



CONSD News

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Reflections on *THE GLOBAL EMBRACE: Our Widening Reach, Our Deeper Connection*

What a gift in the midst of the pandemic! This first online international conference by Contemplative Outreach, Ltd., was held via Zoom on Sept 16 through Sept 18, 2021. It was attended by no fewer than 1400 participants at any given time—and likely many more, as the Zoom format allowed people the freedom to rotate in and out of the conference according to their availability. I am confident that Contemplative Outreach, Ltd., will again be offering this opportunity as a way for us to connect as one global contemplative community. The YouTube links of this event are included here for your own viewing:

[2021 International Conference of Contemplative Outreach](#)

[The Global Embrace: Final 2021 Conference Videos](#)

Please take a moment to scan through the contents, which include the sessions “Thomas Keating: Four Friends Share Memories,” “A Message from Abbott Charlie at St. Benedict's,” “Listening to Our Community:

The International Reality,” as well as sessions on reaching out to younger contemplatives, bringing Centering Prayer to people in prison, Centering Prayer as the 11th Step, and more.



Colleen Thomas discusses 40's-and-Under Contemplatives

In addition to speakers, the conference also offered seven 30-minute sessions of Centering Prayer interspersed throughout the three days. I found these quiet sessions the most meaningful as we shared in God's first language of silence—no longer as strangers, but as members of the one Body of Christ from all over the globe. Zooming into this chapel of silence in the middle of a busy weekend, if only for thirty minutes, was such a joy and an experience of unity and connection. Also adding to the sense of unity were thirteen short "video postcards," each picturing members of a small centering prayer group along with music and photography from their culture and locale. Such a lovely depiction of living cells in the Body of Christ!

For me, the most meaningful part was the very beginning of the conference, which was an overview of the “Seven Invitations to Centering Prayer.” Thomas Keating had

identified these as “increasing levels of consent and the gift of surrender,” which he named as: *Silence, Solitude, Solidarity, Service, Stillness, Simplicity, Surrender*. Each is an invitation on its own, and the periods of Centering Prayer were listed as invitations to these specific callings. I ponder and treasure the wisdom of his teaching! Friends told me that they especially appreciated the sessions on outreach, which they found exciting.

I must also mention that all were given the opportunity to join breakout sessions following each presentation. The truth for me is that despite my best intentions, I missed a great deal of the conference in "real time." I received a phone call early that Saturday morning that an elderly friend had an urgent need. Off I went. I returned home just in time to Zoom into the concluding session which included a *Lectio Divina* Reading and Closing Blessing. However, I awoke and found that I had missed the whole thing and the "meeting" had ended.

How delighted I was when I learned that the entire conference has been recorded and posted on the Contemplative Outreach website. I am not sure who, but one of our contemplative teachers has taught that chronological time (which we perceive as horizontal) and sacred time (which is the present moment) intersect in the cross. I encourage you to take whatever moments of time you can to watch this conference. Truly, it is the gift that keeps on giving. Thanks to all who planned and coordinated this tremendous effort.

~Diane Langworthy

CONSD Hosts an Introductory Centering Prayer Program On Zoom

CONSD's first Zoom Centering Prayer Introductory Workshop was held on Saturday, September 11, 2021. It was a great success in many ways: Preparations were simplified, there was no unfamiliar location to find, anyone interested could attend regardless of where they lived, and everyone could clearly hear the speakers and attendees. Twenty-five persons were in attendance.

The servant-leader Intro Team of Jan Simpson and Diane Oldfield, with the help of Mary Williams, re-worked the "in person" schedule to fit a Zoom presentation. I received the program registrations via email, then contacted everyone with the necessary forms needed for the workshop. The evaluation feedback forms,

along with the dates and times of the follow up sessions, were sent out after the workshop; then they were returned to me. All evaluations were very positive!

The presenters for the Saturday workshop were Mary Williams and Parth Domke, with Jan Simpson as our moderator. The entire presentation went smoothly with minimal technical "glitches."

Mary Williams facilitated the continuing sessions on the four following consecutive Saturday mornings.

We hope to have more Introductory Programs via Zoom in the year to come.

~Diane Oldfield



Jan Simpson



Diane Oldfield



Parth Domke



Mary Williams

Reflections on the 2021 CONSPIRE Conference

When asked to write something about CAC's (Center for Action and Contemplation) amazing online CONSPIRE Conference (*conspirare*: to breathe together), I didn't know

where to begin, for it was filled with so much love, inspiration, wisdom teachers, contemplative practices, healing stories, and much more. I have been learning from Fr. Richard Rohr's teachings for over 20 years, and when he came to San Diego in 1998, my husband, daughter and myself were able to chat with him after his presentation. When we got home our daughter said, "if all priests were like him, I would probably come back to the church!" I personally

feel he is a courageous prophet for our times, daring to speak the truth as he lovingly and prayerfully questions long-held dogma and practices—all the while considering what is true in Scripture, Tradition, and the experience of wisdom teachers of the church. He has inspired me to prayerfully question many of my former beliefs as well.



Franciscan Fr. Richard Rohr

CONSPIRE has been a series of conferences occurring annually from 2013 to 2021. Based on the Seven Themes of Alternative Orthodoxy developed by Richard

Rohr and the CAC, it is also rooted in the Franciscan tradition and way of seeing the world. (See the two boxes on page 7 for more information). This was the seventh and final CONSPIRE Conference and a wonderful three-day gift for me that was shared with 5100 people from all over the world. I loved experiencing this amazing example of intergenerational, multicultural, and interfaith inclusiveness. When it ended, I felt deep gratitude, joy, and hope. Though Fr. Richard is well at the moment, he has had health challenges in the past few

years—even a “widow-maker” heart attack. It touched me deeply to hear how the successor leadership team and the faculty of CAC are so carefully, lovingly, and faithfully working to ensure this work continues long after his death. I feel so much gratitude for Richard's transparency and for showing me how to die while still living fully and how to live while so consciously dying.

I was also inspired by the many meaningful stories shared by the faculty and presenters. Richard reminded us that though we all have personal stories, we also have group stories that matter and, most importantly, we're part of God's Great Story encompassing all creation and creatures. He advised that we need to first do the work to learn to love and have empathy with our own selves, then our group, and finally we can go out to the world. I was reminded how important it is to start with the Contemplative Mind first or we will bring our woundedness and anger to those we hope to serve with love. This has inspired me to continue to try to do my part, my own work, my daily sits and service, and hopefully grow in empathy and compassion for myself and for all.

There were so many nuggets to glean from each story and presentation, and each one touched me and spoke to me in different ways. Here are some snippets:



Rev. Jacqui Lewis

Jacqui Lewis spoke about the Zulu concept of *Ubuntu* and how my being depends on your being, and *I am because we are*. I resonated with this idea

and her wonderful definition of love: experiencing non-possessive delight in an individual or a group.



James Finley

continuing God's unending stream of love for all.

Barbara Holmes shared about experiencing the Divine in "thin places," when the veil parts and we have our unexpected, beautiful, mystical experiences which are hard to put into words or to



Dr. Barbara Holmes

explain. When I heard her, I was immediately transported to a time I was surprised by feeling joy in the midst of the sadness. This happened when my husband and daughter had gone to live in Europe to work and study for six months while I stayed at home with our son to pack up the house and prepare for a move to Belgium after he graduated. After the tears that first day, I somehow felt God's unexplainable joy-filled presence for a few days, which helped me to adjust to the months ahead. I was very

comforted by God's grace and felt that everything would be okay.



Mirabai Starr

Mirabai Starr spoke about "Meeting the Mystics in the Landscape of Loss." She told stories about three amazing women mystics whom I felt she knew almost as dear friends. She helped me to see and

know Teresa, Hildegard, and Julian more intimately as well. Because I heard more about their lives, I feel it will help me be less fearful if and when I encounter future suffering for my loved ones or myself. Each mystic experienced much pain, illness, and suffering. But eventually each woman had a breakthrough, and as they felt God's love flowing through them, they became portals for God's infused wisdom, creativity, empathy, and compassion for others. I love and resonate with Julian's quote: "...all shall be well, and all manner of thing shall be well"!

I very much appreciated how Brian McLaren beautifully reflected on and summed up each day for us. He really spoke to me when he said the energy of the universe is the Love of God, and all creation is a manifestation of our generous self-giving God. How awesome that we are all part of the same loving reality of God!



Rev. Brian McLaren

This CONSPIRE Conference theme was *Me-Us-The World*, and for three beautiful intense days we were breathing in together God's tender and unconditional love. Our interconnectedness was palpable. I could actually feel my heart expand when Richard said that when we are breathing together for the good, our body and our spirit come together in our heart area. Then, it becomes possible that personal, group, and world transformation will come for all of us and for the good of God's wonder-filled creation overflowing with the energy of Love. Amen!

~ Cherie Herrera

The Seven Themes of Alternative Orthodoxy, as defined at the Center for Action and Contemplation's CONSPIRE Conference

1. *Scripture as validated by experience*, and experience as validated by Tradition are good scales for one's spiritual worldview (METHODOLOGY).
2. *If God is Trinity and Jesus is the face of God*, then it is a benevolent universe. God is not someone to be afraid of but is the Ground of Being and on our side (FOUNDATION).
3. *For those who see deeply, there is only One Reality*. By reason of the Incarnation, there is no truthful distinction between sacred and profane (FRAME).
4. *Everything belongs*. No one needs to be punished, scapegoated, or excluded. We cannot directly fight or separate ourselves from evil or untruth. Darkness becomes apparent when exposed to the Light (ECUMENICAL).
5. *The "separate self" is the major problem*, not the shadow self which only takes deeper forms of disguise (TRANSFORMATION).
6. *The path of descent is the path of transformation*. Darkness, failure, relapse, death, and woundedness are our primary teachers, rather than ideas or doctrines (PROCESS).
7. *Non-duality is the highest level of consciousness*. Divine union, not private perfection, is the goal of all religion (GOAL).

On Friday at the CONSPIRE conference, Brian McLaren offered a way to take the seven themes of alternative orthodoxy and turn them into a personal meditation. If you wanted to articulate this meditation as a prayer, you could substitute the words ***I want to*** with ***Please help me***.

1. *I want to* take my experience seriously and integrate it with Scripture and Tradition.
2. *I want to* see the true face of God in the loving life and liberating teachings of Jesus, and I want to see in the loving unity and diversity of the Trinity the deepest pattern of the universe.
3. *I want to* know God as present to and in and with every thing — that the world is not divided into sacred and profane but is one holy field.
4. *I want to* know that everything belongs — that nobody needs to be punished, scapegoated, or excluded — that there is room for a million stories to unfold like a million flowers.
5. *I want to* see the separated self as the major problem and to feel in my marrow how my whole story — including things I am uncomfortable with — has a place in God's Great Story. I want to remember that when I separate myself, I create problems in the larger story. I want to live with an open heart.
6. *I want to* experience the unavoidable grief and suffering of my life — the path of descent — as the path of transformation. Instead of looking to thinking, doctrines, or ideas to save us, I want to feel how pain, unknowing, failure, woundedness, and grief are doors that open my story to other stories.
7. *And I want to* learn to include duality in a larger, non-dual vision. To hold together my story as a human being, our stories as human communities and cultures, and the larger story of the earth and the cosmos. I want to feel how my story participates in larger stories.

Oliva Espín's Presentation on Edith Stein

On September 25, Oliva Espín, Professor Emerita of Women's Studies and member of Mary Magdalene Apostle Catholic Community's Centering Prayer group, gave a Zoom presentation which included contemplative harp music and chant along with some teaching on Edith Stein (1891-1942). One of the few women to be admitted to a German University, Stein converted to Catholicism at the age of 30 and then entered the contemplative Discalced Carmelite order in 1934. To avoid the growing Nazi threat, the Carmelite order in Germany transferred Stein to a monastery in the Netherlands in 1939. As part of the Nazi retaliation against the Dutch Church's condemnation of racism,



Icon of Edith Stein by Br. Robert Lentz

Stein and hundreds of other Jewish converts to Christianity were imprisoned and killed at Auschwitz in August 1942. Stein was later declared a martyr and canonized by the Catholic Church as a saint in 1998.

The workshop looked at Stein's life, the circumstances of her death and canonization, her deep understanding of empathy, the value of the human person, and the importance of trusting that God is with us through it all. If you missed the workshop or just want to revisit it, a recording of it is available on the MMACC website at <https://www.mmacc.org/get-involved/edithstein> or on YouTube at <https://youtu.be/BInvRVTxBcw>. For further reading, Oliva recommends *Edith Stein: A Biography* by Waltraud Herbstrith (1985), San Francisco Press.

~Diane Langworthy

God is there in these moments of rest and can give us in a single instant exactly what we need. Then the rest of the day can take its course, under the same effort and strain, perhaps, but in peace. And when night comes, and you look back over the day and see how fragmentary everything has been, and how much you planned that has gone undone, and all the reasons you have to be embarrassed and ashamed: just take everything exactly as it is, put it in God's hands and leave it with Him. Then you will be able to rest in Him—really rest—and start the next day as a new life.

~ Edith Stein

Thank You, Kathy Agnew . . .

In November 2016, Kathy Agnew started a coastal prayer facilitator support group that met once a month at St. Peter's Episcopal Church in Del Mar. This group, made of people who were relatively new to facilitating Centering Prayer groups, included Gail Carr, Virginia Erickson, Bebe Zaniboni, Barbara Hamilton, and later, John Bonadeo. Beatrice Doblano co-led this group until 2017, and these facilitators continued to gather until July 2019.



Kathy Agnew

In 2018, Kathy became CONSD's facilitator support team leader. I was co-coordinator for CONSD at the time, and Kathy simply called me to say she was drawn to help

us with facilitator support. Immersed in the prayer for 20 years, Kathy is a prayer group facilitator as well as commissioned Introductory Workshop presenter and a certified Autobiography Instructor. She had seen the importance of having a facilitator support group from those monthly meetings at St. Peter's Episcopal Church, and out of this growing interest in facilitator training, she wanted to assist all CONSD facilitators

by emailing helpful resources and offering one-on-one assistance and support.

In the past few years, Kathy has been available to take facilitator calls, to offer Introductory Workshops for individual prayer groups, and to encourage facilitators to attend her monthly facilitator support group. Kathy also contacted each facilitator personally and listened to their needs and concerns—an especially important connection during the early stages of COVID. She has conducted periodic Zoom meetings for facilitators, bringing us together and offering resources. Most of all, she has given us her gifts of compassion, caring, wisdom, and selflessness. We have been blessed, especially during these difficult times, to have her loving presence guiding our prayer group leaders.

~ Linda Dollins

I want to join with all the facilitators to thank Kathy Agnew for her gentle guidance and wise support in our roles as facilitators. We are so grateful that out of her commitment to the practice, she added a new position to the Servant Leadership Team, that of Facilitator Role Support. Because of her effort and skills, we were all able to grow in our roles. The materials are more organized, and we have Zoom facilitator meetings to keep in touch and share what works well in our groups. As she steps aside from this role, we are all more prepared to hold the space for our groups so together we can enter more deeply into the practice.

I am facilitating my group at my home church, Bethlehem Lutheran, because of her encouragement. I know that this birthing of facilitators comes naturally to Kathy. I think she gets a sense about a person in her group and says, *yes, I can transition this person from participant to facilitator*. This is what happened to me in her group at St. Peter's. I was very content to center weekly at St. Peters, but after a few years, there I was co-facilitating with her and going to week-long silent retreats she'd suggested. When my pastor asked if I would start a group at Bethlehem, I knew I could do it. And I wasn't the only one. The trust she showed in me, she also gave to Bebe Zaniboni, Barbara Hamilton, and Nichola Riggle, all four of us in facilitator roles we previously may have

not imagined holding. As we started our fledgling groups, she hosted a new facilitator group for us at St. Peter's so each month we could air our concerns about group dynamics, logistics, and materials.



Thank you, Kathy, for caring so deeply about the practice that you first led two groups at St. Peter's, formed new facilitators to take over and reach other congregations, and then supported all of us in North County as the Facilitator Role Support. We wish you well on your continued journey!

~ **Virginia Erickson**

A Word About Service

Jesus emphasized servant leadership to his apostles over and over again. A real leader is the one who is the servant of all. Whatever we do for others is not to fix them—which presumes that we know how to fix or even to help them, indicating we're in a superior position. Rather, it is a privilege serving others in gratitude as members of this body that is being transformed into God and in which God dwells.

By making oneself a servant of everyone, then the divine healing or the redemptive work of Christ can flow through us without our getting in the way. And so, servant leadership leads to gratitude. . . .

The most beautiful thing about the spiritual journey is that we're being gradually conformed to Christ crucified and our humanity is being invited to surrender, turn itself over completely to God out of love and in the full consciousness that this is a service that's being offered to God for the whole human race, not just ourselves or our particular friends or companions or enemies.

~ *God is Love: The Heart of All Creation*, edited by Carl Arico, Mary Anne Best, and Gail Fitzpatrick-Hoppler.

Inviting Your *Creativity* and Servant-Leadership

We invite you to share your contemplative creativity in our quarterly newsletter. Perhaps you have written a reflection in your prayer journal that expresses an insight that befell you through grace. Maybe you have taken a photograph or drawn a picture that captures the spirit of a particular liturgical season. If you have attended a contemplative retreat, workshop, or conference—we welcome your reports, thoughts, and musings on the event. Your original poems and prayers, too, would be valuable additions to our “community news.” Finally, if you have recently read a book by a contemplative author or guide (e.g., Thomas Keating, Cynthia Bourgeault, Richard Rohr, Ilia Delio, Howard Thurman, Martin Laird, Bernadette Roberts, Thomas Merton, Evelyn Underhill among many others), we would love your book review: a brief synopsis of the text followed by your reflections on what you found most valuable and insightful in your reading. Written pieces in the newsletter can be anywhere from a paragraph (150 words) to a few pages (1500+ words). For more information, please contact Mary Williams at kirkmary@cox.net or Diane Langworthy at langworthy4@cox.net.

CONSD also invites additional servant-leadership! Currently, we especially need experienced prayer group facilitators who can contribute some time and love toward formation and support of their fellow Centering Prayer group facilitators. We also need a person who has experience with WordPress to assist with maintenance and updating of our CONSD website. Please contact Mary Williams at kirkmary@cox.net for questions and more information. Thank you!

O Holy One weeping

*with us and through us,
widen our hearts
to receive your
peace in the thick of this
chaos and pain*

*so that we turn to –
not on –
one another,*

*becoming vessels of mercy
and wild tenderness
as we ride these storms
of our world
in transition.*

Amen.

~Mary Williams



Q & A With Father Carl Arico

Pray As You Can

Q: Is it ok to do the Centering Prayer just before bed?

A: I decided to consult with our ecumenical Centering Prayer group at Saint Vincent's church, Bayonne New Jersey, which has been gathering for over 15 years, with many of the original members still with us. When I asked the question to the eight participants, the overall answer was "pray as you can".

All gave witness to the personal nature of setting up a pattern of praying Centering Prayer each day and the challenge of getting in the second session. Praying at bedtime, especially when living with other persons or with a very busy schedule, may be the only time where there is sufficient space and privacy to enter into the prayer.

It also could be an ideal time for a third session of Centering Prayer.

However, most felt that bedtime was not the ideal time to enter into prayer because they found that they are often energized by the prayer, and it was

difficult to get to sleep. Early morning was seen by all to be the ideal time. Daily routine and renewal of intention to consent was emphasized as essential.

Some commented that as they got older, the body reacted in different ways to the sitting process, so adjusting the times of their prayer was necessary.

The suggestion was offered that if during the night, one could not sleep, this may be a call to prayer or a perfect time to do a session of Centering Prayer. In fact, Fr. Thomas recommends this.

The group really enjoyed being asked the question and giving their comments; it turned out to be a lively time. Thanks for the opportunity to celebrate. Of course, remember this was all done after Centering Prayer and Lectio Divina. ☺

I hope this answered your question, to which there really is no concrete answer – just experienced recommendations. In the end, you need to find a routine that works for you and your life circumstances.

Blessings, Fr Carl

CONTEMPLATIVE OUTREACH OF NORTH SAN DIEGO OFFERS

Blessed Are They That Mourn



A Morning with Elena Bertran (Andrews)
Saturday, November 13, 9:30 to 11:30 on Zoom

“Everybody grieves. All of humanity grieves. All of us have setbacks, broken dreams. All of us have broken relationships or unrealized possibilities. All of us have bodies that just don’t do what they used to do. Though grief is personal, everybody grieves.” ~Richard Rohr

To register: Email consd.cal@gmail.com with your name and email address. We will email a Zoom link to you on Friday, November 12.

We look forward to being with you, our Centering Prayer family.

Recommended Courses, Retreats, and Spiritual Formation Events

Although most of these events are online, a few retreat centers plan to offer on-site events and “hybrid” events, with status to be updated as Covid protocols change. Each summary below indicates whether the event is online, on-site, or a combo that offers on-site and online options. **Scholarships are available from CONSD and CO, Ltd.**

LOCAL EVENT: Blessed Are They That Mourn, a Morning with Elena Bertran (Andrews). “Everybody grieves. All of humanity grieves. All of us have setbacks, broken dreams. All of us have bodies that just don’t do what they used to do. Though grief is personal, everybody grieves.” ~Fr. Richard Rohr. **On Zoom, November 13, 9:30 AM – 11:30 AM Pacific Time.** To register, please email consd.cal@gmail.com with your name and email address. We will email a Zoom link to you on Friday, November 12. We look forward to being with you, our Centering Prayer family.

The Dynamic Center of Being: Awakening to Unity Through Centering Prayer, with David Frenette. Many of us struggle these days with fear, outrage and uncertainty in the face of personal and global change, loss and collapse. All these struggles share a single root: a sense of separation — from ourselves, from one another, and from God. And yet we know in our heart of hearts, and have experienced in deep contemplative practice, that everything is unified in God, the timeless reality in which we live and move and have our being.

This online workshop will explore Centering Prayer as a way to align us and our actions with unity, according to Jesus’ teachings. David will share stories, teachings, and guided meditations to renew our experience of unity, opening us to presence, connection, and love—the source of contemplative service in the world. **On Zoom, November 14, 11:00 AM – 1:00 PM Pacific Time. For more information and registration:**

<https://www.contemplativeoutreach.org/event/the-dynamic-center-of-being-awakening-to-unity-through-centering-prayer-with-david-frenette-via-zoom/>

Mystical Experiences, Common and Uncommon, with Debbie Harmon. Join Debbie Harmon as she explores different facets of these mysterious divine encounters at the Center for Contemplative Living in Elm Grove, WI, or via Zoom video-conferencing. What is Mysticism? What are the different types of mystical experiences? What purpose do mystical experiences serve? Who has mystical experiences and how do they come about? How might mystical experiences enrich the contemplative’s journey? This event is a reprise of the 2019 opening of our *Mysticism* series, so if you missed it the first time, here is your chance to experience it! Please register by November 15, 2021. **On Zoom, November 18, 6:30 PM – 8:30 PM Central Time.** For more information and registration:

<https://www.contemplativeoutreach.org/event/mystical-experiences-uncommon-common/>

(Events continued from p.14)

Approaches to *Lectio Divina*, sponsored by Contemplative Outreach of Maryland and Washington, with Leslee Anne Terpay. Fr. Thomas Keating described praying Holy Scripture as a “heavy date” with the Living Christ. *Lectio Divina*, its traditional name, is a practice to include in both Centering Prayer gatherings and our personal prayer sessions. This retreat will explore Thomas’ teaching, the Four Approaches to the Practice of *Lectio Divina*, which starts with learning the steps of the prayer through the scholastic method. Then as one feels comfortable with the method and able to let go of the steps of this divine dance, one follows the promptings of the Spirit to experience God’s grace in the prayer time using the monastic method. The invitation is clear ... just like Centering Prayer we open to God’s presence and action in our lives through the contemplative practice of sitting with God through the Word. **On Zoom, November 20, 9:00 AM – 12:00 PM Eastern Time. For more information and registration:** <https://zoom.us/meeting/register/tJwrcemsrTwvGtzWZUGnLRtnkReunwnqUfaY>

Advent Retreat: Incarnation as Practice, sponsored by Contemplative Outreach of San Antonio, with Pamela Begeman. During this three-day online retreat, we will practice Incarnation through intentional silence, solitude, listening, resting and stillness. This retreat is about spaciousness – giving ourselves over to extended, open time just to be with God in prayer, in nature, in walking, music, reading and the silent company of others on retreat. It is an invitation to lay down our ordinary life to experience the extraordinary right-now presence of God during this sacred time of the year. The retreat will include periods of Centering Prayer, music as a vestibule to prayer, simple prayerful gestures, *Lectio Divina*, optional soul-friending, and lots of open time offline for reflection, resting, journaling, art-making or whatever stimulates your child-like wonder. **On Zoom, December 2, 7:00 PM – December 5, 11:00 AM Central Time.** For more information and registration: <https://www.contemplativeoutreach.org/event/advent-retreat-incarnation-as-practice-via-zoom-2/>

Advent Silent Saturday, with Pippa Currey and team. As the season of Advent approaches, join us for a quiet morning of Centering Prayer and silence. This day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal prayer, a contemplative walk, private journaling and reflection and ends with a period of *Lectio Divina*. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice. Registration required at hsrcenter.com by December 3rd. **Onsite at the Holy Spirit Retreat Center in Encino, CA, December 4, 9:00 AM – 12:00 PM Pacific Time.** For more information, please email Pippa Currey at cpandsd@hsrcenter.com. For registration, please email Amanda Berg at spiritualdirection@hsrcenter.com.

(Events continued from p. 15)

John of the Cross and the Song of Songs: Mysticism, Eroticism, and Centering Prayer, with Netanel Miles-Yépez. In these sessions, Netanel Miles-Yépez (who shares the same surname as his subject, Juan de Yépes) will discuss how the Spanish saint, better known as John of the Cross, gives instruction in contemplative prayer in terms that seem strikingly similar to Centering Prayer—using the erotic imagery of the Song of Songs to describe the mystical experiences which often follow such prayer. With translations of the Song of Songs and John of the Cross from Miles-Yépez’s own book, *My Love Stands Behind a Wall: A Translation of the Song of Songs and Other Poems*, he will guide us through the mystical landscape of the great poet-saint and lead Centering Prayer from John’s teachings in *The Living Flame of Love*. **On Zoom, December 4, 10:00 AM – 2:00 PM Central Time.** For more information and registration: <https://www.cellofpeace.com/workshops.htm>

Advent Silent Saturday with Shepherd of the Hills United Methodist Church’s Centering Prayer Ministry. “As Mary and Joseph found no room at the inn, our Advent theme centers around our response in daily life. Are we making room? We are pleased to announce that our new pastor Rev. Rick Uhls will be with us to share an Advent message on our theme. What a blessing! We hope that you will find room in your schedule to attend.” **On Zoom, December 11, 9:00 AM – 11:30 AM Pacific Time.** Questions? Please contact Jill Yamada at 949-837-2941. To register: <https://sothumc.ccbchurch.com/goto/forms/168/responses/new>

Love Winter When the Plant Says Nothing: Praying When Our Hearts Are on Ice, with Fr. Vincent Pizzuto and Jonathan Montaldo. The contemplative community of St. Columba’s Episcopal Church in Inverness, CA, will celebrate the anniversary of Thomas Merton’s death (December 10, 1968). Texts and poems by Merton will be examined to inspire prayer during the Advent season. The day will include two morning contemplative prayer sessions and Fr. Pizzuto’s interview of Jonathan Montaldo on Merton’s legacy as an exemplary practitioner of contemplative prayer and social commentator. **On Zoom, December 11, 10:00 AM – 2:00 PM Pacific Time.** For more information and registration: <https://www.stcolumbasinverness.org/love-winter-when-the-plant-says-nothing>

*It is not many things that nourish and fill the soul,
but a few things, deeply savored.*

~George Schemel, SJ

Prayer Groups

	Area	Facilitators	Telephone	Location	Day & Time
1	Carlsbad (1)	Rev. Madison Shockley	760-729-6311ext.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)	Nichola Riggle	858 481-8754 760-448-5224	St. Peter's Episcopal Church, 334 14 th St.	Tuesdays 8:55-10:00am
4	Encinitas (2)	Virginia Erickson	760-846-5749	Bethlehem Lutheran, 925 Balour Dr., Encinitas, in the Sanctuary	Mondays 4:30-6:00pm
5	Encinitas (3)	Lynne McKiernan	619-665-6344	San Dieguito United Methodist Church, Encinitas	Mondays 1:30 pm
6	Escondido	Linda Dollins	760-745-5100	First United Methodist Church, 341 S. Kalmia	Mondays 4:30 pm
7	Fallbrook	Barbara Hudson	818-357-4167	(Call for location)	Saturdays 8:30 am
8	Murietta	DeeDee Warden	951-265-8557	42753 Settlers Ridge, Murietta	Wednesday 4:00pm
9	Oceanside (1)	Ed Clifford	760-630-1897	Mission San Luis Rey, McKeon Center, Room 12	Wednesdays 7:00 pm
10	Oceanside (2)	Mary Williams	760-510-9337	St. Thomas More Catholic Church, 1450 S. Melrose Dr.	Tuesdays 1:00 pm
11	Oceanside (3)	Pat Julian and Laura Pasquale	760 757-3659 x123	Mission San Luis Rey, 4050 Mission Ave.	Fridays 1:00 pm
12	Poway (1)	Elena Andrews	619-246-3356	St. Gabriel Catholic Church, 3734 Twin Peaks Rd.	Fridays 9:00-10:30 am
13	Poway (2)	Colleen Clementson & Rebecca Crowley	858-663-6584 858-748-3801 858 748-3542	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30-8:00pm
14	Poway (3)	Parth Domke	858-829-2664	St. Bartholomew's Episcopal Church, 16375 Pomerado Dr.	Tuesdays 5:00-6:30pm
15	Poway (4)	Audrey Spindler	858-208-8609	Order of St. Luke* (call for directions)	Sunday 10:45am

16	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
17	Rancho Bernardo	Audrey Spindler	858 208-8609	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
18	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:00-10:30am
19	San Marcos (1)	Karla Halvorson & Sharon Phelps	760 727-1509 760-533-2437	San Marcos Lutheran Church, 3419 Grand Ave., Sanctuary	Not currently meeting
20	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Not currently meeting
21	Serra Mesa	Diane Langworthy	619-403-6822	Mary Magdalene Apostle Catholic Community/Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 11:00-12:30pm
22	Temecula (1)	Pam Bowen, Joan Neidig, & Marigold Velasco	909-938-9932 951-676-2928	Home of Joan Neidig, 42149b Camino Romo, Temecula	Thursdays 6:30 pm
23	Temecula (2)	Robin Orner	951-669-3998	Hope Lutheran, 29043 Vallejo Ave. Classroom 6, Temecula	Tuesdays 6:30 pm
24	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:45am

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