

# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO  
Volume 14 Number 1 February 2019



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## CONSD Vision, Mission and Core Values

The **VISION** of Contemplative Outreach of North San Diego is to foster the process of transformation in Christ in one another through the practice of Centering Prayer. The **MISSION** of Contemplative Outreach of North San Diego is to: **present** the method of Centering Prayer, **build** a Christ centered community, and **support** the contemplative life.

### CORE VALUES

#### ◆ Value – Christ Centered

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

#### ◆ Value – Humility

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

#### ◆ Value – Utmost Charity

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

#### ◆ Value – Community

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

#### ◆ Value – Encourage and Support

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

## Sue Hagen's Celebration of Life



On the crisp, bright afternoon of Sue Hagen's Celebration of Life at St. Bart's, Rev. Mark McKone-Sweet began by reminding us of the sig-

nificance of his white vestments and the Paschal Candle near the altar: "This is Sue's Easter celebration." In other words, *Here we are to behold not just the passing, but also the life and resurrection* of our beloved Sue to her ultimate homecoming in God.

*Here we are to behold ... blessing.* As a melody of one of Sue's favorite Taizé chants was played – *bless the Lord, my soul, and bless God's holy name* -- the atmosphere inside the sanctuary of St. Bart's was suffused with gratitude, a *blessed* thanksgiving that felt both joyful and sorrowful. At the numerous contemplative events hosted by CONSD over the years, Sue frequently played this tune on the piano as a gentle way to beckon and gather the group into a quieter mode for prayer, teaching, and formation. Upon hearing this tune we received, again, a particular Sue Hagen way of embodying the steadfast call to prayer.

*Here we are to behold ... living fully.* A reading from Psalm 119, a favorite of Sue's, proclaimed: *I give myself into your Hands / that I may live fully into your Word.* Sue lived fully into the Word as she gave herself in loving service to God and neighbor. In her eulogy, daughter Karin shared some highlights of

Sue's life. "Go where the sun shines," Sue's mother had suggested, so Sue came to California to attend graduate school at USC, where she soon met her lifelong sweetheart, Chris Hagen. Through their ensuing 57 years of marriage, Sue and Chris served together as speech pathologists at Children's Hospital, opened several satellite offices for speech therapy services, nurtured and raised a daughter and a son—and then, following the tragedy of 9/11, were led to join the St. Bart's church community. Continuing to *live fully* into God's Word, Sue and Chris embraced the practice of Centering Prayer and later said yes to the call to serve as regional co-coordinators for Contemplative Outreach, enriching the San Diego area with their generosity and dedication to sharing the journey of contemplative spirituality with others. The flowering of dozens of Centering Prayer groups in North County is, in good part, a fruit of their prayerful servant-leadership.

In a beautifully open-hearted poem that he read aloud, grandson Jake likened Sue's presence to "sunlight" and affirmed that she "was the most patient person ever." Fr. Mark also pointed to some facets of Sue's character that had many in the pews smiling and nodding: her commitment to volunteering, the generous sharing of her administrative and organizational gifts – and also how she (and the St. Bart's prayer group that bloomed with her stewardship) provided a quiet, nourishing presence in a "busy beehive" of a church. In addition, CONSD coordinator Linda Dollins expressed her deep appreciation for how Sue and Chris led by example through their own commitment to the twice-daily practice of Centering Prayer. Their integrity in the prayer continues to quietly radiate, providing light and sustenance for us as we continue our own contemplative journeys.

## Sue Hagen's Celebration of Life



As Fr. Arico explained in his homily, Fr. Thomas had requested to hear the prayer of abandonment during the last weeks of his life.

The fact that Sue and Chris frequently visited Fr. Thomas for spiritual guidance—and that Sue passed two months after Keating's death—lends more poignancy to the reciting of this prayer. Moreover, as many in the contemplative community have observed, Sue's latter years exemplified abandonment to God's will as she continued to serve during her illness, diligently co-coordinating the chapter, co-leading the St. Bart's prayer group, and attending CONSD events when her strength allowed. Through it all, she modeled what she loved to affirm at centering prayer workshops and retreats: "This prayer will change your life!"

*Here we are to behold ... rest.* With another Taizé chant, we sang: *My soul is at rest in God alone / My salvation comes from God.* Didn't Sue's energy and dedication to contemplative service speak volumes about the fruits of resting in God?

During her sojourn on Earth, the eyes of Sue's heart were opened. She prayed to her Abba in secret, and her Abba who sees in secret caused her life to blossom. Through that blooming flowed the healing and salvific graces of silence, solitude, solidarity, and service. Now as we honor her soul's ultimate rest in God, our hearts overflow with alleluias for her presence and action among us.

~Mary Williams

### The Art of Living

"Little by little we are able to hear the still small voice in the hurricane, the earthquake, or the fire. God is hidden in difficulties. If we can find him there, we will never lose him. Without difficulties, we do not know the power of God's mercy and the incredible destiny he has for each of us. We must be patient with our failures. There is always another opportunity unless we go ashore and stay there. A No-risk situation is the biggest danger there is. To encounter the winds and the waves is not a sign of defeat. It is training in the art of living, which is the art of yielding to God's action and believing in his love no matter what happens."

~Fr. Thomas Keating, *Awakenings*

## More tributes for Sue Hagen



### Nancy Bachelier

Sue and Chris in the early days, had to set a precedence of responsibility and commitment to the prayer for our members. She and Chris lead us by example (both very serious and committed) and formed a strict 20-minute formation of prayer at our weekly gatherings and the importance of two periods of prayer twenty minutes each day. They totally believed, “that centering prayer is the keystone of a comprehensive commitment to the contemplative dimensions of God.” *Open Mind, Open Heart*, Thomas Keating. Those of us who started out with Sue and Chris were given a strong foundation. We read Fr. Keating’s books and listened to tapes. Discussions were bright, informative and very structured. We maintained a format and to this day adhere to it. The first formal event I participated in was the Contemplative Outreach of San Diego Ninth Annual Friends Dinner, October 15, 2005. Sue and Chris were the Regional Co-Coordination and in charge of the dinner. The theme was “You are the Potter, We are the Clay”. I was placed on the Community Building Service Team by Sue. She had a way of assigning tasks that

there was no choice of yes or no. You did it! We worked for several months to make the event special and memorable. Everything ran smoothly on the evening schedule from a silent auction to a delicious buffet meal. Beautiful table decorations all following the theme of The Potter, The Clay. We were all given a book mark which read...”It is not you that shapes God. It is God that shapes you! If then, You are the work of God, Await the hand of the artist who does all things in due season. Offer God your heart, soft and traceable, and keep the form in which the Artist has fashioned you. Let the clay be moist, lest you grow hard and lose the imprint of God’s fingers.” Sue researched, studied and found incredible speakers to come to our retreats. She was bold to ask and almost always got a “yes” to her invitation. When I think of Sue fighting lung cancer, I think of someone who had faith and courage. She has been a big part of making all of us courageous in our fights by being there for us through thick and thin. I never knew her to miss. Even while battling chemo treatments she would come to centering prayer. This quote from Henri Nouwen sums it up for how Sue affected me and many others. “When we honestly ask ourselves which people in our lives mean the most to us, we often find that it is those who...share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness; that is a friend who cares.” Sue is a flower in the garden of contemplatives, beautiful, strong and happy. She gave us a rich and unforgettable fragrance.

## More tributes for Sue Hagen

### Jane Milligan



Her spiritual depth became increasingly obvious as she battled cancer with great courage and poise. She never drew attention to herself, and whether she realized it or not, she inspired many of us as she gently shepherded us along our various spiritual paths. Some-

day, I hope to visit the Rothko Chapel in Houston, Texas where world travelers surrounded by these sublime paintings are inspired to pray and meditate. In that setting, I can imagine myself being reminded of the painting that appeared in my mind, symbolizing Sue. Then, as now, I'll recall the vividness of her particular

colors (i.e. her spiritual essence) and be immensely grateful to have known her.

### DeeDee Warden

My first weekend retreat and first introduction to Centering Prayer were hosted by Sue and Chris. Their enthusiasm, dedication and team work to promoting and living the teachings of Father Keating changed my life. Sue has been a blessing to many and I certainly have benefited from her tireless participation in the Contemplative Community. With love and appreciation.

**Note:** These tributes were not able to be included in the *Tribute to Sue Hagen* which is posted on the consd.org website under the Newsletter tab. For the tributes to Sue, as well as photographs of Sue over the years, please refer to that publication.

## The Prayer of Abandonment

I abandon myself into your hands;  
 Do with me what you will.  
 Whatever you may do, I thank you:  
 I am read for all, I accept all.  
 Let only your will be done in me,  
 And in all your creatures—  
 I wish no more than this, O Lord.  
 Into your hands I commend my soul:  
 I offer it to you with all the love of my heart,  
 For I love you, Lord, and so need to give myself,  
 To surrender myself into your hands without reserve,  
 And with boundless confidence,  
 For you are my Father.  
 ~Charles de Foucauld,

Note: This prayer was read at Sue Hagen's Celebration of Life service, and to Fr. Thomas in the last weeks and days at his request.

## Thomas Merton, James Finley, & Alana Levandowski



**W**e were all drawn into Elena Andrew's wonderful half-day retreat, *Presence Seen Through the Lens of Thomas Merton*, this past November.

Through the compelling recorded songs of Alana Levandoski and the contemplative commentary of James Finley, we were expertly guided on an experiential journey through Thomas Merton's life and teachings.

What a treat to be introduced to Alana Levandoski, a Canadian songwriter, chant writer, music producer and graduate of The Living School for Action and Contemplation's inaugural class! Her CD, *Point Vierge Thomas Merton's Journey in Song*, was her second collaboration with James Finley, a novice of under Thomas Merton at the Abbey of Our Lady of Gethsemani monastery in the 1960s. Alana said she wanted to step into this direct lineage James Finley holds to better tell Merton's remarkable story. She wrote 16 songs using Merton's own words taken from his journals, poetry and spiritual writings. In each of the songs is a reading by James Finley quoting Merton, giving us a context for his writing, or telling us a story illustrating Merton's strong influence on his formation. The CD contains Thomas Merton's own powerful voice as well.

Linda Dollins welcomed us all and leading us into a minute of deep silence to pay tribute to dear Fr. Thomas Keating's recent passing. Fol-

lowing a period of Centering Prayer, the day was divided into four sections, focusing on just four of the songs from the CD. These were selected and transcribed by Chris Hagen so we could experience Merton's journey as a contemplative. At the end of each section, Elena's daughter, Clare, led us in a short chant from the piece. Elena wanted us to "plumb the depths of Thomas Merton's life and teachings and reflect upon their relationship to your own spiritual journey" so we given ten minutes of silence on our own to do so. Chris Hagen's slideshow of Merton was also available to enjoy during our meditative time. To give you a clearer idea of the day, I'll choose some passages from each song. The first selection, **We Do not Attend**, reminds us to wake up to the present moment:

Here is an unspeakable secret  
Paradise is all around us  
And we do not understand  
Lights on, Clocks ticking  
Thermostats working, Stoves cooking  
"Wisdom!" cries the dawn deacon  
But we do not attend, We do not attend

The second selection, **Havana**, was from Merton's time in Cuba when he had a realization he couldn't quite articulate. He calls out, "Yo creo" (I believe) because he saw that, "There are certain things in life we simply have to accept as true or we go crazy inside. And they're the very things we can't explain to anybody including ourselves."

The unshakable certainty  
The clear and immediate knowledge  
That heaven was right in front of me  
Struck me like a thunderbolt  
Went through me like a flash of lightning  
Yo creo!

## Thomas Merton, James Finley, & Alana Levandowski



to a liberty which nobody can touch, which nobody can effect, which no political change of circumstances can do anything to. This kind of monasticism cannot be extinguished. It is imperishable. It represents an instinct of the human heart and it represents a charism given by God to man. It cannot be rooted out because it does not depend on man and it does not depend on cultural factors, and it does not depend on sociological or psychological factors. It is something much deeper.” In the group sharing that followed many told of what a deeply moving morning Elena had given us all. Here is the poem Richard Smith composed that day:

**The General Dance** was the third song with Merton’s words, “What is serious to men is often very trivial in the sight of God. What in God might appear to us as play is perhaps what he Himself takes most seriously. At any rate, the Lord plays and diverts Himself in the garden of His creation, and if we could let go of our own obsession with what we think is the meaning of it all, we might be able to hear His call and follow Him in His mysterious, cosmic dance. We do not have to go very far to catch echoes of that game and of that dancing.” The chant Clare led us in was: For the world and time are the dance of the Lord In emptiness  
The final song, **The Palace of Nowhere**, was a short chant: Come with me to the Palace of Nowhere. Where all the many things are one This was given context by Merton’s own voice saying, " If you once penetrate, by detachment and purity of heart, to the inner secret of the ground of one's ordinary experience, you attain

### A Tribute to Thomas Keating

What do we do with the passage of the  
blessed ones who spoke with voices  
of hope and holiness?  
Will the wisdom be lost?  
Will we forget the practices?  
Will we open our hearts again?  
Will we continue the pilgrimage?  
Will we keep vigil?  
As the Spirit leads  
As the voice is heard  
As the heart surrenders  
As the pilgrimage is kept  
As we continue to receive  
As we stay open to love  
As we give ourselves away  
Grace will come  
Love will sustain  
Peace will abide

~Brother Richard

## Merton, Finley, & Levandowski

Since this retreat, I have found myself pulled back into the beauty of this CD again and again. It becomes more remarkable with each listening. The four songs we experienced that Saturday are just a small part of this treasure. There are eight more jewels, perfect in voice and musicality and imbued with Merton's deep faith and vision. It struck me that not only was James Finley Merton's student at the monas-

tery, Alana Levandoski was James Finley's student at the Living School. She and James are uniquely capable of bringing this ringing clarity to Merton that goes right to my core. Their use of song and story are powerful and dynamic. I would love to invite you all to experience the gift of Alana and Finley which is easily accessible on-line at [alanalevandowski.com](http://alanalevandowski.com).  
~Virginia Erickson

## Contemplative Spirituality as a Path

I feel deeply honored to present the one-day workshop we're calling: ***Contemplative Spirituality as a Path Toward Healing and Wholeness*** with Contemplative Outreach of North San Diego. It feels like the fulfillment of a longtime desire to bring together my deep passions for contemplative spirituality and being with those who are on a journey toward healing and wholeness in my work as a psychotherapist. That CONSD will be the setting for this presentation makes it all the more meaningful to me since much of my own personal healing and my ability to do this work is attributable to my ongoing practice of Centering Prayer and the wisdom of those who teach this way of being a contemplative in the modern world.

James Finley and through Finley, Thomas Merton, have deeply influenced my contemplative orientation and work as a psychotherapist, so when Elena Andrews led her wonderful half-day retreat in November on Merton drawing from Finley's work, it seemed like an open door to propose this workshop.

I'm working to make this workshop accessible to all who have an interest in using contemplative or mindful spirituality as a resource in their own healing or in their work with others who are on a healing journey. Based on

Finley's *Seven Steps to Spiritual Healing* and drawing from the work of Merton and others, it will be an experiential workshop with practical exercises to develop and deepen contemplative practices that dispose us to deep transformation and healing.

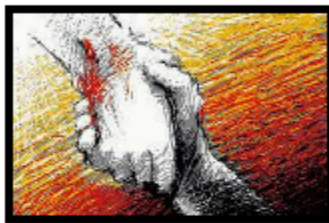
The workshop will include a brief introduction to trauma, a discussion of what we mean by 'healing from trauma' and how that healing happens, and a detailed look at Finley's *Seven Steps of Spiritual Healing*. There will also be a brief summary of how contemplative psychotherapies like Accelerated Experiential Dynamic Psychotherapy promote healing and transformation by facilitating a mindful, contemplative, and open-hearted stance similar to the stance assumed in meditative practice.

James Finley says, "The tyranny of suffering lasts only as long as it takes for compassion to show up on the scene." This workshop is, at its core, about learning to cultivate compassion for ourselves and one another on this journey toward healing and wholeness and through our practice of compassion to find freedom from suffering in the midst of suffering and helping others to also find that freedom.  
~Jacob Munhoz

## Contemplative Spirituality as a Path Toward Healing and Wholeness

### A CONSD Workshop

"The tyranny of  
suffering last only as  
long as it takes



for compassion to  
show up on the  
scene"

James Finley

This workshop is for anyone who desires to make spirituality a greater resource in their own healing. It is also for anyone who hopes to make spirituality a resource in their work of being with others on their healing journey.

During this workshop Jacob Munhoz will present on contemplative spiritual practice as a path toward wholehearted living and healing from trauma. He will draw from the work of psychotherapists James Finley and Diana Fosha, as well as the work of spiritual masters Thomas Merton, Thomas Keating, and Henri Nouwen. The presentation will be based on the Seven Steps of Spirituality Healing developed by Finley. The workshop will include a teaching of practical contemplative practices for healing, including Centering Prayer.

**Date:** March 2, 2019

**Time:** Registration and Hospitality 9:00-9:30 am  
Workshop: 9:30 am-3:00 pm

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

**Cost:** Free Will Offering

While walk-ins are always welcome it helps to plan seating and hospitality to know you are coming. Contact Linda Dollins: [dollinslinda@hotmail.com](mailto:dollinslinda@hotmail.com) to RSVP



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*Jacob Munhoz is a priest, spiritual director, and psychotherapist in private practice at Estes Therapy in San Diego, California.*

Registered Associate Marriage and Family Therapist #109499 / [jacobmunhozpsychotherapy.com](http://jacobmunhozpsychotherapy.com)  
Supervised by Liz Perkins, LMFT #33764

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## Contemplating Christ Retreat: June 15th



Father Vincent Pizzuto, the author of the book *Contemplating Christ*, will be presenting a full-day retreat for CONSD at St. Bartholomew Episcopal Church on June 15, 2019. Father Pizzuto is an Episcopal priest and a professor of New Testament in the

Department of Theology and Religious Studies at the University of San Francisco, a Jesuit school. He is also Vicar of St. Columba's Church in Inverness, California.

I first heard about his book from a friend, Judy, who went on retreat at Snowmass in September 2018. She was told that all the monks and brothers at Snowmass were reading *Contemplating Christ*. She was also told that Father Thomas Keating had recommended this book to the Abbot of Spencer monastery in Massachusetts and to all of the novices.

A review of this book by the Liturgical Press states, "The incarnation has made mystics of us all. What if we read the gospels as if that were true? In his book *Contemplating Christ*, Vincent Pizzuto offers an exploration of the interior life for modern contemplatives that is as beautiful as it is compelling."

Books are currently available from Amazon, and there will be some for sale at the retreat.

~Merrilee Melvin

## Shepherd of Life Lutheran Church Workshop February 23rd

Last fall the Introductory Workshop team led by Gail Carr and Jan Simpson, hosted a workshop at Hope Lutheran Church, in Temecula. We thought that was far north until we got a call from Pastor Linda Olson asking for a workshop at Shepherd of Life Lutheran Church, 30400 Grand Ave. in Lake Elsinore (an hour north of Escondido).

Since Gail is moving and Jan is ill, we are most grateful that Marsha Bryan will be leading the Intro team for this event. Rich Gannon and Kathy Agnew will be the presenters, and Marigold Velasco will be the facilitator for the six follow-up sessions. Hospitality for the workshop is 8:30-9:00 and the workshop itself is 9:00-12:30. The six follow-up sessions are

Wednesday at 6:30 pm. There will be a free will offering. Please encourage anyone you know who might be interested to come, and if you wish to come as a refresher, you are always welcome.

~Linda Dollins

### United in Prayer Day

A Gathering of CONSD, COSD, and our worldwide family  
Time: 9:00am – 9:30am Hospitality. 9:30am - 12:30pm Centering Prayer and Program  
Location: St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway  
Free Will Offering

## *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*



***February 23, 2019***

***Shepherd of Life Lutheran Church***

***30400 Grand Ave., Lake Elsinore, 92530***

***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 over six weeks. Place, day and times will be determined at the workshop.*

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*Centering Prayer Introductory Program Workshop  
Shepherd of Life Lutheran Church, Lake Elsinore, February 23, 2019*

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

For registration information call: Marsha Bryan (760) 215-2775 (C), the CONSD Office (760) 743-8297, or email [dollinslinda@hotmail.com](mailto:dollinslinda@hotmail.com) Please mail registration to: CONSD \* 644 Hibiscus Glen \* Escondido, CA 92025. Registrations also accepted at the door

CONTEMPLATIVE OUTREACH NORTH SAN DIEGO [www.consd.com](http://www.consd.com)

## Q & A with Fr. Carl Arico

**Q:** I have been advised to NOT do Centering Prayer in conjunction with Lectio Divina. Individually and in a group setting I have practiced doing Lectio immediately before Centering Prayer and found that often the CP time was enriched by the preceding Lectio. Conversely, I have done CP and then Lectio and found that Lectio was enhanced. This is not surprising since both tend to open us to God's presence and thus the second of the two seems likely to be deeper given our readiness bestowed by the first. So, why is there a recommendation to not combine these practices?

**A:** You have your finger on the pulse of both prayer practices. They support one another. They are two different prayer practices, but they dance together. Centering Prayer helps us let go of over-conceptualization, hyperactivity and over-dependence on self. This means that when we experience Lectio Divina we are more open to take in some new thoughts, move to different action and rely more on God. Lectio Divina reminds us that our Centering Prayer is relational, and we are entering into a deeper relation with our God who is already deeply in love with us. Usually when our prayer groups gather, they do Centering Prayer

first and then Lectio Divina. We have found that when Lectio Divina is done first, when it comes to the fourth step of resting, many do not stay with the word and allow it to penetrate more deeply but move into Centering Prayer - to me this interrupts the conversation. - Fr. Carl.

**Q:** Please advise on the difference between Centering Prayer, contemplative prayer and meditation

**A:** There are many levels of relation with God that can be manifested by the way we pray. There is vocal prayer (the saying of your prayer), there is meditation (the thinking about and reflecting on your prayer), there is affective prayer (responding from your heart), there is centering prayer (a receptive silent prayer of consenting, which also can express a desire to be gifted with contemplation), and there is contemplative prayer (the gift of resting in the Lord). Another way of expressing it is: meditation is thinking about God, Centering Prayer is consenting to God and contemplative prayer is loving God. I hope this helps. Be open to the spirit working in your life on all levels; each level of prayer is necessary in relationship with the Almighty. ~ Fr. Carl

### Gratitude

Perhaps nothing helps us make the movement from our little selves to a larger world than remembering God in gratitude. Such a perspective puts God in view in all of life, not just in the moments we set aside for worship or spiritual disciplines. Not just in the moments when life seems easy.

~Henri Nouwen

## CONSD & COSD Events—2018 & 2019

### CONSD EVENTS 2019

#### **Introductory Workshop**

Date: February 23, 2019

Time: 8:30am-12:30pm

Location: Shepherd of Life Lutheran Church,  
30400 Grand Avenue, Lake Elsinore, CA  
92530

Free Will Offering

#### **Contemplative Spirituality and Healing from Trauma**

Presenter: Fr. Jacob Munhoz

Date: March 2, 2019

Location: St. Bartholomew's Episcopal  
Church, 16275 Pomerado Road, Poway 92064

Free Will Offering

#### **United in Prayer Day**

Date: March 16, 2019

Time: Hospitality 9:00-9:30am, Program  
9:30am-12:30pm

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

Free Will Offering to be shared by CONSD  
and COSD

#### **Full Day Retreat**

Presenter: Fr. Vincent Pizzuto

Date: June 15, 2019

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

### CONSD EVENTS

*For information on all CONSD events  
call Linda Dollins at (760) 743-8297*

### COSD EVENTS 2019

#### **Seven-day Centering Prayer**

#### **Intensive and Post Intensive Retreat**

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 all COSD events,  
see the COSD website,  
[www.contemplativeoutreachsd.org](http://www.contemplativeoutreachsd.org)*

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## 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	Call Kathy	
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)	Chris Hagen	760-745-8842	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