

Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO
Volume 14 Number 2 May 2019



Chapter Planning and Prayerful Discernment Day

Special Interest

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On July 27th Contemplative Outreach of North San Diego will gather once again for the third time to seek God's guidance as we plan for the future and discern a co-coordinator. Under the dedicated leadership for many years of Chris and Sue Hagen and the guidance of Contemplative Outreach, Ltd. we have presented Centering Prayer and supported our practitioners. With the passing of Sue, however, we need to come together as a gathering of contemplatives to recall our principles, to plan, and to consider our gifts of service. CONSD was formed on February 11, 2006, and our first visioning day, as it was then called was in May of 2007. The second chapter meeting on May 2nd, 2015 was called to plan for the future as well as to discern a new co-coordinator, Linda Dollins, to work with Sue Hagen. Our meeting on July 27th will be held at St. Thomas More Catholic Church in Oceanside and will be facilitated by Kathy Di Fede. We will have periods of Centering Prayer, readings from C.O.'s Vision Statement and Theological Principles, a reading of CONSD's Vision, Mission, and Core Values, a planning process, and a prayerful period to discern a co-coordinator. The following are the major responsibilities of a Chapter Coordinator:

Makes available the "introduction to Centering Prayer Program," including the six follow-up sessions to individual and groups in their local area.

Organizes Contemplative Outreach events according to International office guidelines e.g. workshops, retreats, Presenter training, and Facilitator training.

Encourages the establishment of Centering Prayer groups and the support of Prayer Group Facilitators.

Oversees the practical aspects of the chapter that occur day-to-day: communication (newsletter content, notices, calls and emails), event coordination, finances, recruitment, volunteer support, and keeping current with C.O. information and resource materials.

All in CONSD are welcome to attend. We will send out a notice to our mailing list in June, and you can find updates on the website, consd.org under the Events tab. We hope you will consider attending this important gathering. Your prayerful presence will help the community to move forward in silence, solitude, solidarity and service.

Contemplation and Healing with Fr. Jacob Munhoz

On March 2, 2019, Fr. Jacob Munoz led a CONSD full day retreat on the topic of Contemplative Spirituality as a Path Toward Healing and Wholeness. Drawing on three sources - James Finley's "Seven Steps of Spiritual Healing", the writings and wisdom of Fr. Thomas Keating, and his work as a Marriage and Family Therapist, Fr. Munoz led us with words, guided meditation, and experiential exercises towards understanding how our trauma, brokenness, and suffering can be approached contemplatively so as to heal ourselves and also to allow ourselves to become a healing presence for others. He stated, "freedom from our suffering in the midst of our suffering is possible every day." Sharing his own experience of trauma, Fr. Munoz modeled the vulnerability necessary to courageously and compassionately enter into our own personal healing process. He reminded us that Mother Teresa said that "we are not called to be successful; we're called to be faithful." He then elaborated upon Finley's Seven Steps of Spiritual Healing.

1. Be grounded in our experience of who we are in ego consciousness as human beings in relationship with others and take responsibility for the healing that needs to occur.

Fr. Munoz asked us to honestly look at ourselves as we are in the moment with the thoughts that we think, the feelings we have, and all the experiences that we remember that have caused us woundedness. He called us to empower ourselves with the responsibility of acknowledging our wounds gently and yet directly. Being grounded in our ego is the necessary and healthy first step in spiritual healing.

2. Be grounded in the revelatory nature of our spiritual experience.

Understanding we are more than our ego and realizing that "we have been seeing just a fraction of ourselves," we come to have faith in the

transcendent nature of our spiritual experience. Describing spiritual experience as the **Open-hearted State of the Authentic Self**, Fr.

Munoz used seven adjectives to describe the interior dimension of this quality of being: *calm, curious, connected, compassionate, confident, courageous, clear*. Our deep experience of these "core moments" of being fully present are gateways to axial moments in which we may learn to be compassionately present with our suffering. We may then become a healing presence ourselves; a "non-anxious presence" with "relentless compassion" who can practice "deep listening" with others. Fr. Munoz states that we must "look at what happens in us, not just to us."

3. Realize that the root of suffering is estrangement from spiritual experience and that happiness is spiritual experience.

Simply stated, we will find freedom from suffering when, as Fr. Keating always reminded us, we let go of our false programs for happiness and are led by grace into the spiritual experience of our True and Authentic Self.

4. Follow the contemplative path of prayer and meditation that heals the root of suffering in its origin.

So, we turn inward and downward, and in essence, become defenseless as we learn through the practice of contemplative prayer and meditation to let go of the illusion that we are named by our ego experience. Cultivating non-thinking awareness through meditation and centering prayer, we can realize that we are much more than our ego. We follow the contemplative path to prepare ourselves for the spiritual experience. We cannot make the spiritual experience happen and yet we can "facilitate the necessary openness for it to take place."

Contemplation and Healing with Fr. Jacob Munhoz



5. Follow the path of compassionate love that heals the roots of suffering that have found their way into our minds and hearts.

This step recognizes the truth that we cannot escape our suffering and points the way to healing by leaning into our wounds with compassion. Fr. Munoz says that Finley speaks of the “unfinished business of our heart” which can happen in “the most embarrassing ways.” We know that suffering, trauma, and pain that is not transformed is transmitted. Fr. Munoz says that “the brokenness of our own ego uses it against us and we are ashamed.” But to follow the path of compassionate love requires that we love all the broken parts of ourselves - as well as loving the broken parts of others - in order to heal. This 5th step returns back again to the truth of the 1st step. When we continue to circle back and embrace our woundedness with love, then what may appear as a setback -

shame, guilt - is seen more clearly as the path to wholeness. Fr. Munoz reminded us that “we are precious and endlessly loveable in our brokenness, just as we are.” Taking this as truth, and experiencing it as truth, is to follow the path of compassionate love.

6. Learn to live in the *axial moment* in which being present to suffering evokes a spiritual awakening that transcends suffering.

In the 6th step we are called to enter into suffering - our own as well as that of others - in order to transcend it. “The broken parts are our teachers” is Fr. Munoz’ reminder to us. Living into such woundedness requires patience as well as a love that can touch the hurting places until they are “dissolved into love.” If we do not enter into the suffering, it cannot be healed. Fr. Munoz also notes that the result of such healing is freedom from suffering which is not so much a goal to be attained as it is “a path to be travelled.”

Fr. Munoz shared with us a chart of **The Change Triangle** which delineates how to move from our emotions of suffering towards the deep interior of the **Openhearted State of the Authentic Self** (*calm, curious, connected, compassionate, confident, courageous, clear*). To visualize this chart, imagine a triangle with the point facing downwards. In this triangle, the top left corner represents our **Defenses** (the things we do to avoid core emotions). The top right corner represents our **Inhibitory Emotions** (*anxiety, shame, guilt*). At the bottom point - the base of the triangle - are represented our **Core Emotions** (*fear, anger, grief, joy, excitement, disgust, sexual excitement*). Directly below the **Core Emotions** rests the **Openhearted State of the Authentic Self**.

Contemplation and Healing with Fr. Jacob Munhoz



In this “cheat sheet” are arrows leading us in the direction of healing. If we find ourselves feeling our **Defenses**, we are directed to 1) name the underlying Core Emotion, 2) validate and accept it, 3) sense it within our body, 4) stay gently with the sensation, and 5) ride the wave of the emotion until finished and led to the Core Emotion. If we find ourselves feeling an **Inhibitory Emotion**, we work to calm our anxiety and to transform our guilt and shame to access the Core Emotion. From either of these vantage points of being connected to the Core Emotion, we may practice contemplative presence so as to allow the possibility of grace to lead us to the **Openhearted State of the Authentic Self**. Staying in this state as long as possible helps us develop more clarity and calm to tolerate challenges and to solve problems constructively.

Fr. Munoz describes entering into another’s pain as a position wherein we have “one foot in” and “one foot grounded” within the circle of the other’s pain. If we keep both feet out of the circle of another’s pain and do not touch

them, they may remain isolated. If we have both feet inside their circle of woundedness, we may become overwhelmed. The balance of sharing with them from a compassionate centeredness and allowing them to share “what hurts the most” may allow them the grace of coming upon “the preciousness of their Self, the pearl of great price.”

7. Devote ourselves to the lifelong practice of learning to be a compassionate and healing presence in the world and live this way until love dissolves all traces of suffering in the world and only love remains.

Fr. Munoz noted that while “suffering in this world is never-ending”, we can “take our new-found healing and freedom and compassion” and share this quality of healing presence with others. The contemplative recognizes that “spiritual experience is everyday experience”. “For the compassionate person, nothing (sorrow, pain, joy) is alien.” We are called to take responsibility for our woundedness and to have faith in our ability to transform it through the contemplative action of being compassionately present. As Fr. Munoz reminded us, “we are all in this alone together.”

Fr. Richard Rohr often declares that we are transformed by great love and great suffering. Fr. Munoz expressed the ways in which contemplative practices interweave these two profound human experiences in our lives so that we become instruments of healing in our own personal lives and in our interactions with others. Noting the necessary power of compassion towards suffering, Fr. Munoz observed that living with love into our human experiences of fragility and brokenness can lead us to authentic spiritual experience and to ways of living deeper and more richly.

~Parth Domke

United in Prayer Day 2019



On Saturday March 16th, about 80 contemplatives from COSD and CONSD joined others around the world for the 27th annual United in Prayer Day. After being greeted by Susan Wheeler and Nancy Bachelier, we enjoyed delicious hospitality provided by Joan Thompson and her crew eventually gathering in a triple-ringed circle at St. Bartholomew's Episcopal Church.

Mary Williams led the morning beginning with a few moments of silence honoring those killed in the two New Zealand mosques. She then gently emphasized that United in Prayer Day would be one of remembrance of those who have passed: Fr. Thomas Keating, Fr. Joseph Boyle, and Sue Hagen as well as others we knew of personally. She remarked too, that with the building program at St. Bartholomew's, this would be our last event in the Parish Hall, where we have shared events for many years.

After giving our names and the prayer groups we attended, we had our first period of Centering Prayer. Then Mary passed out remembrance cards. We sat in silence for a time honoring and recalling those dear to us and then were encouraged to write our thoughts and/or prayers on the cards. Mary collected the cards and read some of them later in the morning. Here are a few:

Father Keating, guide for God's grace and mercy and love. Praise be to God for he loved us first.

We are all in this together, and when we realize God is in each of us—then we experience inner peace.

Thomas Keating. Guide, friend, spiritual mentor continues to inspire and guide me.

We are all of the Lord's body. One love; one will.

I am content to be wherever Christ takes me, for he is here with me. I shall be healed when I let Him teach me to heal.

Father Keating's openness and acceptance of other spiritual traditions help me honor all spiritual traditions. His openness to the psychological realm of the human condition and teaching of the Divine Therapy gave me hope that transformation is possible.

I thought about Thomas Keating and the videos that I watched on his introduction to centering prayer. His words and mannerisms were so peaceful and serene, which demonstrated to me his very close connection to Jesus, the Prince of Peace.

Father Thomas: "Let the divine therapist work in you." "Thoughts are a reminder to return to God." Sue: Quoting from the Psalms, "I have an intense longing and desire to be with you." Taizé music was a gift.

Fr. Keating: Humble, open, accepting, loving, legacy, holy, laughter, joy, passionate, in love with God, servant, leader, articulate, inspired, inspiring, friend.

After the time of remembrance, Mary directed us to a DVD interview with Fr. Thomas Keating and Tami Simon of Sounds True. They talked about transforming union after experiencing the dark night of the soul; of how we will be able to experience God more directly when we die; if we can access the spirit of great people after they die; of how the veil is sometimes parted and we see more clearly;

(Continued on next page)

United in Prayer Day 2019



but also, Fr. Keating reminded, how the veil is always parted, we just don't know it; and finally, that as we gain confidence in God and humility to face the dark side of our personality, we can be transformed.

Fr. Keating ended the interview with this prayer: *"Holy Spirit of God, you fill the whole world with your wisdom. Help everyone to receive it into their hearts and to open ourselves to every human being in forgiveness, compassion, and love. May the practice of Centering Prayer contribute to the transformation of society and lead more and more people to the transforming process of oneness, equality, and happiness. We ask for this and everything else*

that is in our hearts at this moment. In the name of the Father, the Son, and the Holy Spirit. Amen "

To close the morning, Mary led us in a second prayer period, read some of the prayer cards, and gave us time to share our reflections of the morning.

We left with a feeling of gratitude to be together as one, to experience Fr. Keating sharing his profound understandings with his humble humor and tender love, and to pray our beloved prayer.

~Linda Dollins

On Prayer Groups

It is difficult to establish a rule of life to which one is faithful without the help of other similarly minded persons. A spiritual friend or a prayer group sharing similar values can be a great help in maintaining one's enthusiasm for growth in union with Christ.

Lake Elsinore Introductory Workshop



Joan not only wanted to participate in the San Marcos Intro, but they also wanted Hope Lutheran to host a workshop. Hope, however, was under construction, and for several years, Marigold and Joan, along with others, formed a prayer group that met in Joan's home while they waited for the completion of construction. Finally, in 2018, the work was complete, and Hope's Pastor Sandy Benz, with the encouragement of Pastor Karla, Marigold and Joan, requested we come. And out of that workshop in October

The stories behind our Introductory Workshops often reflect the work of the Holy Spirit. In the past five years, we have had three Introductory Workshops in Lutheran churches all requested by their pastors. So was there any connection there?

In the case of Shepherd of Life Lutheran Church, our most recent Introductory Workshop, the story begins in 2014 when Pastor Karla Halvorson, who had become a Centering Prayer practitioner wanted her congregation at San Marcos Lutheran Church to learn the prayer. The workshop was well-attended with many participants from Pastor Karla's church as well as others from the surrounding area. Out of that workshop a prayer group at San Marcos Lutheran was formed. Two of the most interested participants who attended the San Marcos Lutheran workshop were Marigold Velasco and Joan Neidig of Hope Lutheran Church in Temecula who drove down from Temecula for both the workshop and each of the nightly follow-up sessions. Marigold and

ber 2018 a new prayer group was formed.

Although Pastor Linda Olson couldn't attend the workshop at Hope Lutheran, she knew about it from Pastor Sandy Benz. Pastor Linda, who had been on a leave of absence, had actually attended Hope until the summer of 2018 when she was called to serve at Shepherd of Life Lutheran Church in Lake Elsinore. Now, with the encouragement of Pastor Karla Halvorson and Pastor Sandy Benz, she requested a workshop.

On February 23, 2019, the Intro Team drove the farthest we ever have to offer a workshop. Pastor Linda and others from Shepherd of Life welcomed us to the Rose Room, beautifully set-up by Christine Hansen. Twenty-three of us gathered for hospitality and then heard our presenters: Rich Gannon and Kathy Mendoza. Marsha Bryan, new to her position as Intro Team Leader, gave us a warm welcome and put us at ease. Rich presented Conferences 1 and 3, *Prayer as Relationship* and *Thoughts*, and Kathy presented (Cont. on next page)

Lake Elsinore Introductory Workshop



Conferences 2 and 4, *The Method of Centering Prayer* and *The Fruits of the Prayer*. Diane Oldfield and Vicki Rehkopf welcomed participants, handed our folders, and sold *Open Mind*, *Open Heart*. Refreshments were provided by the church and hosted by Christine Hansen.

And Marigold Velasco, who, in 2014 attended that first workshop in San Marcos, led the 6 follow-up sessions on Wednesday nights. If you would like to help with the Introductory Workshops or know of a church or organization that would like to schedule one, please give Linda Dollins a call or email: Home phone: 760-743-8297, cell phone: 760-695-2028, dollinslinda@hotmail.com. Sharing Centering Prayer is our chapter's most important

Mission. Remember that you are always welcome to attend the workshops even if you have been practicing for many years. You will find a workshop to be not only inspirational but also deepening morning retreat, and your presence will be a witness to the prayer's importance in your life. Thank you to all of the volunteers, Shepherd of Life Lutheran Church, and Pastor Linda Olson.

~Linda Dollins

Father Vincent Pizzuto

I hope that many of you were able to be with Fr. Vincent Pizzuto online April 6th in Contemplative Outreach's Meditation Chapel. This internet opportunity provided by C.O. allowed us, with the Zoom app, to access a virtual Centering Prayer group. On the morning of the presentation, I met with Merrilee Melvin and loaded Zoom onto my computer. We then joined the small prayer group that hosted Fr. Vincent's Lenten Meditation.

The members of the prayer group reported in, and a small picture of each appeared at the top of the screen. One of the members then led us in 20 minutes of Centering Prayer. Afterward Fr. Vincent appeared on the screen and spoke for about 45 minutes on Chapter 4 of his new book, *Contemplating Christ*. Here are a few excerpts from his message.

Asceticism : Traditionally it has been a complement to sitting in silence, but we often have a persistent feeling of unworthiness driven by the practice of giving up something for Lent. Asceticism, however, is designed not to make us feel unworthy. God is not there because of our effort. We are beloved already, so we can look at our own shadow side.

In Centering Prayer there is no gratification, no expectation, so it is more beautiful. It is an interior asceticism an act of love, self-giving. In the world we rarely have to choose an ascetical practice because the daily irritants that we experience, such as traffic, call us to ask, "Where

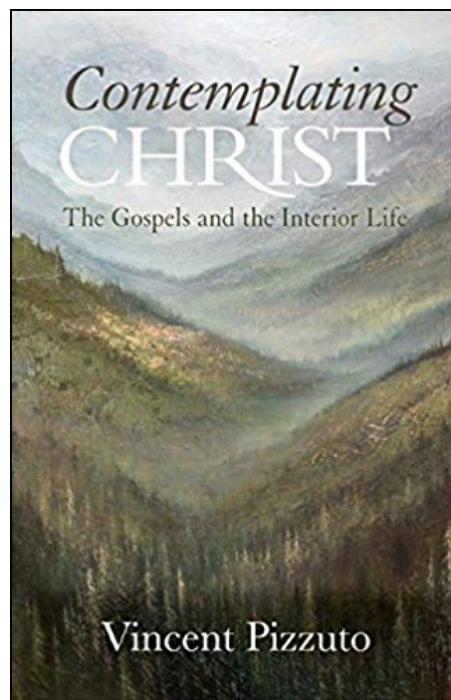
am I interiorly?"

And we are not alone. We stand in solidarity with everyone who is also experiencing frustrations. In traffic, for example, the lengthy red light can become an opportunity for prayer for all who are waiting with us.

Later Fr. Vincent spoke about the exile from the Garden and how our similar exile is inter-

rupted by God in the New Testament. God is searching for us. So, contemplation is a movement toward knowing that God is always present... We are Love itself and that is the Good News. We don't have to keep searching for God.

Toward the close of his talk Fr. Vincent described one version of the meaning of the cross. He said that God wanted to sink or to fall so low, even into hell, so that afterward all our human falling would be a falling into Him. And this is why the Gospel is Good News. Virtue flows from the experience of



being loved.

CONSD is grateful to be able to bring Fr. Vincent Pizzuto for a presentation on **June 15th**, and we hope you will be able to join us. A short biography of Fr. Vincent is printed on the next page.

We will be selling his book *Contemplating Christ: The Gospels and the Interior Life*, but you may also purchase it on Amazon and through the publisher, Liturgical Press.

~Linda Dollins

CONSD presents Fr. Vincent Pizzuto
Contemplating Christ: The Gospels and the Interior Life



June 15th 2019

St. Bartholomew's Episcopal Church

16275 Pomerado Road, Poway

9:00am–9:30am hospitality, 9:30am–3:00pm event
(please bring your lunch). Suggested donation: \$20

Fr. Vincent Pizzuto, Ph.D. is Professor of New Testament Studies and Christian Mysticism at the University of San Francisco. Ordained to the priesthood in 2006, Fr. Vincent founded New Skellig, a contemplative community rooted in the Celtic Christian tradition. In 2017 he was appointed Vicar of St. Columba's Episcopal Church and Retreat House in Inverness, California. Working for the advancement of contemplative Christianity, Fr. Pizzuto has reinvigorated the mission and ministry of St. Columba's through the introduction of Celtic Christian liturgies, contemplative workshops, public lectures, directed retreats, and weekly meditative sittings. In addition to various articles, Fr. Vincent is the author of two books, the latest of which was published in April 2018 with Liturgical Press. Entitled, *Contemplating Christ: The Gospels and the Interior Life*, Fr. Vincent seeks to bring his readers, the affirmation that through the Incarnation, we have all be made partakers of the divine nature.

Colors & dreams of Sue Hagen

In the last CONSD Newsletter, we omitted part of Jane Milligan's tribute to Sue Hagen. Jane, an artist herself, had explained, in her opening paragraph that a "vivid image came to mind: a Mark Rothko painting" as she was about to write her tribute to Sue Hagen. Two weeks later, Sue Cardinal, also an artist, drew me aside after Sue's memorial service to tell me about a dream she had of Sue. Fr. Thomas Keating has spoken of encounters people have had with those who have passed and has said, especially for those who have recently died, visitations are not uncommon.

Jane Milligan:

The Colors of Sue: Recently, as I sat down to write a tribute to Sue Hagen, a vivid image came to mind: a Mark Rothko painting. For me, colors or pictures sometimes convey the essence of a thing far more effectively than words. In this instance, I "saw" broad swaths of deep blues and greens that were refreshingly serene and balanced—very much like Sue, herself. My encounters with Sue at CONSD events were always pleasant and helpful. Her friendliness without fanfare, her down-to-earth manner. Clarity, good humor and great organization made her an effective communicator and servant-leader, along with her husband, Chris. Her spiritual depth became increasingly obvious as she battled cancer with great courage and poise. She never drew attention to herself, and she inspired many of us as she gently shepherded us along

our various spiritual paths. Someday 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.

Sue Cardinal's dream from her journal entry:

I was at a gathering where the owner was giving away a lot of items. I took a green suede bracelet with a piece of jade on it. The owner of the home was trying to take inventory of the things taken as the Japanese people would be coming later. Linda Dollins and Sue Hagen were there sitting by me. Sue looked radiant, and I knew this was the last time I would see her. Linda and I were

taken by surprise that Tuesday would be her last day on earth. She was also surprised. I went to her as I was leaving, and I took both of her hands in mine, and I said, "Your journey will be beautiful". She said she had observed me and noted that giving was important to me. Then she did a ritual making a figure 8, the eternity symbol, with her arms and said some Native American words as she blessed me. It was such a lovely dream and I woke up and thanked Sue. I am experimenting in my paintings with spiral and geometric shapes along with Native American colors representing the four directions, which serve as my guides into contemplation and meditation.



Kneeling at the Tomb of the Holy Sepulchre

We slowly inched our way around the Tomb of the Holy Sepulchre in two hours, chatting and smiling and bonding, part of a global community of pilgrims who purposefully traveled to this land, this Holy Land, this cherished land of stones and waters, in order to see and feel where our Lord walked, taught, healed, lived and died and was resurrected. A swarm of bodies, we steadily eased our way around the holy site, a plethora of languages filling the air with our conversations.

Entrance to the Tomb altered our dynamic as the gatekeepers of the holy site molded the crowd down to individuals;

squeezing us from many persons wide abreast to single file. Sounds and minds and hearts shifted from conversation to contemplation. One by one, we were summoned to enter, and we solemnly stepped inside the Tomb, bright light dimming and silence settling around us like a warm embrace.

Once inside, and directed to a small door on my right, I lowered my head and bent to bow



under the petite doorway; stepping into the hal-
lowed sepulchre. I noted the sacredness of the
diminutive room with its icons and a priest to
my left, signaling me with a gentle sweep of

his arm towards the
treasured stone slab
which rested in front
of me. A pilgrim
kneeling at the sacred
stone caused my heart
to quicken and all but
the stone to disappear.
My breath caught in
my heart, and awe
enveloped me. Heart-
fully, I knelt, my body
responding instinc-
tively to the call of
reverence, and I
placed my hand on
the stone touched by
so many. The strength
of this inner reverence
repeated its summons

through the many sites seen and stones walked
and waters touched on my journey. Through-
out, I fell into a love calling me beyond myself
by connecting me to myself and to all life. This
falling into greater Love became my Pilgrim-
age touchstone; Love of the sites, the sounds,
the people of the Holy Land.

~Parth Domke, March 3, 2019

Lord Jesus, Living Christ

Speak into my life and unbind the love waiting to be born in me. Radiate your
life into my heart that my words may be life-giving and my countenance joy-
reflecting. *Amen*

~Peter Traben Haas, *Centering Prayers*, p. 93

Q & A with Fr. Carl Arico

Q: I am reading all I can about the process...as well as doing it twice daily. I have examined closely the "contemplative attitudes" such as opening/gentleness/simplicity, etc.... is it ok, i.e. is it part of the prayer, to refresh the memory of the eight contemplative attitudes at the front end of the process? I have been reading some books about Centering Prayer and in particular one by David Frenette. He alludes to eight contemplative attitudes in contemplation per se. By front end I mean before I actually start my meditation, and go back to them in the meditation itself...is this still silence I guess is the question? Or is it better/expected to just sit in silence. I am not actively 'asking' God for anything...just sitting in the attitudes, and initially going through them.

A: I also appreciate the insights in David Frenette's book, *The Paths of Centering Prayer*. The eight contemplative attitudes that David underlines—opening to God, consent, simplicity, gentleness, letting go, resting, embracing, integrating prayer and life—all make for a wonderful examination of the intention and attention that we bring to our life. They help renewing our relationship with our God. In the context of Centering Prayer, they can act as bookends to your practice; they are also the fruits of the prayer. If you find yourself introducing them during your Centering Prayer practice, remember that during the prayer, we

ever so gently let thoughts come and go, even good thoughts. I suggest that you keep your Centering Prayer period in the embrace of the silence of simply consenting to God's presence and action. A rule of the thumb is simply to avoid mixing and matching within the prayer. Trust the process.

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 Arico

Purpose of Contemplation

Thus, Christians have largely dismissed the notion that the purpose of contemplation is to achieve altered states of consciousness. It is not. It is about living more deeply into a present state of consciousness. As Eugene Peterson observed, "The contemplative life is not a special kind of life; it is the Christian life, nothing more but also nothing less. But *lived*."

~Vincent Pizzuto, *Contemplating Christ*, p. 10

CONSD & COSD Events—2018 & 2019

CONSD EVENTS 2019

Full Day Retreat

Presenter: Fr. Vincent Pizzuto

Date: June 15, 2019

Time: 9:00 Hospitality, 9:30-3:00 Program

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

Suggested donation: \$20

Prince of Peace Weekend Retreat

Date: October 18-20

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

Chapter Planning and Prayerful Discernment Day

Presenter: Kathy Di Fede

Date: July 27, 2019

Time: 9:00-1:00

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

CONSD EVENTS

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

COSD EVENTS 2019

COSD EVENTS

For information on all COSD events, see the COSD website, www.contemplativeoutreachsd.org/workshops-and-retreats/

Video by Christ Hagen

There is a video from the workshop, **"Putting On The Mind Of Christ. How Centering Prayer Changes the Brain"** by Chris Hagen. For the link: click [here](#). For instructions on how to use the YouTube controls: click [here](#).

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

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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	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 4:00pm
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	Poway (1)	Elena Andrews	858-451-2098	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 8:30-10:00am
14	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
15	Poway (3)	Chris Hagen	760-745-8842	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
16	Poway (4)	Sherlene Moller-stuen	858-451-6825	Lutheran Church of the Incarnation, 16889 Espola Rd.	Mondays 5:00-6:30pm
17	Poway (5)	Audrey Spindler	760-215-0782	Order of St. Luke* (call for directions)	Sunday 10:45am
18	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
19	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
20	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:15-10:30am
21	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
22	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Tuesday 1:30-3:00
23	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 1:00-2:30pm
24	Temecula	Pam Bowen, Joan Neidig, & Marigold Velasco	909-938-9932 951-676-2928	Home of Joan Neidig, 42149 Camino Romo, Temecula	Thursdays 6:30pm
25	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:30am