an Introductory Workshop for Centering Prayer as 11th Step Practice



each time of Centering Prayer as the woman who was burdened by a heavy coat of worries, cares and concerns. As she entered the “secret room” she took off this coat and sat down to be in the presence of God. Whether or not she picks it up on the way out, is up to her.

May we consider this picture as we strive to incorporate more and more, this practice of Centering Prayer in our lives on the journey of wholeness and recovery.

“Be still and know I am God.” Psalm 46:10

~Cary Boyll

Kathy presented the fourth session of “Deepening our Relationship with our Higher Power.” Again, four points: 1. Our Basic Core of Goodness (restoration to our true selves) 2. Reducing the Obstacles 3. The Gifts of Centering Prayer 4. Practical Ways to Deepen our Relationship with God.

Centering Prayer is a rewarding practice that allows God to transform us from the inside out. The 12 Step Program is a Spiritual Program of Recovery that encourages us to develop our relationship with God. The two are complementary to each other.

Ramon closed the workshop with a story of what it might look like if we were to come to

1 Alcoholics Anonymous. (2001). Alcoholics Anonymous, 4th Edition. New York: A.A. World Services. Page 59

2 [Thomas Keating, Invitation to Love: The Way of Christian Contemplation](#)

3 Alcoholics Anonymous. (2001). Alcoholics Anonymous, 4th Edition. New York: A.A. World Services. Page 55

An Introductory Workshop Offering in September

Your CONSD Intro Team received, on May 6th, a request for an Introductory Workshop. We hadn't even completed our evaluations from the workshop the day before at United Methodist of Vista. As Linda Dollins said at that time, "You have barely caught your breath, but Hope Lutheran Temecula is very excited about the possibility of a workshop this summer. Is this possible?"

Linda relayed that the Pastor, Sandy Shaw, was a friend and associate of Pastor Karla Halvorsen of San Marcos Lutheran where Karla and Jim Ullman facilitate a prayer group. Sandy is very enthusiastic about the possibility of having an Intro to introduce her parishioners to the Contemplative path. It is always helpful to have clergy encourage congregants to attend an Intro so having Sandy's interest and support is an added gift.

So, we put our heads together, looked at our calendars, thought about travel plans, what September is like for church members, checked with our contact person at the site of the Intro and determined that September 22 might be the best date. It wasn't summer as hoped but perhaps more realistic. And the July 7th 12-Step Intro was already in motion as well.

There is almost always a story of the faithful behind an Intro request that reflects the fruits of this precious prayer practice and the strength and support community provides. When members come together in prayer with Christ at the center the Holy Spirit is present and at work in amazing ways. Hearts are touched and desires transformed. And the request for a workshop at Hope Lutheran Temecula is no exception.

This story spans several years. In 2011 CONSD conducted an Intro in Temecula at the request of Jenny Alcazar and several others at St. Thomas of Canterbury. A lovely prayer group formed under Jenny's facilitation. In 2016, Pam Bowen, who may have been a member of that prayer group, attended Chris Hagen's presentation at St. Bartholomew's, *Putting on the Mind of Christ: How Centering Prayer Changes the Brain*. Pam was so inspired by what Centering Prayer could do that she gathered together several others urging them to accompany her to the Ramona Introductory Workshop to be held the following month. Among those to whom Pam reached out were Marigold Velasco and Joan Neidig who were also interested in forming a second prayer group in Temecula. Marigold, a faithful attendee at many CONSD events was hoping a new group might form at her church, Hope Lutheran Temecula. The workshop at Ramona was all that they had hoped and more. A prayer group formed led by Pam and Marigold at the home of Joan Neidig. The seeds were planted.



An Introductory Workshop Offering in September

When construction was completed at Hope Lutheran an Intro could be held.

We are delighted to report September 22 the Centering Prayer: An Introductory Program will be held at **Hope Lutheran Temecula**. We will be, once again, fulfilling our CONSD VISION which 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.

It is the community that makes our Intro workshops possible. When people like Linda, Pastor Sandy, Pastor Karla, Jim Ullman, Joan, Pam, Marigold, and Jenny choose to spread the word and live out the vision, doors open and Intro workshops become possible. We are forever grateful to those choosing to "Pray, go to your inner room, close the door and pray to your Father in secret."

~Gail Carr

The Nature of Spirituality

It is not about becoming spiritual beings nearly as much as about becoming human beings. The biblical revelation is saying that we are already spiritual beings; we just don't know it yet. The Bible tries to let you in on the secret, by revealing God in the ordinary. That's why so much of the text seems so mundane, practical, specific and, frankly, unspiritual!

We have created a terrible kind of dualism between the spiritual and the so-called non-spiritual. The principle of Incarnation proclaims that matter and spirit have never been separate. Jesus came to tell us that these two seemingly different worlds are and always have been one. We just couldn't see it until God put them together in his one body (see Ephesians 2:11-20).

~Fr. Richard Rohr from [*Things Hidden: Scripture as Spirituality*](#)

Centering Prayer: An Introductory Program

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

*Do you yearn for a deeper relationship with
God?*

Centering Prayer may be for you.

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



September 22, 2018

Hope Lutheran Church

29043 Vallejo Ave., Temecula

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

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

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

*Centering Prayer Introductory Program Workshop
Hope Lutheran Church, September 22, 2018*

Name _____ Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

For registration information call: Gail Carr (760) 390-2076 (C) or the CONSD Office (760) 745-8860

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

Registrations also accepted at the door

CONTEMPLATIVE OUTREACH NORTH SAN DIEGO www.consd.com

CONSD 2018 Prince of Peace Abbey Retreat



CONSD will hold its 2018 three-day retreat at the Prince of Peace Abbey in Oceanside October 19th through October 21st. The Prince of Peace Abbey is located on a secluded hill overlooking the Pacific Ocean.

Driving up the long winding driveway one feels the internal and external busyness of their lives begin to drop away. During the retreat we will have multiple periods of Centering Prayer each day as well as ample time for private reflection and rest. Silence will be observed, including meals, from the end of our opening gathering until the Sunday service. Participants are welcome to attend the Abbey's Offices of the Day during the retreat. Participants can also avail themselves of the books in the Abbey's library or bring their own material. However, participants are encouraged to minimize activities that appeal to the mind as the pri-

mary purpose of the retreat is to further open our hearts to the presence and action of God within. In the spirit of being with God in silence during the retreat we will not have videos, DVD's or lectures.

On Sunday both an Ecumenical service with Communion and a Catholic Mass will be available.

The cost of the retreat is \$200.00 which covers room and meals. There are 31 rooms available. They will be single occupancy rooms unless you desire to have someone you know room with you. All rooms have a bathroom with shower.

We encourage you to sign up soon as the rooms fill up quickly. Please reserve your room prior to the retreat. A non-refundable deposit of \$50.00 is required. **Please make the check payable to CONSD.** Mail your check to Sue Hagen, 908 Via Linda, Escondido, CA 92029.

For more information please contact Sue Hagen: 760-745-8860
(sue.hagen@sbcglobal.net) or Linda Dollins: 760.743.8297
(dollinslinda@hotmail.com)



Q&A with Fr. Carl J. Arico

Q: I just read Fr. Keating's [*Open Mind, Open Heart*](#) book. What should I do during the night, while lying in bed, and I find myself with a bunch of general thoughts going on, as well as "engaged" thoughts? I tried using a sacred word when I found myself with an engaged thought, but then the action(s) made me more awake, and I was up for an hour or more trying to fall back to sleep.

A: Thank you for your question. Yes, the night is a very common time for our busy thoughts to reassert themselves. They either have been on our mind throughout the day and then get our full attention at night, or, because we are relaxed, they float to the surface of consciousness. One thing is for sure, these thoughts are things that we have on our mind. If you fight them, you lose.

The first thing I would recommend is to have a friendly attitude toward them. Don't fight them; they are just part of our human framework.

Second, be faithful to your Centering Prayer practice during the day but, especially in your

case, do not practice Centering Prayer with the intention to get rid of thoughts at night, but practice it to consent to God's presence and action in what you are experiencing.

Third, you may try an active prayer phrase (see the appendix in the back of [*Open Mind, Open Heart*](#)). I have developed the practice of gently praying, "Lord Jesus Christ be my life breath" in rhythm with my breathing. It is like spiritual white noise as I listen to my breathing. It helps to release thought patterns and create new ones. If thoughts trigger emotional reactions, memories, or body sensations, the Welcoming Prayer practice may be useful during these times.

Fourth, prepare for the night like you do for the day. Create a pattern of prayers, reflection and space to celebrate the day and prepare for the night, e.g., practice some sort of night prayers or compline.

Remember, it is not an effort of no thoughts, but one of letting go of thoughts. Looking forward to hearing back from you. -

~Blessings, Fr Carl.

Consolation

Consolation is a beautiful word. It means "to be" (con-) "with the lonely one" (solus). To offer consolation is one of the most important ways to care. We often wonder what we can do to alleviate the suffering we see. We can and must offer consolation.

To console does not mean to take away the pain but rather to be there and say, "You are not alone, I am with you. Together we can carry the burden. Don't be afraid. I am here." That is consolation. We all need to give it as well as receive it.

~Henri J. M. Nouwen, *Bread for the Journey*

The Little Apricot Tree

I wanted new life in my yard and so I carefully chose a healthy young apricot tree to plant. As soon as I got home with the tree, I picked out a good spot and immediately dug the hole and planted it. I watered it deeply and felt this was a natural move and was pleased.

However, in a few short weeks the young tree rather quickly started showing signs of distress. Even though I regularly watered it, many of its branches dried out and many of the leaves withered and died. Very concerned, I started reading about the care of apricot trees. I pruned it and continued to investigate just why these kinds of trees may exhibit this condition. I looked at relevant websites and talked to nursery people, but I was still not satisfied that I was on the right track to sustaining this new life. My little apricot tree still was not doing well, and I actually thought it might die. I worried, but I soon began to replace this fear with earnest prayer that God would not allow this new life to die.

After more investigation and research, I began to realize that I had probably rushed the planting without properly preparing the soil. In my zeal to immediately plant the tree, I had failed to realize that the heavy clay soil in my yard did not include the nutrients my young tree needed to establish itself in and to thrive. I also thought that the rough soil was not porous enough to permit deep penetration of water down to the lower roots. As a now highly educated tree doctor, I prescribed, purchased, and applied some gypsum to the soil to break up the clay, amending it to permit looseness and deep watering.

At the same time, I remembered that during the initial planting some of the tree's rich container soil fell away from the roots when I took the tree out of the container. I recalled that I

had replaced some of this original container soil near the roots but had not managed to plant the tree with as much of it surrounding as much of the roots as I should have. I had borrowed some fertilized areas from my old garden to try to surround the roots with supportive compost, but this was not dark and rich like the original container soil. Although I had applied Vitamin B-1 twice during the original waterings at planting, I realized that my tree was in shock because it was planted in soil too unlike the original container soil.

As an ever more experienced and astute tree doctor, I also prescribed, purchased, and applied a rich, nutrient filled, dark compost, which appeared quite similar to the original container soil. In applying it I mixed it thoroughly into the topsoil, but also, I dug deeply around the roots and tried as best I could to support them with this healthy compost. In retrospect, clearly I should have created this healthy environment at the original planting by replacing all of the clay in the hole with this compost and by also retaining all of the container soil close in to the roots. But I knew that I had now created a better environment for the tree, albeit somewhat retroactively. My mind reflected on the African proverb: "The Sankofa bird says that it is not too late to do what you should have done."

I continued to water regularly, being mindful not to overwater. The leaves remained withered and brown and some of the branches still appeared dried out. I felt I had done all that was necessary to try to revive and protect the tree, and so I relaxed and simply asked God to take over. For some time, there was no apparent change, but I knew that God would help me and the tree. I knew that God's work at that time might not be apparent to me, but that He (Continued on next page)

The Little Apricot Tree



would be a constant source of support. I didn't look closely at the tree for a while to monitor any changes, but every day, whenever I passed it in the yard, I would glance at it, mainly from a distance, and I would just say, "bless you, little apricot tree."

Then one day I thought I noticed a small branch swelling with a little green in it. I looked closer and gave thanks to God for this healthy sign. A few days later I saw small buds forming on other green branches, and then I saw healthy new leaves! Again and again, as I passed the tree, I would just say, "bless you, little apricot tree." I was so thankful that God

had been with me in my research and investigation and had guided me on my way to promoting this new life. I felt blessed that, after I did all I could to help the tree, God restored its health.

Lord, don't let me rush things. Let me be more careful in life and with life. Let me be more attentive to those vulnerable lives which depend on me for support and for sustenance. Please give me the patience to initially and properly prepare for and perform whatever tasks I undertake. Let me proceed in an orderly way in order to maximize success in whatever I am doing. Let me, as quickly as possible, admit any mistakes I made and guide me in honestly assessing just what went wrong. Let me take the time to methodically investigate and research the proper corrective action to remedy my mistakes and lead me to find others who are more experienced than I am, who may be willing to educate me, to talk to me and advise me through the recuperative process. Let me always be willing to learn and to share what I have learned with others. Let me replace counter-productive worry with abundant faith. Let me do my best and confidently rely on You to do the rest. Let me always give thanks for Your Divine intervention.

~Dennis Dawson

Trinity is Source of Centering Prayer

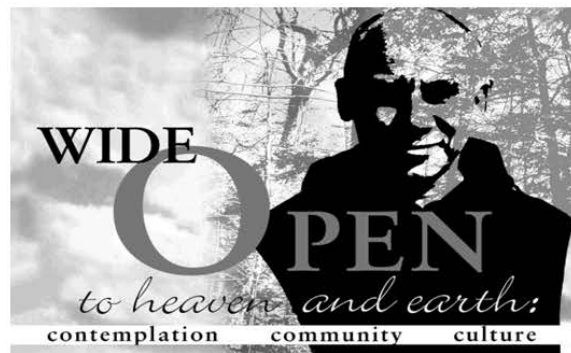
The source of Centering Prayer is the Trinity, God's life within us, begun in baptism or whenever we enter into the state of grace. The doctrine of the Divine Indwelling of the Most Holy Trinity is the most important of all the principles of the spiritual life. It means that God's own life is being communicated to us, but beyond the level of our ordinary faculties because of what might be called, to use a modern scientific analogy, its high frequency, it is so high in fact that only pure faith can access the divine presence in its full actuality ... In the Trinity, there is no self, no possessive attitude. Everything is self-surrender. Everything is gift. Everything is love.

~Thomas Keating, "The Mystery of Christ."

Contemplative Outreach North San Diego presents:

**Coming
this
November**

God's Presence
Seen Through the Lens Of
Thomas Merton



Through the compelling recorded songs of Alana Levandoski and contemplative commentary of James Finley you will plumb the depths of Thomas Merton's life and teachings and reflect upon their relationship to your own spiritual journey.

Date: 11/10/2018

Time: Registration/Hospitality 9:00 am – 9:30 am Workshop: 9:30 am – 12:30 pm

Place: St. Bartholomew's Episcopal Church, 16275 Pomerado Rd. Poway, 92064

Led by Elena Andrews the community that gathers for this retreat will experience:
* Periods of Centering Prayer * Readings * Chants * Time for Personal Reflection

For more information, contact CONSD at Linda Dollins 750.743.8297
dollinslinda@hotmail.com, or Sue Hagen 760.745.8860 sue.hagen@sbcglobal.net

CONSD & COSD Events—2018

CONSD EVENTS

Living Flame full-day retreat

Event: The Discernment Practice

Date: August 18, 2018

Introductory Workshop

Date: September 22, 2018

Time: hospitality 8:30, workshop 9:00-12:30

Location: Hope Lutheran Church, 29043

Vallejo Avenue., Temecula 92592

Free will offering

Servant Leadership Team Meeting

Date: October 6, 2018

Prince of Peace Weekend Retreat

Date: October 19-21, 2018

Location: Prince of Peace Abbey, 650 Benet

Hill Road., Oceanside

Cost: \$200

Half Day Retreat

Date: November 10, 2018

Facilitator: Elena Andrews

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

Free will offering

CONSD EVENTS

For information on all CONSD events

Call Sue Hagen at (760) 745-8860 or Linda

Dollins at (760) 743-8297

COSD EVENTS

COSD EVENTS

Seven-day Centering Prayer Retreat

Intensive and Post Intensive

Date: April 1-7, 2019

Location: Prince of Peace Abbey, 650 Benet Hill Road., Oceanside

Cost: \$680

COSD EVENTS

For information on all COSD events

Email CenteringPrayerSD@gmail.com

Or call (619) 955-0962

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

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

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

Layout and Design: D. Conner

CONSD CENTERING PRAYER GROUPS

	Area	Facilitators	Telephone	Location	Day & Time
1	Carlsbad	Rev. Madison Shockley	760-729-6311 ext.207	Pilgrim United Church of Christ, 2020 Chestnut Ave. Carlsbad	Wednesdays 6:30-7:30pm
2	Del Mar (1)	Barbara Hamilton	480-236-7319	St. Peter's Episcopal Church, 334 14 th St.	Thursdays 4:30-5:45pm
3	Del Mar (2)	Kathy Agnew	858 481-8754	St. Peter's Episcopal Church, 334 14 th 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	858-208-8609	Order of St. Luke* (call for directions)	Monday 11:00-12:30am
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 Catholic Church, Pastoral Center 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