

# Consd News

THE NEWSLETTER OF CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO  
Volume 15 Number 2 May 2020



## Contemplatively Discerning the Use of Technology

### Special Interest

Contemplatively  
Discerning the Use  
of Technology  
pages 1-3

Learning the  
Prayer  
pages 4-5

Q & A with  
Fr. Carl Arico  
page 6

Reflections on a  
Day of  
Lenten Silence  
pages 7-8

When This  
Thing's Over  
page 9

Looking Up During  
Mid-Holy Week  
page 10

From Martha to  
Mary  
page 11

Events  
page 11

Prayer Groups  
page 12

With the harrowing spread of Covid-19 in our country, so much has shifted. As we grapple with the economic shutdown, sheltering-in-place, and physical distancing, it seems that both woes and blessings are befalling us. We may fear for our own safety and for the health of our loved ones; we may worry about the plight of the ill, the dying, and those who are risking their own well-being to serve the public; we may feel anxious about the future of our nation and the direction its leaders are taking. And yet, too – we find the skies are bluer, we are able to stay home, freed from previous commitments, perhaps with more time on our hands to read, cook, garden, play. And indeed, also: more occasions to pray.

I observed, initially, a mixed bag of reactions within myself. Alongside my worries about the pandemic was a surprising, but welcome, sense of relief. *Finally*, my heart whispered, *Kirk is laid off and can catch up on some much-needed sleep. We can stop rushing about, striving so hard to be productive, to tackle the next challenge, to beat the looming deadline, to land the next deal. At last, naps with cats, slow-cooked stews, and long stretches of backyard reading await us.*

Time to simply live. And breathe. And be. *Contemplative* time.

But only a few days into our California “lockdown,” I noticed that this ocean of time I thought I was so ready for was being siphoned away into...electronic screens. My laptop and cell phone screens, primarily. For I had discovered, through social media: free online courses, free virtual museum tours, free computer games, free films. Discussion groups on religion and spirituality. Hilarious pet videos. Compelling articles on the pandemic from newspapers that had lifted their paywalls. Excellent suggestions on which series to watch on Netflix and Hulu – easily available through our TV – at least when it wasn’t tuned to cable news updates on the pandemic. My church started recording its weekend Masses and making them available for later viewing online. Dear friends sent prayers and thought-provoking quotes and opinion essays via email and text. More folks wanted to keep in touch through Skype or FaceTime. Many Centering Prayer groups and other meditation groups began gathering through the videoconferencing technology platform, Zoom. (And I signed up for Fr. Vincent Pizzuto’s wonderful 5-week “Apocalypse Now” Zoom course).

## Contemplatively Discerning the Use of Technology

Soon, within all this “free” time, I began feeling overwhelmed and drained. I know I am not alone in this. Lately, there have been more health news reports on “Zoom Fatigue,” which is an issue especially for people who are now working, teaching, or taking classes from home and whose use of virtual socializing technologies has suddenly increased.

Then I read something which gave me great pause – from Rev. Cynthia Bourgeault’s Northeast Wisdom Blog. It was part of her list of inner work practices (“Pandemic Homework”) in which she suggested, “Radically decrease or discontinue altogether your use of internet technology—zoom groups, zoom church—to support social distancing. It is actually aggravating the problem.” After receiving some concerned feedback on this statement, she responded further: “Please don’t jump to the conclusion that I am calling for an immediate cold turkey here – more like a gentle challenging of some assumptions we’ve all bought into a bit too automatically . . . I continue to believe that the only authentic ‘worldwide web’ exists in the imaginal realm:(i.e., that subtler and quantum more powerful bandwidth of energetic communion which links not only all beings of this planet, but also beings in all realms). It is from here that we receive our help—and it is here, too, that we give it! It is where our real human contribution to calming the inflamed heart of our planet can be most efficaciously offered.” [This “imaginal realm” is the subject of her forthcoming book: *Eye of the Heart: A Spiritual Journey into the Imaginal Realm*, to be released in September 2020].

So, I have been wrestling with a conundrum. On the one hand, I’ve developed a real appreciation for the contemplative groups that

gather and pray together through Zoom. Being able to see the grid of faces and to interact in real time feels like the next best thing to being physically present with others, and I taste the “field of prayer” that people frequently experience when they Center with others – that palpable sense of “going deeper” in the prayer which is sometimes noticed in groups. But when I sit and ponder Cynthia’s assertion with a heart-focused attention, I hear the wisdom in it. I recall, for example, that my deepest moments of refreshment, clarity, and nourishment have been on silent retreats – which always involve a distinct reduction in my use of technologies—especially internet technologies, which tend to offer a multiplying number of distractions. There is a counter-productive and draining absorption that can result simply from too much “screen time”, and even being exposed to too much artificial light interferes with our sleep cycles. I know this from experience – and yet I tend to push this awareness aside.

I still think that Zoom-assisted prayer gatherings are valuable, especially when groups are not able to meet physically and for individuals who are not able to meet with groups in any other way. The point is not to eschew all technology, but to be more discerning in the use of it. In times of social distancing, it might be a bit like walking a tightrope – striking a challenging balance that allows for healthy communing but not artificially-induced entanglement.

I am still learning. What I’ve begun to see is that anything I add in one electronic technology needs to be balanced with a subtraction somewhere else. If I add a Zoom gathering, I decrease my engagement with other social media (Facebook, Twitter, etc.).

## Contemplatively Discerning the Use of Technology



Likewise, more time on social media means less time for TV or Netflix. Occasional technology or media “fasts” for a day or a few days – something I saw suggested by Dr. Andrew Weil years ago – also help.

Other suggestions I’ve come across for avoiding technological overload “Zoom fatigue”:

1. Part of what makes video calls and Zoom meetings demanding is that we can see how we appear to others as we’re conversing. This is coupled with this sense of being stared at. Thus we tend to become more self-conscious of how we’re presenting ourselves—something that doesn’t happen in face-to-face meetings or ordinary phone conversations. Making yourself

non-viewable for at least part of the gathering reduces this demand.

2. Set time limits on video conferences or video calls with friends, especially when you are new to this technology. Many people find themselves feeling exhausted after even a 30-minute video call.

3. Limit such calls or events to no more than one a day, if possible.

4. It is all right to tell friends and family that you need to call them back at another time.

5. Get out of your chair and move – do yoga, stretches, take a walk – outside in sunlight if possible.

6. Increase the time spent in Centering Prayer. Add 10 minutes to one of your 20-minute sits. Or add another Centering Prayer period to your day.

7. Commit to turning off all devices an hour before bedtime.

~Mary Williams

### Lord Jesus Christ:

Awaken me by the touch of your Spirit to the presence of  
your closeness in each and every moment of my life.  
Give me the courage I need to do what I have been asked to do.  
Show me how to separate from the fearful thoughts and  
feelings that occur in response to all of life’s demands.  
Draw me deeper into your love and abide with me even  
while all of life is occurring. Amen  
~Peter Traben Haas, *Centering Prayers*

## Learning the Prayer



Mary Williams and Ann Deakers

On a cool, sunny Saturday morning in January, forty-six of us gathered in our beloved St. Bartholomew's Parish Hall for our first Centering Prayer Introductory Workshop of 2020. Who were we? More than half of us came as refreshers or in support of friends we had encouraged to attend. And we came from many communities. Some nearby like Poway, Escondido, San Diego, Oceanside, Carlsbad, Solana Beach, Del Mar, Encinitas, and some as far away as Los Alamitos, Spring Valley, Temecula, Mission Viejo, and even Orlando, Florida.

So what is the actual purpose of a workshop? Workshops are primarily designed to teach Centering Prayer to the uninitiated in a comfortable, welcoming atmosphere, but they also serve, by reviewing the prayer guidelines and offering two periods of centering prayer, as a retreat for those who are seasoned practitioners. The time of hospitality and gathering prior to the workshop also allows participants to meet others who are interested in Centering Prayer.

After registering and receiving a folder with helpful information, we take time for some refreshments and often a morning cup of coffee. At 9:00, the workshop begins with a greeting, announcements, and introductions. About 9:15, the instruction begins, and this time Chris Hagen taught Conference 1, Centering Prayer as Relationship, using personal illustrations to explain how our relationships both with people and God move through stages—that we can affect by opening ourselves to God.

In Conference 2, the Method of Centering Prayer, our CONSD co-coordinator

Mary Williams taught the 4 basic guidelines of the prayer: choosing a sacred word, sitting quietly and introducing the sacred word, returning to the sacred word when engaged with thoughts, and remaining in silence for a couple of minutes at the end of the prayer period. Mary's gentle encouragement and clear explanations prepared us for the first period of Centering Prayer, which she then led.

In Conference 3, Chris returned to teach us about thoughts, often the most difficult area of Centering Prayer. He reminded us that when we are engaged with our thoughts, we gently return to the sacred word. But are we doing something wrong when thoughts keep coming? Do we get better at the prayer? Should we change our sacred word?

Chris addressed the subject of thoughts with wisdom and humor, reminding us that thoughts are natural and normal. It's the engagement we need to recognize, and then we just ever-so-gently (he said we'd get tired of hearing that) return to our sacred word. (Continued).

## Learning the Prayer



Chris Hagen

Mary then led us in a second period of Centering Prayer followed by a time for questions

and for signing up for the 6 follow-up sessions. Chris stressed the importance of the follow-ups, saying they give those new to the prayer support and a sense of community as they practice in a group. Many newcomers are planning to come to one the two follow-up offerings: St. Bartholomew's with Parth Domke and St. James with Ann Deakers.

Mary closed the workshop with Conference 4, the Fruits of Centering Prayer, stressing how they are observed after the prayer period and often by others first. She also gave a beautiful and memorable personal example of how the prayer changed her life in a profound way and recommended reading *Open Mind, Open Heart* to learn more about Centering Prayer.

Over 15 CONSD volunteers helped to make this Introductory Workshop possible, and if you wish to be part of the next one, let Linda or Mary know. Or let us know if you want to host an Introductory Workshop at your church. The work is light and the blessings rich.

~Linda Dollins

## Unknown Landscapes

Jesus knew that going into the barren and uncomfortable places isn't about proving how holy we are or how tough or how brave. It's about letting God lead us into a landscape where we don't know everything, don't *have* to know everything, indeed may be emptied of nearly everything we think we know. Giving ourselves to that place frees us to receive the word, the wisdom, the clarity about who we are and what God is calling us to do.

~Jan Richardson, *The Sanctuary of Women*

## Q & A with Fr. Carl Arico

### Archive Related to the Spiritual Journey

#### Sacred Image During Centering Prayer

**Q:** I am a trying to get a handle on Centering Prayer. Is it OK to use the imagery that comes into my head when I sit, e.g., God as Father - perhaps on the lap of God, or being held by God, etc.?

**A:** Getting a handle on Centering Prayer can be a challenge. While the practice is simple it doesn't mean it is easy. I always recommend reading and re-reading the brochure on the method of Centering Prayer, especially guidelines 1 and 3. The sacred word can also be a sacred breath, a sacred image, or nothing at all, as long whatever we choose is used to return to our center where God dwells. Whatever image you use, stay with that image throughout your prayer but without focusing on it. Glance at it when you are engaged with a thought, like you would with a sacred word, and renew your original intention to consent to God's presence and action within you. If you find yourself engaging with that image, no matter how comfortable it feels, treat it like a thought and let it go. If this is difficult you might consider changing your sacred image into something which won't evoke as many thoughts, emotions or feelings. I would also recommend watching this YouTube video, "[Thomas Keating teaching Centering Prayer - Handling Thoughts](#)" to clarify what is happening during the practice. Hope this helps, love hearing from you. Blessings, Fr Carl

#### Centering Prayer: A Prayer and A Practice

**Q:** I have been doing Centering Prayer for over five years now yet it never seems to get easier. It's as if there is a part of me that just doesn't want to do this. I can't ever remember a time where I looked forward to the practice even though I do it every day twice a day. My question is this: why do I find this practice difficult? Is this normal and or should I just find a different one?

**A:** I think that your challenge comes from looking at Centering Prayer only as a practice rather than a prayer of raising one's heart, mind and soul to the Lord. When I was a child, I took piano lessons and practiced daily for at least 40 minutes. I was very faithful to it but after a while it became a chore. On one occasion my dad took me to a piano recital by the world-famous artist Arthur Rubinstein, and I fell in love with the music. My practice time was no longer a chore but an opportunity to make, in my mind, beautiful music. I no longer saw it as practicing notes but as playing music. What changed? My intention, my attitude, the awareness that I was part of something greater than myself. Try to change your question to "Why do I find my prayer difficult?" I look forward to hearing your answer. Be safe. Blessings, Fr Carl

#### Revelations of Divine Love

"He said not  
Thou shalt not be tempested,  
thou shalt not be travailed,  
thou shalt not be dis-eased';  
but he said, 'Thou shalt not be overcome.'  
~Julian of Norwich

## Reflections on a Day of Lenten Silence



9:00 am - 5:00 PM schedule, if they could not commit to the full day.

Thus, our Centering Prayer Group now has a tradition of hosting both a Lenten and Advent Day of Silence on a Tuesday, our regular meeting day, in our regular meeting space of the church. We have held retreats during Lent 2019, again during Advent 2019, and most recently, on March 10, 2020, just prior to the Stay at Home order due to the Coronavirus Pandemic. To be together

The Mary Magdalene Apostle Catholic Community (MMACC) Centering Prayer Group, which meets at Gethsemane Lutheran Church (GLC), has been together for about 12 years. We have members who have participated since our inception, new members who have joined over the years, and members we have come to know as recently as the last few months. As the trust and spiritual companionship among us has grown, so has our longing to be together for more extended periods of silence. And so during Advent of 2018, we launched our own one-day (not overnight) retreat held at Mission San Luis Rey. It was a deeply enriching and bonding experience, one which we wanted to repeat with a few changes, as it occurred to us that we might duplicate this experience on our own GLC church campus. By holding the retreat "in our own backyard", we would be able to avoid the long commute and traffic to Oceanside, and the local site would allow for participants to "drop" in for any portion of our

in the silence for an extended period of time is a tremendous gift, and it helps form community. Currently our core members, who attend weekly, number about 18 – 20, and these retreats have allowed us to deepen our bond with God and as contemplative companions.

The retreat format is simple. The schedule is posted and one person is assigned as the bell ringer to announce that a period of Centering Prayer is about to begin. Silence is maintained at all times throughout the day. We begin by having everyone share their intention for the day, using only one or two words. Members also volunteer to take turns leading the three periods of Centering Prayer, which consist of two 20-minute sits with a meditative walk in between. Following a period of Centering prayer is free time in silence for reading, journal writing, and walking the church campus.

(Continued on next page)

## Reflections on a Day of Lenten Silence

Lunch is quite simple as we eat in silence, each person bringing their own sack lunch. Hospitality is simple, too, as we provide coffee, tea, and water. On our first three retreats, we concluded with Lectio Divina, followed by faith sharing. As GLC pastor Rev. Karla Seyb-Stokton is a member of our group, our 2020 Lenten retreat concluded with a contemplative Eucharist, celebrated by Karla and Kori Pacyniak, the pastor of MMACC.

One member of our group shared this viewing of a “Eucharistic Prayer of the Cosmos,” which we watched in silence: <http://www.youtube.com/watch?v=ffp7BdN2fIw>. A written version of it was incorporated into the liturgy. I especially invite you to watch this Eucharistic Prayer now, as it is a beautiful message of hope of the Oneness of all Creation.

Little did we know that our March 10, 2020 Lenten Retreat would be the last time we

would pray together and communicate in person. Services in our churches were converted to live-streaming the following Sunday, and The Stay at Home Order soon went into effect. Though our Centering Prayer Group continues by Zoom, we cherish the memory of our retreat as the last time we were together in person.

In “normal” times, I would encourage you to explore the space where your group usually meets, to see if it could be utilized for a half-day or a full-day retreat for your own centering prayer group. With the uncertainty of the days ahead, it may be that when we are permitted to physically gather again, it will be only in small groups for some period of time. We know that intimacy with our God in the silence is healing. May the Spirit guide us to make use of the simplicity of the abundant resources that we do have—for when two or three are gathered, there Divine Love resides.

~Diane Langworthy

## The Divine Physician

Lord Jesus Christ, our true physician and healer, be merciful to us and bring us your aid in these troubled times. Heal all our sickness and every affliction of your people.

Drive out our infirmities of soul and body; free us from all disease and especially from this pestilence. We place in your gentle Heart the elderly, the frail, people with disability, children, young people and families, our indigenous peoples, those who are poor, lonely and isolated. As you walk with us, free them from fear, and give them patience and hope together with our loving care. In your mercy deal also with the causes of our pitiful condition, that in curing our lack of faith and spiritual weakness, you may also remedy our bodily ills.

We place our trust in you, the risen Lord, who lives and reigns for ever and ever. Amen.

~Catholic Weekly

## When this Thing is Over

I keep hearing people say they look forward to “getting back to the way it used to be” after the Covid virus burns out or we are all vaccinated against it. But there are plenty of things I do not want to come back. Let me list a few of them.

1. I do not want the crowded freeways back. Traffic had gotten so bad that Don and I had hermitized ourselves even before we were told to do so. Given the chance to attend a concert or event in a distant city, say in Orange County or Los Angeles, we would say “nope, it’ll take us two hours to get there and two hours back. It’s not worth it” and stay home. The irony now is that the freeways are smooth sailing, but there are no concerts or events to attend. Once people start driving to work again, the traffic will return, unless companies learn that work-from-home is a good option. Maybe we don’t need to go back to the hellish, murderous freeways we used to put up with. Building more freeways is obviously not the solution. Maybe ending commuting to work is.

2. I do not want people’s reliance on restaurants and fast food to return. With time on our hands and limited resources, cooks and bakers are reviving old skills in the kitchen. We are making slow food without additives and preservatives, and even if we are making a lot of carbs like cookies, mashed potatoes and pasta, we are making them from scratch. Some of us are even passing these nearly-extinct skills on to children, since the kids are home anyway.

3. I don’t want hyper-busy-ness to return. Too many of us lead lives of desperation trying to do everything. We fill our hours with meetings, jobs, chores, entertainment, trips, and classes. We feel if we are not constantly doing something then we are lazy, weak, or unwor-

thy. Our recent enforced slow-down has shown many of us the joy of napping, resting, sitting outdoors, appreciating nature, and contemplation. I see families walking the neighborhood together, peacefully and happily. When we were hyper-busy we had no time for that. We had no time to “stand and stare”---just to BE.

4. I don’t want taking our people for granted to return. When we could get together with friends, we didn’t because it was too much trouble, or we didn’t want to bother them because we assumed they were “too busy to see us.” Now that we can’t get together, we yearn for our friends and reach out to them by Zoom, phone, mail or other means. We also realize the importance of people who serve us in hospitals, stores, trucking, and other essential jobs. We used to look down on those workers and we used to idolize celebrities, CEO’s and power brokers. I don’t want to go back to those hollow values.

5. I don’t want to go back to shaking hands. I never liked the practice much. Some people’s hands felt clammy or greasy. Some women gave me that sissy fingertip handshake which I dislike. There is no time of the year when handshaking is a clean practice, even when it is not the middle of a pandemic. I will be happy to substitute a Namaste bow or a smile and head-bob for the nasty old handshake. Let’s not go back to that.

I could extend this list. After all, I have plenty of time. Yes, we probably need to get some businesses functioning and some paychecks in workers’ hands, but we don’t want to go back to the way it was. We were too busy, stressed, ill-fed, traffic-jammed, friendless, and hollow in our old life. Let’s not go back.

~Pamella Bowen

## Looking Up During Mid-Holy Week

Yesterday [April 8, 2020], I talked with my daughter as she stood tenth in line at a butcher shop in Jersey City, asking her as I might have done when she headed out the door at age six, "What are you wearing?" "A mask and my winter gloves, the only ones in the apartment." This morning I rose early to look for the supermoon—not visible in our cloudy sky. Then, as is my habit these days, I checked the Wednesday briefing from the *New York Times*.

St. Francis (1182-1226) looked at the skies:

**When he returned from Rome**

*A bird took flight.*

*And a flower in a field whistled at me as I passed.*

*I drank*

*from a stream of clear water.*

*And at night the sky untied her hair and I fell asleep*

*clutching a tress of God's.*

*When I returned from Rome, all said,*

*"Tell us the great news,"*

*and with great excitement I did: "A flower in a field whistled,*

*and at night the sky untied her hair and*

*I fell asleep clutching a sacred tress ..."*

**We also journey through Holy Week.**

*They went to a place called Gethsemane:*

*and he said to his disciples,*

*"Sit here while I pray."*

*--Mark 14:32*

**Blessing for Staying Awake**

*For Holy Thursday:*

Even in slumber,

even in dreaming,

even in sorrow,

even in pain:

awake, awake,

awake my soul

to the One who keeps vigil

at all times for you.

~Jan Richardson, *Circle of Grace*

May we walk our path knowing that many pilgrims have marked the way and that God keeps vigil.

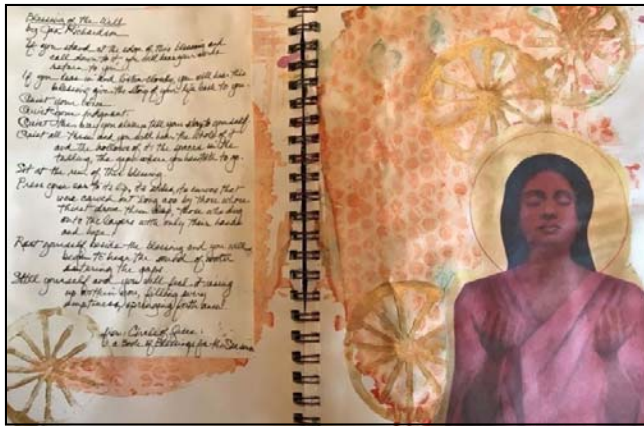
~Lynne McKiernan

## Reflections on the Pandemic

In late March, we sent an email to CONSD facilitators and servant leaders, inviting them to contribute to the May Newsletter during this time of self-isolation. Thank you to Pam Bowen, Lynne McKiernan, and Colleen Clementson, for their articles as well as Deborah Lewallen who sent us a page from her journal.

Many mystics and contemplatives of the past lived and served in times of plagues and pandemics. Consider Julian of Norwich, who lived in seclusion in the 14th century, in the wake of the Black Death—who discerned God's communication of "All shall be well, all shall be well; all manner of things shall be well," and "You will not be overcome." We are in good company..

## From Martha to Mary



Deborah Lewallen's Journal Page.  
Annunciation by Laura Fisher Smith

During this surreal turn of events, I have found myself switching from “Martha to Mary.” It is so different to wake up each day and not have a “to do” list that fills my days from the time I wake up until I crawl into bed. This period of isolation has given me plentiful time for reflection and contemplation, wonderful walks that make me feel so present and connected, and time to give my undivided attention to my loved ones. It has also been a time of sadness and concern for so many people who have been affected by this infection. My heart hurts for them all: The refugees who

don’t have the means to keep themselves and their loved ones safe; the people in Guatemala who we were supposed to be visiting again in July; the people in the Himalayas who won’t have their health clinic this summer, as that mission has canceled. For all the mission trips that won’t be able to happen and the workers in essential services, especially workers in the health field. For friends and family who contract this strange enemy. For my son and daughter-in-law who are expecting a child and are trying so hard to keep their unborn child safe.

So I spend time in prayer. I have even got over my fear of the computer and have learned how to Zoom, and how to file for unemployment online! Our prayer group decided we would spend our Zoom time Centering and then checking in with each other. We are finishing up our book study on *The Universal Christ* through email. I’ve been able to stay connected with family and friends through texts, emails, and old fashioned phone calls. I’m not sure how long this isolation will be, but I do feel God walking with us, loving us, and knowing we will be held through it all; even after isolation when the world will have a “new normal.”

~Colleen Clementson

## CONSD & COSD Events

**All CONSD & COSD events are cancelled due to the Coronavirus (COVID-19) hiatus. Please check back periodically.**

*For information on all CONSD events call Linda Dollins at 760 -43-829 or Mary Williams 760-822-3916. For information on all COSD events, see the website, [www.contemplativeoutreachsd.org/](http://www.contemplativeoutreachsd.org/)*

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## CONSD CENTERING PRAYER GROUPS **Closed until further notice.**

	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 <sup>th</sup> St.	Thursdays 4:30-5:45pm
3	Del Mar (2)	Kathy Agnew, Nichola Riggle	858 481-8754 760-448-5224	St. Peter's Episcopal Church, 334 14 <sup>th</sup> St.	Tuesdays 8:55-10:00am
4	Encinitas (1)	Shirley Shetula	760-525-6721	(Call for location)	Mondays 10:00am
5	Encinitas (2)	Virginia Erickson	760-846-5749	Beth Lutheran, 925 Balour Dr., Multipurpose Rm., Encinitas	Mondays 4:30-6:00pm
6	Encinitas (3)	Lynne McKiernan	619-665-6344	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.	Tuesdays 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	838-663-6584	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:00-10:30am
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)	Parth Domke	858-829-2664	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
16	Poway (4)	Audrey Spindler	760-215-0782	Order of St. Luke* (call for directions)	Sunday 10:45am
17	Ramona	Deborah Lewallson & 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
18	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
19	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:00-10:30am
20	San Marcos (1)	Karla Halvorson & Sharon Phelps	760 727-1509 760-533-2437	San Marcos Lutheran Church, 3419 Grand Ave., Sanctuary	Wednesdays 1:30-2:30pm
21	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Tuesday 1:30-3:00pm
22	Serra Mesa	Diane Langworthy	619-697-3558	Mary Magdalene Apostle Catholic Community/ Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 1:00-2:30pm
23	Temecula (1)	Pam Bowen, Joan Neidig, & Marigold Velasco	909-938-9932 951-676-2928	Home of Joan Neidig, 42149 Camino Romo, Temecula	Thursdays 6:30pm
24	Temecula (2)	Robin Orner & Pastor Sandy Benz	951-669-3998 951-676-6262 X205	Hope Lutheran, 29043 Vallejo Ave. Classroom 6, Temecula	Tuesdays 6:30pm
25	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:30am