

# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO  
Volume 13 Number 4 November 2018



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## Father Thomas Keating Memorial

*A message from Contemplative Outreach Ltd:*

To the worldwide community of Contemplative Outreach. It is with deep sorrow that we share the news of the passing of our beloved teacher and spiritual father, Thomas Keating. Fr. Thomas offered his final letting go of the body on October 25, 2018 at 10:07pm at St. Joseph's Abbey in Spencer, Massachusetts. He modeled for us the incredible riches and humility borne of a divine relationship that is not only possible but is already the fact in every human being. Such was his teaching, such was his life. He now shines his light from the heights and the depths of the heart of the Trinity.

The monastic community from St. Benedict's Monastery will join together with the Contemplative Outreach community for a memorial service in Denver, Colorado. The location, date and time of the memorial service will be announced shortly. The Center for Action and Contemplation will live-stream and record the service so that anyone who wishes may join remotely. Details will be forthcoming for a 24-hour, worldwide prayer vigil, as well as suggested schedules and enrichment for local gatherings. Please respect the privacy of St. Benedict's Monastery and St. Joseph's Abbey and do not call with questions.

Fr. Thomas was born in New York City in 1923 and remembers having an attraction to religious life from a young age. He started college at Yale University and then graduated from an accelerated program at Fordham University. While in college, a spiritual director at a camp where he worked took the counselors to Our Lady of the Valley Trappist Monastery in Rhode Island, which he ultimately joined in 1944. He was ordained a priest in 1949. He first came to Snowmass, Colorado in 1958 as the appointed superior to help build and run the new monastery, St. Benedict's. In 1961 he was called back to St. Joseph's Abbey and served as the abbot for 20 years. During that time, he was invited to Rome in 1971, following the Second Vatican Council where Pope Paul VI encouraged priests, bishops and religious scholars to renew the Christian contemplative tradition. As an answer to this call, Fr. Thomas, along with William Meninger and Basil Pennington, drew on the ancient practice of Lectio Divina and its movement into contemplative prayer, or resting in God, to develop the practice of Centering Prayer. (Continued on next page).

## Father Thomas Keating Memorial



The initial idea was to bring the contemplative practices of the monastery out into the larger Christian community by teaching priests, religious and ultimately, laypersons. After 20 years as abbot, Fr. Thomas resigned and returned to St. Benedict's Monastery. He became more fully immersed in bringing the contemplative dimension of the Gospel to the public by co-founding Contemplative Outreach in 1984.

Another outgrowth of Vatican II was that Catholics were given permission and encouraged to acknowledge the work of the Spirit in other religions. In *In God is Love: The Heart of All Creation*, Fr. Thomas states, "No one religion can contain the whole of God's wisdom, which is infinite." One of Fr. Thomas' lasting legacies is that for over 30 years, he convened inter-religious dialogue at St. Benedict's, which became known as the Snowmass Conferences. It was an attempt to dialogue with and understand the contributions of the spiritual traditions of all religions and put to rest the cultural attitudes that lead to separation and violence.

As many of you know who have met him over the years, Fr. Thomas traveled worldwide to teach us about the Christian contemplative tradi-

tion and the psychological experience of the spiritual journey. He once told Mary Clare Fischer, a reporter for 5280 Magazine, that he thought the hardest thing about his commitment to monastic life would be the separation from the outside world because "I felt a great desire to share the treasures I had found in the way of a deeper relationship with God." His seminal work on the Spiritual Journey Series is testament to his desire.

(Continued on next page).

## Father Thomas Keating Memorial

Within the last decade of his life, Fr. Thomas said, "I am at the point where I do not want to do anything except God's will, and that may be nothing. But nothing is one of the greatest activities there is. It also takes a surprising amount of time! What time is left each day is an opportunity for God to take over my life more completely on every level and in every detail." (God is Love: The Heart of All Creation).

Pat Johnson, a long-time friend and one of the founders of the retreat ministry at St. Benedict's Monastery, had a recent conversation with Fr. Thomas wherein he expressed his gratitude for her service to Contemplative Outreach over many years. She says, "Here is this man at the end of his life, in pain, and still giving his all back into the universe. If ever I had an example of what it means to love unconditionally, this moment in time was one huge example. The greatness of his giving, the greatness of his humility, left me with nowhere to go, nothing to do, and the recognition that doing nothing takes a long, long time. What an amazing model he is for all of us as we attempt

to move through our lives with grace and strength!"

Fr. Thomas is now entrusting us to bear his message of love and transformation, to continue to pass on the wealth of the contemplative dimension of the Gospel and the method of Centering Prayer to the next generation. Just before Jesus was taken up from the disciples after his passion and resurrection, he said to them: see Acts 1: 7-9 below.

With deep gratitude and hearts broken open, the staff and governing board of Contemplative Outreach, Ltd. "Fr. Thomas is now taken from our sight. Let us open ourselves more than ever to the indwelling presence of the Trinity as we deepen our unity in prayer and service. Let us continue to persevere in our consent to the presence and action of God within us and among us and allow the inspiration and the breath of God to move us and guide us as we seek to embody and pass on the gifts we have been so privileged to receive.

### The Times & the Seasons

"It is not for you to know the times and the seasons,  
which the Father has put in his own power.  
But you shall receive power when  
the Holy Spirit has come upon you:  
and you shall be my witnesses ... to the ends the earth.  
And when he had said these things, while they beheld,  
he was taken up, and a cloud received him out of their sight."  
- Acts 1: 7-9

## Abbot Joseph Boyle memorial



### Abbot Joseph Boyle

June 14, 1941 - October 21, 2018  
 Spiritual Father ~ Abbot Priest ~  
 Monk ~ Friend ~ Servant ~  
 Son of God ~ Beloved

To the worldwide community of Contemplative Outreach: It is with deep sorrow that we announce the passing of our beloved Abbot Joseph Boyle, OCSO, of St. Benedict's Monastery in Snowmass, Colorado, after a prayerful walk with cancer. He was a wel-

coming, humble, joyful presence to all visitors and retreatants, and a special presence during the opening and closing circle of most Centering Prayer retreats over the years, even up until this past August. He called all by name. A lover of stars and the night sky, he departed at 1:30am on Sunday, October 21. In his own words, he affirmed, "I know God's love for me and I trust in His mercy." Please hold him in your prayers as his journey continues deeper into Christ. And please respect the privacy of all the brothers at St. Benedict's Monastery.

## In Gratitude

Many of you may be aware that Chris and Sue Hagen have led the Prince of Peace silent retreat for 12 years. The retreat originally was held in the summer and now is regularly scheduled in October. Over the years the Hagen's made small changes in the retreat format often based upon retreatants' feedback forms. At the beginning of the opening meeting, Chris has always reminded us, "This is your retreat," and he added more particularly the Holy Spirit's. If we felt the Spirit was guiding us, for example, to pray in our room rather than the Prayer Room with the others, we were encouraged to follow. Chris and Sue, by their presence and their gentle guidance, encouraged us to honor the silence, to be receptive to God's presence and action within, and to know that they were available if we ever just wished to talk privately. They never spoke of preplanning the retreat, their responsibilities for leading in the Prayer Room, or the follow-up chores, allowing retreatants to focus on their own needs and concerns. Their gifts of loving service have meant so much to so many, and we thank them for providing us with this opportunity to deepen our relationship with God. They are the hands of the Divine.



~Linda Dollins



## The Sacred Dance of Loving and Being Loved

Every 3rd weekend in October, CONSD holds its silent weekend retreat at the Prince of Peace Abbey in Oceanside, California. The beautiful monastery is run by the Benedictine monks. The weekend is an ecumenical event which includes corporate centering prayer sessions, lectio divina, the hours of prayer chanted by the monks, reconciliation, and a walk through the Stations of the Cross in a lovely natural setting. Three delicious meals are served each day. The beauty of the retreat is that it is led by the Holy Spirit, so while there are many offerings, one chooses to attend as one is led. The weekend retreat of silence is for the spiritual nourishment of God's contemplatives. This nourishment is an essential part of a sacred dance of being filled and being sent.

One of the changes practicing centering prayer has made in my life is seeing the divine in my students. I have the privilege of being a special educator for high school students with moderate to severe disabilities. Most of my students have Autism Spectrum Disorder. Autism is an extremely interesting diagnosis. One of the symptoms of Autism is a lack of social awareness and a struggle to interact with others in the same way neurotypical people do.

There are also sensory challenges my students face. Often, the area of the brain that filters sensory input is quite different in people with Autism. For example, we filter sound in categories and block out what is unnecessary. Someone with Autism may hear all sound at once; the buzzing light, the chirping birds, traffic noise, the toilet flushing, the tapping pencil, the teacher talking, and someone's side conversation. Without a filter, this can be very stressful! To compensate, my

students may rock in their chair, feel agitated, need noise canceling headphones, or a break in a quiet room. This can also happen with visual stimuli, tactile stimuli, as well as the sense of smell. All of these factors along with communication deficits make for an interesting day! With structure, routine, schedules, timers, and lots of support, a positive environment can be created for learning.

However, Aristotle said this, "Educating the mind, without educating the heart, is no education at all." My practice of centering prayer has allowed me to see my student's spirit. And it is to the student's spirit that I connect and am able to educate the heart. I believe my students know I genuinely love and care about them. I find them within themselves and offer them the tools they need so they not only learn but enjoy school and know they belong to our classroom community. When one is able to teach with love, teaching and learning become 3-dimensional. And this makes all the difference in the world.



(Continued on next page).

## The Sacred Dance of Loving and Being Loved

Love is like that. A life changer. For me, God has filled me in moments of centering prayer to the point that I have felt paralyzed and wanted to stay there forever! Through these experiences, I became aware of the power of God's love for me, which changed my perspective in life. My life was still the same life, but the way I saw things was forever altered. God's love is with me all the time and daily centering prayer keeps me aware of it. This awareness then creates vision of seeing God's people through that lens of love. I haven't been made perfect, my life certainly isn't perfect, and I'm no more holy than anyone else. But we all possess the greatest gift of all- a treasure of supreme value, and that is God's love. Everyone has it, the question is more about awareness rather than possession.

I think neuro-typical people and people with Autism are very much alike. We too get caught up in the details of our lives. We may use strategies to block out feelings or issues that cause us discomfort or stress. And perhaps,

God is our divine teacher. God leads us to the stillness, gives us the focal point of the sacred word, and sees us and loves us right where we are so we can love ourselves and others. After all, we are all connected and part of the divine life of Christ.

My annual centering prayer retreat is important to me. It is time away to be filled. We are each called to give and receive. Those are the two sides of the contemplative life: prayer and action. One cannot exist without the other. Mother Teresa once said, "We were created to love and to be loved." And it is this simple, yet profound truth that I return to often. It is the sacred dance of the contemplative.

So thank you to Chris, Sue, and Linda for this weekend, the preparations that went into it, and for being a part of my dance in life. I love you!

~Jenny Alcazar

### Transcendent Dimension of Christ

The best way to begin to experience the transcendent dimension of Christ is by studying his life and teaching as recorded in the Gospels. The scriptures, especially Christ's own words, are written out of a very deep level of consciousness. They are efficacious on whatever level they are received, but obviously our penetration of the meaning of the words will depend on our present level of consciousness. That is why the same text of scripture keeps striking the eager reader as constantly new. It is always opening up new levels of meaning, not because the words are changing, but because we are changing as our faith deepens and we are better prepared to listen.(18)

~Fr. Thomas Keating, *Heart of the World*

## CONSD Half Day Retreat

### God's Presence Seen Through the Lens of Thomas Merton



What is contemplation? What is contemplative living? How does God become manifest in my life? For most of his adult life these are a few of the penetrating questions Thomas Merton, a Cistercian monk, lived and wrote about. In his book

*New Seeds of Contemplation* Merton strikes a note of what contemplation is not when he says, "...the worst disadvantage of the word [contemplation] is that it sounds like 'something,' an objective quality, a spiritual commodity, that one can procure, something that is good to have, something which, when possessed, liberates one from problems and from unhappiness." He goes on to say that "contemplation is not vision because it sees 'without seeing' and knows 'without knowing.' ... [It is] a call from Him Who has not voice and yet Who speaks in everything that is and Who, most of all speaks in the depths of our own being..." In the book *The Inner Experience: Notes on Contemplation*, Merton

points us toward an understanding of contemplative living that is at once deeper and, at the same time, practical when he says "How mistaken I was to make contemplation only part of...life. For a contemplative his whole life is contemplation." James Finely, whose spiritual director when he was a monk at The Abbey at Gethsemani was Thomas Merton, describes the contemplative stance in life as "Letting go of your obsession with trying to understand the meaning of it all and being present to what *is* present ... [because] God is pouring Himself out in the rhythms of life itself."

Through the compelling recorded songs of Alana Levandoski and contemplative commentary of James Finely, you will plumb the depths of aspects Thomas Merton's life and teachings and reflect upon their relationship to your own spiritual journey during this retreat. During this retreat your experience will be deepened through periods of Centering Prayer, chants, and time for personal reflection. Please gather with other contemplative companions for this wonderful retreat on November 10.<sup>th</sup> For details see the flyer in this newsletter.

~Chris Hagen

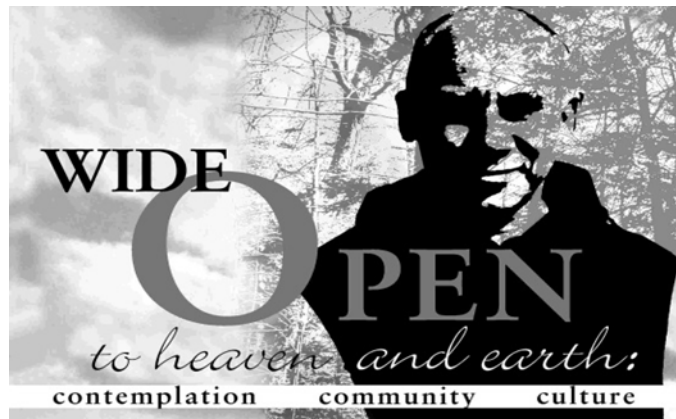
### The Human Condition

Centering prayer addresses the human condition exactly where it is. This prayer heals the emotional wounds of a lifetime. It opens up the possibility of experiencing in this world the transformation into Christ to which the gospel invites us (6).

~Fr. Thomas Keating, *Invitation to Love*

Contemplative Outreach North San Diego presents:

## God's Presence Seen Through the Lens Of Thomas Merton



**Date:** 11/10/2018

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

**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 760.743.8297  
[dollinslinda@hotmail.com](mailto:dollinslinda@hotmail.com), or Sue Hagen 760.745.8860  
[sue.hagen@sbcglobal.net](mailto:sue.hagen@sbcglobal.net)



## New 11<sup>th</sup> Step Prayer Group

In 2001, Fr. Thomas Keating and the leaders of Contemplative Outreach Ltd. committed to building a 12 Step Outreach ministry. Fr. Thomas considers the 12-Steps to be a powerful path of spiritual growth, and a gift of the Holy Spirit to our age. In his book *Divine Therapy and Addiction: Centering Prayer and the 12-Steps*, Fr. Thomas expands on what happens when someone in recovery practices Centering Prayer. “One begins to lose interest in the addictive process or in the addictions. Exposure to silence on a regular basis offers a kind of universal healing for everybody no matter what their religion—or if they are of no religion. It is an innate capacity of human nature. This silence is not dependent on having exterior silence (that’s not always in our control), but of sitting with the deliberate intention to be in the presence of the Higher Power without judgment, reflection, plans, or memories. It is to be in the present moment with *That Which*

*Is*, believing that we are loved just as we are.” (154)

On July 7<sup>th</sup>, as reported in the August Newsletter, CONSD hosted a 12-Step Introductory Workshop at Pilgrim, United Church of Christ in Carlsbad. The six follow-up sessions were led by Kathy M., one of the presenters at the Workshop, and out of these sessions a prayer group has formed. The group meets every Wednesday night in the Youth Room at Pilgrim United Church of Christ, 2020 Chestnut Avenue, Carlsbad, 92008 from 7:00-8:30 p.m. and is led by Kathy. All who are in a 12-step program are welcome. If you need more information or to let her know you are planning to attend, please contact her at 508-237-1752 (cell/text) or [katdoze@msn.com](mailto:katdoze@msn.com).

~Linda Dollins

## September 22<sup>nd</sup> Introductory Workshop

Our Introductory Workshop held at Hope Lutheran Church in Temecula started with great enthusiasm. Pastor Sandy Bentz, Marigold Velasco and Joan Neidig had long planned and wished for the opportunity to present Centering Prayer to their congregation and local community after experiencing the prayer themselves. So CONSD was delighted to bring it to them, and we were overwhelmed with their loving support and joy. Our presenters were Parth Domke and Rich Gannon, who expertly introduced the many facets of centering prayer and shared their own experiences of their faithful practice over many years. Parth spoke about Prayer as a Relationship with God and the Use of the Sacred Word, and Rich shared the Method of Centering Prayer, as well as the

Fruits of Centering Prayer. The four conferences were internalized by our two periods of Centering Prayer practice.

Six follow-up sessions are being hosted by Pastor Sandy and Marigold at Hope Lutheran Church on Tuesday evenings at 6:30-8pm with 18 people signed up to participate. We wish them well as they begin their journey of the Centering Prayer practice and discover the many ways God will be working in their lives. What a joy this workshop was to present! The Holy Spirit is truly alive and working within our community, and I feel blessed to have been part of it.

~Jan Simpson

## Mystic Misfits



As part of our long, late-summer road trip through the Midwest and South, Jane Milligan and I thought we would try to visit Centering Prayer and Christian Meditation groups in cities across the country. We researched online and found one group whose meeting time worked with our travel schedule. This group, part of the Contemplative Outreach community of Kansas City, Missouri, had given itself a name: “Mystic Misfits.”

I was delighted with this discovery. Kansas City is my hometown, and I had identified as a misfit during my childhood of Advent seasons that usually seemed to begin with the TV broadcast of “Rudolph the Red-Nosed Reindeer.” I loved this story about how this reindeer—teased because of his unusual nose—joins with other “misfit” friends to save Christmas by helping Santa deliver gifts during a blizzard. Now, mystical misfits were gathering weekly just a few miles away from the house I grew up in, sharing the gifts and graces of Centering Prayer. I looked forward to praying with these self-proclaimed countercultural contemplatives.

Gathering at St. John’s United Methodist Church, the group meets on Tuesdays from 9:30 to noon, with the first twenty-minute sit beginning around 10:00 a.m. Centering Prayer is usually followed with a DVD or CD featuring a prominent leader in the contemplative movement, such as Fr. Richard Rohr, Dr. James Finley, Fr. Thomas Keating, Sr. Ilia Delio, Rob Bell, etc. The remaining time is spent in small group discussion. And, as stated on the website, “The group is open to all faiths and to anyone who is seeking a deeper meaning to their spiritual life along the Contemplative Path.”

We were welcomed with friendly smiles and warm greetings. Long tables had been set up with fliers about upcoming local events, including a November presentation on Integral Christianity with Paul Smith as well as an upcoming Enneagram workshop and an interfaith event happening that very evening at a Presbyterian church. (As this particular Tuesday happened to be September 11, this interfaith gathering held special significance. Jews, Christians, Muslims, Hindus, and Buddhists were to share prayers and stories from their traditions to encourage cooperative and constructive dialogue). More than 40 people came to this morning Centering Prayer gathering, requiring the group to sit in concentric circles. Everyone briefly introduced themselves, and newcomers unfamiliar with the prayer were taken aside to another room, where commissioned presenter Dennie Oades gave them a brief introduction to the prayer method. After the centering prayer period, the plan had been to watch a recorded talk with Carl Arico. An uncooperative DVD player, however, meant that the group facilitators had to improvise another focus of discussion for the small-group sharing.

(Continued on next page).

## Mystic Misfits

One of the facilitators, Kevin Kelley, mentioned that there is usually a hidden gift at hand when technology fails. Perhaps this anniversary of September 11th needed another kind of beholding. We broke into groups of six and were invited to share our responses to two questions. First: What were you doing when you first learned of the terrorist attacks? Then: How has your contemplative practice influenced your actions and choices since that day?

The responses to these questions arose with a quiet, but palpable, urgency. Everyone remembered exactly where they were, what they were doing that morning—turning on the car radio, waking up groggily to answer the phone, teaching an eighth-grade class, taking their mother to a doctor's appointment.

The responses to the second question were especially thought-provoking. One parochial school teacher shared how he resonated with something that the facilitator had mentioned earlier: that September 11th happens in a variety of ways every single day, with thousands of people dying from hunger, war, neglect, treatable diseases, systemic injustices, and myriad other forms of suffering engendered by violence, greed, and indifference. Most of

these people have no memorials, no commemorations. He said that prayer had broadened his awareness and led him to contribute a larger portion of his income to charitable groups working with underserved and forgotten people. A woman shared how she had become more involved on the local level with homeless outreach and interfaith dialogue groups. Yet another man, formerly on an Eastern meditative path and fairly new to the group, spoke about recognizing the interconnectedness of all life at a deeper level and valuing practices that help to sustain presence on a day-to-day level.

I was reminded of the subtle dance of contemplation and action, how the fruits of a contemplative practice manifest, over time, as a deeper responsiveness to the world. The daily decision to consent to God's presence and action truly does "cause our lives to blossom" -- sometimes in ways that we do not ourselves see -- as we allow the flow of the Spirit into our choices and actions. This prayer of silence, a kind of "misfit" practice in a culture that clings to noise and distractions, is indeed an intercessory prayer for all creation.

~Mary Williams

## Be Present to the Now

The experience of God's love and the experience of our weaknesses are correlative. These are the two poles that God works with as he gradually frees us from immature ways of relating to him. The experience of our desperate need for God's healing is the measure in which we experience his infinite mercy. The deeper the experience of God's mercy, the more compassion we will have for others (21).

~Fr. Thomas Keating, *Invitation to Love*

## Q & A with Fr. Carl Arico

**Q:** I am sometimes discouraged with the ups and downs of the spiritual journey. Does this ever go away?

**A:** It is not unusual on the spiritual journey to go through periods of consolation and desolation. There will always be an ongoing experience of both as time goes on. When we are in a period of consolation, it is important to celebrate the joy and peace but be prepared for these feelings to change. When we are in desolation, with feelings of sadness or disappointment, for example, it is important to remain faithful to our spiritual practices and not let them go. In fact, the wisdom is to increase times of prayer and meditation—to be strong with God's help knowing that this too will pass. Remember that God is always present no matter what you are experiencing—there is nothing that can separate us from the Love of God. Feelings come and go but our intention and fidelity to our prayer disciplines should remain constant. - Fr. Carl.

**Q:** What did Teilhard de Chardin mean when he said, "We are not human beings struggling to be spiritual. We are spiritual beings struggling to be human."?

**A:** Although there are many different approaches to answering this question, here is one to consider. From my readings, de Chardin was always stressing that in the beginning was God and that God exists in and enlivens all creation. All creation has a spiritual element. When human beings came on the scene, this continued to be true. What is the eternal element in each of us? Our souls. When we were conceived, this life principle became flesh and we were born into the world. Before we could even think and react we were already spiritual beings, made in the image and likeness of God. Then our journey of growing as a human being

began. So, from the beginning, there was this connection with the divine and the real challenge on the journey was not to become spiritual—we already are—but to become human beings in the full sense of reflecting God within us. As Thomas Keating often says, we are called to be fully human and fully divine. Parents naturally feel this divine nature—the spiritual essence—of newborns and young children. They may not call it that, but it's that spiritual essence which everybody appreciates in young children. ~ Fr. Carl

**Q:** I have been re-reading Fr. Thomas again. I have one question, though. Fr. Thomas says that "human nature is pathological." As a sociologist, I must confess that such a statement strikes me as overarching and possibly wrong...Could we amend that "pathological" state to something like: human nature is malleable, turbulent, unpredictable or another term. I am troubled by the "pathology" label.

**A:** Good question and thank you for your observations. Because Thomas Keating is taking his wisdom and putting it into contemporary terms, there are times when a term can be understood in a specific or informal sense. Here the word "pathological" is being used in its informal sense—*The New Oxford American Dictionary* "pathological" can mean "compulsive or obsessive". For clarity however, it may be better not to use "pathological" and stay with the more commonly used word in theological and religious circles: the "false self", meaning a set of protective behaviors formed around the instinctual needs for survival/security, affection/esteem and power/control. The essence of the false self is this tremendous emotional investment in compensatory programs for happiness to fill these needs which manifest human nature as "malleable, turbulent and unpredictable." ~ Fr. Carl

## The Living Flame II Program from Contemplative Outreach

If you missed the Living Flame I program, you can still attend Living Flame II! Here is what a number of people who attended Living Flame I had to say about their experience:

Valuable information presented in a very clear manner.

Discussions and reflections were great,

Clear and powerful – integrates my experience of Centering Prayer.

Thanks for the series – what a blessing!

This was the best! This is what I needed!

This presentation was informative and fascinating.

Presenter was great – clear and accessible. The influence of the prayer is apparent.

All presenters have been great examples of the transformation process of Centering Prayer..

What a wonderful, wonderful program. Each session is so rich!

Living Flame 2 is comprised of seven full-day offerings, 9-4, of in-depth spiritual study presented over a seven-month period by commissioned presenters of the National Service Team of Contemplative Outreach, Ltd. The program is presented with ample time for presentations and group discussion combined with Centering Prayer and silence. Participation in this program is for the entire series.

Participation in the program is for the entire series. For more information on location, dates, topics, fees and registration information, see the flyer on page 14.

### Growing

Of course suffering itself does not make one holy and can even lead to despair. Despair is suffering that fails to teach...Suffering and death are not enemies, but doors leading to new levels of knowledge and of love. Unless we are willing to sacrifice what we have now, we cannot grow.(20-21)

~Fr. Thomas Keating, *Heart of the World*

### Prayer

Prayer can be expressed in words, thoughts, or acts of the will. But fundamentally it is a movement of our spiritual nature; that is, of our intellect beyond thoughts and of our will beyond particular acts—at least beyond explicit acts. This movement toward God can be extremely subtle and delicate. The more simple it is, the more effective it is. (67)

~Fr. Thomas Keating, *Heart of the World*





## LIVING FLAME II



A National Formation Program  
Hosted by Contemplative Outreach of North San Diego

This follow-up series to Living Flame presents seven full-day offerings of in-depth spiritual study presented over a seven month period by commissioned presenters of various national Service Teams of Contemplative Outreach, Ltd. The Living Flame program is presented in one-day retreat experiences, with ample time for presentations and group discussion, combined with Centering Prayer and silence. Participation in this program is for the entire series. Familiarity with the books of Thomas Keating, OCSO, and an established Centering Prayer practice will allow a better understanding of the presentations in the Living Flame II program without having participated in Living Flame I. Please contact (below) Merrilee for further information.

**LOCATION:** St. Bartholomew's Episcopal Church, 16275 Pomerado Rd., Poway

**TIME:** 9:00AM - 4:00PM

### DATES & TOPICS:

January 19, 2019

**Reclaiming Our Roots:** The Contemplative Heritage in Christianity • Desert Ammas/Abbas

March 2, 2019

**Lectio Divina:** Monastic model • The Four Senses of Scripture

April 6, 2019

**Contemplative Living:** Contemplative attitudes • Fruits and Gifts of the Spirit

May 18, 2019

**The Forgiveness Prayer:** The prayer and the process • Reconciliation

June 15, 2019

**Soul Friending:** As individuals and as groups • The art of communication • The gift of listening

July 20, 2019

**The Psychological Experience of Centering Prayer:**

What years of practice may look like • The process of unloading

August 3, 2019

**The Dark Night of Spirit:** Purification • Divine Union • The present moment.

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**PROGRAM FEE:** \$210. A non-refundable \$50. deposit is due with registration.

*Registration due by November 15, 2018*

Deposit included in program fee. **Partial scholarships available.**

\$160 remainder due at first retreat in January

Make check payable to CONSD

**REGISTRATION:** Mail name, phone # and email with \$50. deposit to: CONSD c/o Linda Dollins, 644 Hibiscus Glen, Escondido, CA 92025

For further information contact Merrilee Melvin, 760-215-0782 [mtmelvin@cox.net](mailto:mtmelvin@cox.net)

## CONSD & COSD Events—2018 & 2019

### CONSD EVENTS 2018

#### Half Day Retreat

God's Presence Seen Through the Eyes of Thomas Merton

Date: Saturday November 10, 2018

Time: 9:00 am – 12:30 pm

Facilitator: Elena Andrews

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

Free Will Offering

### CONSD EVENTS 2019

#### Living Flame II: A 7 Full-Day Monthly Retreats Package

Beginning date: Saturday January 19, 2019, 1<sup>st</sup> retreat

Time: 9:00 am – 4:00 pm

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

Cost: \$210 for all seven retreats (must sign up for the entire series)

See flyer in Newsletter for more information

#### United in Prayer Day

Date: March 16, 2019

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

Free Will Offering to be share between CONSD and COSD

### CONSD EVENTS

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

### COSD EVENTS 2019

#### 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

For more information, contact:

Kathy Di Fede 619-840-3781

kathyjoannemarie@gmail.com

### COSD EVENTS

*For information on COSD events*

*call Karen Downs (858) 488-1014*

*or Ardy Woodmansee (858) 279-7278*

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

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**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 (1)	Rev. Madison Shockley	760-729-6311 ext.207	Pilgrim United Church of Christ, 2020 Chestnut Ave. Carlsbad	Wednesdays 6:30-7:30pm
2	Carlsbad (2)	Kathy Mendoza	508-237-1752	11-Step, Youth Rm at Pilgrim United Church of Christ, 2020 Chestnut Ave. Carlsbad	Wednesdays 7:00-8:30pm
3	Del Mar (1)	Barbara Hamilton	480-236-7319	St. Peter's Episcopal Church, 334 14 <sup>th</sup> St.	Thursdays 4:30-5:45pm
4	Del Mar (2)	Kathy Agnew	858 481-8754	St. Peter's Episcopal Church, 334 14 <sup>th</sup> St.	Tuesdays 8:55-10:00am
5	Encinitas (1)	Shirley Shetula	760-525-6721	(Call for location)	Mondays 10:00am
6	Encinitas (2)	Virginia Erickson	760-846-5749	Beth Lutheran, 925 Balour Dr., Multipurpose Rm., Encinitas	Mondays 4:30-6:00pm
7	Encinitas (3)	Judith Pruess-Mellow	650-823-0559	San Dieguito United Methodist Church, Encinitas	Mondays 1:30pm
8	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30pm
9	Fallbrook	Barbara Hudson	760-645-0726	(Call for location)	Saturdays 8:30am
10	Murietta	DeeDee Warden	951-265-8557	42753 Settlers Ridge, Murietta	Wednesday 3:45-5:00pm
11	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey, McKeon Center, Room 12	Wednesdays 7:00pm
12	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Thursdays 1:00pm
13	Oceanside (3)	Pat Julian	760 757-3659 x123	Mission San Luis Rey, 4050 Mission Ave.	Fridays 10:00am
14	Oceanside (4)	Pat Julian	760-757-3659	Retreat Center, 4050 Mission Ave.	Fridays 1:30-3:00pm
15	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 8:30-10:00am
16	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
17	Poway (3)	Sue and Chris Hagen	760-745-8860	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
18	Poway (4)	Sherlene Moller-stuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
19	Poway (5)	Audrey Spindler	760-215-0782	Order of St. Luke* (call for directions)	Sunday 10:45am
20	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
21	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
22	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
23	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
24	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Tuesday 1:30-3:00
25	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 1:00-2:30pm
26	Temecula	Pam Bowen & Marigold Velasco	909-938-9932	Home of Joan Neidig, 42149 Camino Romo, Temecula	Thursdays 6:30-8:00 pm
27	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:30am