



# CONSD News

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***Staying  
Awake:  
United in Prayer  
Day 2022***

***"Stay with me, remain here with me, watch and pray..." --Taizé Chant***

For more than two decades, Contemplative Outreach has encouraged its worldwide chapters to host "United in Prayer Day" gatherings on a special Saturday in March. This annual commitment expresses a vision of contemplative solidarity across the globe, with groups from the Americas to New Zealand meeting locally on the same Saturday to pray and commune. In past years, our two San Diego area chapters (COSD and CONSD) would invite Centering Prayer practitioners to gather in one space for hospitality, silent prayer, a video by Fr. Thomas Keating or another contemplative teacher, *lectio divina*, and faith sharing. When the Covid pandemic descended in 2020, however, most chapters had to cancel their plans for a physical gathering.

Through grace, technology, and the organizational dedication of Pamela Begeman and Mary Jane Yates, Contemplative Outreach held its first online United in Prayer Day in 2021, enabling 24 chapters to each host one hour in a Zoom chapel. From midnight to the following midnight on our special Saturday, facilitators from around the world guided hundreds of contemplatives in prayer, *lectio* and *visio/cinema divina*, chanting, and

faith sharing. It was a blessing to participate in this event, this community across great distances, praying together in real time.

This year's online United in Prayer Day, held on March 5, continued in the same fashion. And as the day arrived, I knew that the tensions around the world would lend it a deeper poignancy. The ravages of the pandemic, the deepening environmental crisis, the continued sufferings wrought by injustice, cruelty, war—so many faces of the crucified Christ abound in our world today. Opening one's heart in silence and in solidarity, surrendering to the presence, action, and mercy of God in the moment . . . this United in Prayer Day, I felt, was a global Lenten invitation to *stay awake, watch, and pray*.



### *Praying together across the miles*

Contemplative Outreach's Zoom chapel enabled participants to join for any length of time within the 24-hour day of prayer. Since everyone was muted when they entered, disruptions were minimized, and people

could join, leave, and rejoin the chapel any time they wished. Also, the posted schedule kept track of the identity of the hosting group, the content they planned to share, and the hour they were presenting. This made it easy to plan a virtual "visit" to chapters in Ireland or South Africa and receive teachings unique to these regions.

When I entered the chapel at 8:00 PM Pacific Time, Jo Cooper of Australia started with 20 minutes of Centering Prayer followed by *lectio divina* and reflection on readings exploring the connection between nature and spirit. She highlighted this quote from the Aboriginal activist and artist, Dr. Miriam-Rose Ungunmerr: "*The identity we have with the land is sacred ... It is perhaps the greatest gift we can give to our fellow Australians. In our language, this quality is called dadirri. It is inner, deep listening and quiet, still awareness. Dadirri recognizes the deep spring that is inside us. We call on it and it calls to us.... It is something like what you call 'contemplation.'*" I loved this gentle reminder that contemplative perspectives are not unique to the religions of the West or the East.

Needing a nap, I set an alarm so I could wake up refreshed for the midnight session hosted by a group in Kathmandu, Nepal. After our period of Centering Prayer, several stanzas of "Shantideva's Dedication Prayer" were shared on the screen and read aloud. This prayer—one of the Dalai Lama's favorites—is an exquisitely generous

petition for the world, asking *“May all beings everywhere / plagued by sufferings of body and mind/ obtain an ocean of happiness and joy . . . May the naked find clothing / the hungry find food / May the thirsty find water / and delicious drinks . . . May the very pits of hell be sweet.”* (The Beatitudes came to my mind.) Praying that sweetness be found even in hell – that blessings temper our unavoidable suffering—stays with me to this day. The final part of the Dedication Prayer invokes the Buddhist Bodhisattva Vow, the promise to renounce one’s own liberation until all beings are liberated: *“For as long as sentient beings remain / Until then may I too remain / To dispel the miseries of the world.”* In just a brief hour, participants tasted a stream flowing within both Buddhism and Christianity: the recognition of a compassionate interconnectedness where our salvation is wrapped up in the salvation of all others.

There were several other valuable sharings – though of course I couldn’t stay up for them all! Here is a sampling:

- The London group aired the video “A Life Surrendered to Love,” the lovely 20-minute video that was originally shown at Fr. Thomas Keating’s memorial service in 2018.
- Contemplative Outreach of Maryland and Washington shared a body awareness exercise, a complementary practice for silent meditators, inviting us to physically sense our four limbs, one after the other, to awaken a sense of aliveness in them. This is

just one of several Wisdom school exercises detailed in Cynthia Bourgeault’s recent book, *Mystical Courage*. These exercises foster a vibrant, embodied awareness that can help the fruits of Centering Prayer flourish in daily life.

- The Tallahassee chapter asked evocative questions, such as: “What is my role in the Mystical Body? If we accept that powerlessness is our greatest treasure, how do we balance that truth in today’s world?”

The final hour of this Prayer Day, hosted by Greater Vancouver, was a wide embrace of grief and joy. As a vestibule into Centering Prayer, we began with the hauntingly beautiful lament, “The Sorrowful Mother.” (You can listen to it [here](#)). In it, Mary, mother of Jesus, cries, *“Oh my Son, my Son, for what great transgression / must you bear this trying hour of oppression / on the cross?”* This traditional Ukrainian Lenten hymn spoke deeply to the world’s present moment. It enabled us to feel and sit with our grief for a bit, feeling the weight of our human condition in a space of communal mourning. Then, as we transitioned into Centering Prayer, we gently released this weight into the heart of God.

But the journey does not end with Christ’s crucifixion and death. During the last 8 minutes of United in Prayer Day, the Vancouver chapter graced us with “The World Blessing: Hope Without Borders.” (See it [here](#)). This music video is a glorious compilation of images and song from 154

countries, celebrating the vision of a humanity diverse in gifts and united in blessing, truly the Mystical Body of Christ. As on Pentecost, with everyone “gathered in one place” and declaring in multiple ways the wonders of God, hundreds of singers offered this blessing: *“May His presence go before you / and behind you and beside you / all around you and within you / He is with*

*you, He is with you / In the morning and the evening / in your coming and your going/ in your weeping and rejoicing/ He is for you, He is for you.” Amen!*

**~Mary Williams, CONSD Coordinator**



Susan Wheeler offers her time care, and skills on CONSD's Registration Service Team.



### **Connected in So Many Ways**

*“This year, for the first time, I was able to spend most of the day connected to various prayer groups around the world.*

*I went in and out throughout the day as I was able, spending time in silence and also listening to the scriptures and other selections read by the facilitators - thinking of our fellow contemplatives around the globe in so many different places, far from each other and at the same time connected in so many ways. As they read their scriptures and devotions in each of their languages, participating in each group was special and sacred.*

*At one point I realized I was in the Contemplative Outreach Czechia-Slovakia group. When the facilitator introduced their group, she also mentioned they share a small portion of their border with Ukraine – and it hit home how we were all powerfully connected, lifting these besieged brothers and sisters in our hearts as we all prayed together.*

*Participating and being united with so many of these prayer groups has stayed with me, and I often reflect on being touched in such beautiful ways by sharing prayer and silence with each of them.”*

**~Susan Wheeler**



## Reflection on “Becoming the Whole Self: Beyond The False Self / True Self Dichotomy” Presented by Chris Hagen

One sign of an excellent presentation is if I can easily recall one important take away from the speaker up to a year or more later and apply it to my daily life. From Chris Hagen's presentation in April 2021, *The Wisdom and Teachings of Fr. Thomas Keating*, I have received an invaluable tool that I can access, especially when faced with conflict. I hear Chris deep within my thinking, cautioning me... "Diane, if one must choose between fight or flight, the contemplative is encouraged to always chose flight—meaning to seek a pause or a time of silence to develop a response rather than being taken over by a reaction."

I so looked forward, then, to Chris Hagen's Zoom presentation on April 23, 2022, *Becoming the Whole Self : Beyond the False Self/True Self Dichotomy*.

Indeed, I was not disappointed, and received several "takeaways" that I am integrating into my everyday life, which I will share with you. It is such a gift that this two-hour presentation was recorded and is available to all on the CONSD website, as

are Chris's previous presentations. You may access them [here](#). I actually experienced *Becoming the Whole Self* as an updated version of Thomas Keating's 1986 Spiritual Journey Series. True to Thomas Keating's teachings, Chris is a long-time practitioner of Centering Prayer who also had a personal relationship with Fr. Keating, who was his spiritual director. Like *The Spiritual Journey Series*, *Becoming The Whole Self* is meant to be reviewed again and again, as each time we review a teaching, we bring a newly evolved self to it and take in more of the teaching and hear it in a new way. Like James Finley, each sentence or concept in

Chris's teaching is important and is to be savored. One concept also builds upon another. While I cannot summarize two full hours of wisdom teaching, here are a few highlights and take-aways.



*CONSD Servant-Leader and Presenter Chris Hagen*

Chris both opened and closed his presentation by quoting Thomas Keating who said (citing Pierre Teilhard de Chardin): "We are not human beings on a spiritual journey; we are spiritual beings on a human journey." The human journey is a predictable expansion of

consciousness that begins at birth, long before one may adopt a practice of Centering Prayer. Our human and spiritual consciousness is one and the same. Chris stressed that this consciousness is developed through personal relationships rather than private experiences. Growth in spiritual and human consciousness is a journey and is revealed to the degree that our human consciousness expands, slowly and gradually. One must consent to the spiritual aspect of consciousness so that life can be lived differently and shared with others, not in perfection, but in love, as God is love consciousness. We have the same indwelling potential to love as God loves, with compassion, non-judgementalness, forgiveness, humility, and patience. In other words, the human journey, when we consent to God, can be a schooling in love.

One key highlight is the clarification of terms Chris introduced to describe the spiritual journey and the transforming process. This continues to be helpful in my everyday life, and it is an updating with which I think Thomas Keating would whole-heartedly agree. Using the metaphor that the human journey begins at birth, it takes time, is gradual, requires patience, is shaped in relationships, and is a movement from a specific starting place to another place: a more transformative union with God. Chris suggested using some new terms to better describe this transformative journey. These terms are more in alignment with how the brain actually develops. The frontal part of

the brain does not come to full functionality until age 21, the age of reason—and is not fully developed at age 7, as so many of us have been taught. Chris suggests that we use the term "beginning self" in place of "the false self," use "ultimate self" instead of the "true self," and use "expanding consciousness" instead of "dismantling the false self" to describe the process in growth toward union with God.

Chris explained that the term "false self" tends to promote negative connotations, which create self-judgment. Many have come to think of the false self as "bad," a self which must be cast out or dismantled. "The beginning self" is a more positive term that follows a process of natural development, leading to expansion in love consciousness. "The ultimate self," rather than "the true self," also better describes the eventual destination of the journey: true union with God. False Self/ True Self tends to create a sense of dichotomy, opposition, and competition, qualities that are not evoked through the other terms. Growth in "Expanding Consciousness (in love)" better captures the hope of St. Paul, who refers to union with Christ as the peace that passes all understanding despite our present circumstances. For me, this term better points the way to the great Paschal Mystery of dying to the limits of one's beginning self and rising into becoming a more loving human being through surrender to the Holy Spirit, manifesting in all our relationships. Somehow, the language of dismantling the

false self reinforces my tendency to rely upon my own efforts and self-sufficiency instead of God's grace.

Beginning Self, Ultimate Self, and Expansion of Consciousness are terms that better connote the natural growth process into Christ's love that is the basis for our spiritual/human journey. I am reminded of the basic teaching on Centering Prayer from the Gospel of

Matthew Chapter 6:6, "Whenever you pray, go to your room, close your door, and pray to your God in private. Then your God who sees what no one else sees will reward you."

Some translations say, "Your God will repay you." I have learned that the Aramaic word, the language that Jesus spoke, better translates into the word "blossom" rather than "reward or repay" as we so often see in English translations. Consider "Then your God who sees what no one else sees, will help you to blossom ( in love.)" Chris's suggested terms along with desiring a blossoming into love speak to my heart!

I ask for God's help in integrating this new way of understanding the process of growth

with the terms that Chris suggests into my everyday life. It is freeing to know that I am still evolving, as are others. It is easier to forgive myself and to forgive others by just knowing "that is where I was or that is where someone else was at the time of relating with me." This helps me to suspend judgment of myself and others. It is a relief to hear from Chris that "Good-enough parenting, not necessarily perfect parenting,

makes it possible for a child to cope with the loss of their omnipotence as they become an adult." He gives a very good explanation about the part of the brain that has to do with each of the energy centers: the desire for power and control, the desire for esteem and affection, and the desire for security and survival. I could not attempt to

summarize this but encourage you to view Chris's presentation in its entirety as he explains this in the most basic terms that we can understand. Be sure to view the section that is a teaching of the four systems of the brain. Chris names these as (1) The Responding System, (2) The Interpreting System, (3) The Connecting System, and (4) The Protecting System. Each brain system modulates the others, and this is why it is so difficult to deal with conflict when it arises. However, Chris explains that though we are hardwired for unconditional love, the desire

***‘Beginning Self, Ultimate Self, and Expansion of Consciousness are terms that better connote the natural growth process into Christ's love that is the basis for our spiritual/human journey.’***

to relate to others with unconditional love does not come from our brain. That desire comes from the Holy Spirit working within us. The Holy Spirit helps us to grow from "a protective self to a connective self." Most encouraging of all, Chris emphasized that the human journey is not the seeking of perfection. God does not hold back by waiting until we get it right. God loves us where we are and as we are. The manifestation of God is not always seen as compassion, non-judgmentalness, forgiveness, humility, and patience. Yet people who are capable of viewing things in a compassionate way—even if they sometimes fail—are manifesting God's love.

Chris concluded his presentation by sharing the spiritual counsel he received from Thomas Keating. "Do you think this is your spiritual journey? Well, if you do, you better think again, because you are wrong. It is God's journey in you through your transformation. God transforms humanity one person at a time." Well done, Chris. We are grateful and we thank you for this treasured teaching.

***~Diane Langworthy, Centering Prayer  
Presenter and Prayer Group  
Facilitator***

***The distance  
between  
the Human  
and the Divine  
is zero  
in Christ.***

***~Raïmon Panikkar***

### **Only One Self**

There is only one self, ultimately, and this is God manifesting in us. And this manifests most effectively when we're not thinking about ourselves *at all*. It's just being who you are as a human being that is being deified in communion with all other human beings.

***~Fr. Thomas Keating, God Is Love: The Heart of All Creation***





# *Lingering Lenten Blessings*

I paced the wooden floor of the old church Meeting House where I had arranged eight chairs in a circle and put some Centering Prayer Method brochures in a stack. Five people had signed up for my Lenten Class: An Introduction to Centering Prayer. You'd think after practicing Centering Prayer for 20 years, I would be more confident. I breathed deeply and prayed for God's guidance.

Even though I had been part of CONSD's Introductory Workshop Team and knew the format, this class was different from a workshop. It met from 6:30-7:30 pm on Wednesdays for five consecutive weeks—not an 8:30-12:30 Saturday morning with 6 follow-ups. I considered showing the excellent Contemplative Outreach Ltd. video of Conference 1 for the first session, but the power of a small group of people coming together to pray, especially after the past two years with COVID and the overuse of videos, made my decision.

6:25. And there they were: two women I knew from church and three younger women I hadn't met from our contemporary service. We introduced ourselves and shared what had brought us. Everyone was new to the prayer but wanted to learn more about it. My heart did a little leap as I suddenly recalled my first time of praying.



This was that moment. We read "The Method of Centering Prayer" brochure's simple instructions and chose a sacred word. Then Michael came in. He had attended a few of our regular Centering Prayer group meetings on Mondays and wanted to know more.

After the preparation, I asked, "Do you feel like you know enough for now or would you like more information?" No one said anything. I asked, "You want to pray, don't you?" And laughing a little, they nodded. I suggested we pray for 10 minutes, share if they wanted to, and pray again for 10 minutes.

I struck the brass bowl, read part of Psalm 119, rang the bowl again, and we began the silence. Somewhere in the night air an opera played. I noticed and let it go. Ten

minutes passed, and I struck the bowl, read the Psalm, and struck the bowl again.

Soon we were sharing openly and honestly. They were like young children at the beach for the first time—appreciative, awed, curious. God was blessing them with a new door to the Holy Spirit, and God was blessing me with the witness. We centered for 10 more minutes, and they made more observations and asked more questions. I showed them how to use the Centering Prayer app, we closed with prayer and then promised to return the next week.

In the next four weeks, we never did watch a video. We read some long excerpts from *Open Mind Open Heart*, and some bought the book. On the fourth week, one member brought her mother-in-law who had lost her home in the Paradise fire—and the following year, her husband. She embraced the prayer almost immediately and said it was what she had been looking for her

whole life. She is now a regular member of our Monday group.

Fr. Keating begins *Open Mind Open Heart* with these words: *“Contemplative prayer is the world in which God can do anything. To move into that realm is the greatest adventure. It is to be open to the Infinite and hence to infinite possibilities.”*

I agreed to lead the Lenten Study unsure of myself and concerned that no one would even show up, but “Contemplative prayer is the world in which God can do anything.” The group’s joy as they learned the prayer was revitalizing me, and I came home on those Wednesday nights filled with the light and love and energy of the Holy Spirit. It was “the greatest adventure.”

*Jeremiah 29:11—“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

**~Linda Dollins, CONSD Treasurer**

### **When You Consent**

When you consent, you’re giving away any control whatsoever over the results of what you are doing, allowing that consent to be purified by the Spirit who will send us inwardly and outwardly the external people or teaching or books or trials that we need. The bottom line is to place all our trust in God and in [God’s] determination to bring this about.

**~ Fr. Thomas Keating, “Surrendering to Love,” 2016.**



## In Memoriam: Janet Williams

One of CONSD's dedicated volunteers, Janet Williams, has passed away. For many years, Janet served at the registration table at CONSD workshops and events, greeting and checking people in, gathering donations, and handing out name tags.

The oldest of four children, Janet was raised in the small-town communities of Grand Ronde and Willamina, Oregon. She studied music at San Francisco State and later finished a degree in Liberal Studies at San Diego State University. Once settled in San Diego, she met and married her husband, Larry Williams. Together they had two children, Karin and Mark.

Over the course of her life, Janet served as a church choir director and held a variety of jobs, from secretary to credit analyst to fitness manager. But she most enjoyed her work with the Presbyterian Church as a Military Parish Visitor, assisting military families in times of crisis and transition.

In later years, Janet joined the Community Church of Poway and served

on its Outreach Board, which organized congregational mission/service trips to villages in Guatemala. She also joined the Centering Prayer group that meets at Community Church. The prayer group facilitator there, **Colleen Clementson**, remembers Janet as a loving servant of

the Divine: "Janet was involved in so many outreach and social justice groups. She was one of the founding members of the Poway Interfaith group. She also encouraged our church to support a Syrian refugee family for many years. She was so amazing! A true example of being Christ-like in our world. She was always telling people about Centering Prayer and what a special prayer practice it was. She helped with registration for CONSD events for a few years,

too. And in the end, Janet also served as an example of how to let go and be at peace with the dying process. Such a sweet soul who will be missed by so many!"

**Janet's Celebration of Life will be held Saturday, May 21, at 11:00 AM at the [Community Church of Poway](#).** May Janet rest in the love and peace of God, and may her family and friends find comfort and blessing in her memory. Amen.



*RIP Janet Williams, 1938-2022*

# Upcoming Local Presentations



**Save the Date for this Local Event: Sometimes I Feel Like a Motherless Child: Black American Women on the Road to Sainthood, with Oliva Espín.** Join us for a morning of contemplation and education as we explore the lives and spirituality of the four African American women who are presently being considered for canonization as saints of the Catholic Church: Henriette Delille, Mary Elizabeth Lange, Julia Greely, and Thea Bowman. A summary of each of their life stories will be presented, to include their respective works, charisma, and highlights of their spirituality, focusing on contemplative perspectives applicable to our present lives. **Online, May 21, starting at 10:00 AM Pacific Time.** For more info and to register: <https://www.mmacc.org/get-involved/black-saints>.

## **Local Introductory Program on Centering Prayer Starts on Saturday June 4, 2022:**

*Do you feel pulled in all directions?*

*Do you seek a closer relationship with God?*

***Centering Prayer may be for you!***

Centering Prayer is both a relationship with God and a discipline to foster that relationship. It is not meant to replace other forms of prayer but adds a depth of meaning to all prayer. It facilitates the movement from more active kinds of prayer into a receptive prayer of resting in God.

This Program is for: Those who are brand new to the prayer, those in a Centering Prayer group who have never attended an Intro, and those who are long-term practitioners but would like a refresher. **Online, June 4, 9:30 AM – 12:30 PM Pacific Time.** To register, please send an email to: [cpregdiane2021@gmail.com](mailto:cpregdiane2021@gmail.com).

You will be sent a Zoom link the day before the Introductory Workshop. We look forward to seeing you there! ~CONSD Introductory Workshop Team

**Q & A With Mary Dwyer:  
“Spiritual Depression or Clinical Depression?”**

**Q:** Can a spiritual depression turn into a clinical depression in the spiritual journey? According to Fr. Keating there is a period during the spiritual journey that all is obscure, confused and one might experience feelings of depression. For more than a year, I have been experiencing all these emotions accompanied by sadness, grief and anxiety. However, a couple of months ago this experience became intense and deeper, almost unbearable. It's a sense that all human and spiritual support have been taken away from me. Friends and family members don't want to talk to me.

At this time, it's difficult for me to discern if these feelings are the result of a depression or not. Despite that, everything is emptiness and misery. I have a great compassion for those who suffer, especially the sick and homeless. I share my food, time, and love with them.

**A:** I'm a longtime Centering Prayer practitioner and a Licensed Clinical Social Worker so I relate to your question on many levels. Fr. Thomas does describe the darkness as you wrote. And he often stated that both a

Dark Night and clinical depression can go on at the same time. While in the Dark Night our senses may be depressed, there is often still a sense that life is moving forward on some level. Maybe not all the time, but movement is there. In clinical depression there is usually no sense of movement. What you describe does seem to include clinical depression and I would encourage you to reach out to your health care provider. Therapy and medication can really alleviate the intense suffering. Trust that the Spirit's work in you is for your healing and wholeness, not utter destruction. It takes great courage to share your experience, and I truly hope you take advantage of a good medical assessment. These past two years have challenged all of us in unprecedented ways.

I hope this answers some of your question. Please let me know if I can be of further support.

Blessings,

Mary Dwyer  
Contemplative Outreach



## *Thank You to Our Local Newsletter Contributors . . .*



**Mary Williams** currently serves as Coordinator and Communications Editor of CONSD. A commissioned presenter of the method of Centering Prayer, Mary also facilitates the St. Thomas More Centering Prayer group in Oceanside (currently meeting on Zoom).



**Diane Langworthy**, a commissioned presenter of the method of Centering Prayer, assists with procuring articles for the CONSD Newsletter. She also facilitates the Centering Prayer group at Mary Magdalene Apostle Catholic Community in San Diego.



**Linda Dollins** serves as Treasurer and as Events Organizer with the CONSD Servant-Leadership Team. In addition, she facilitates the First United Methodist Church Centering Prayer Group in Escondido.

### **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!

For more information, please contact Mary Williams at [kirkmary@cox.net](mailto:kirkmary@cox.net) or Diane Langworthy at [langworthy4@cox.net](mailto:langworthy4@cox.net).

## ***EVENTS***

Although most of these events are online, some 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 for these events and retreats are available from CONSD and from Contemplative Outreach, Ltd. To inquire, please email us at [consdscholars@gmail.com](mailto:consdscholars@gmail.com).

**NOTE:** Events are always being added to the Events Calendar at the Contemplative Outreach, Ltd., website. Please click the following link for the most up-to-date information:  
<https://www.contemplativeoutreach.org/events/>

**Save the Date for this Local Event: Sometimes I Feel Like a Motherless Child: Black American Women on the Road to Sainthood, with Oliva Espin.** Join us for a morning of contemplation and education as we explore the lives and spirituality of the four African American women who are presently being considered for canonization as saints of the Catholic Church: Henriette Delille, Mary Elizabeth Lange, Julia Greely, and Thea Bowman. A summary of each of their life stories will be presented, to include their respective works, charisma, and highlights of their spirituality, focusing on contemplative perspectives applicable to our present lives. **Online, May 21, starting at 10:00 AM Pacific Time.** For more info and to register:  
<https://www.mmacc.org/get-involved/black-saints>.

**Centering Prayer and Oneness, with Joy Hayter, Catherine Regan, and Heather Ruce.** Join us as we offer our beloved being up to God, sitting together in the quiet, moving throughout our day, and entering the evening and night in prayer together. This retreat is suitable for people with a long-time practice of Centering Prayer and will also provide guidance for those relatively new to it. We are planning a spacious schedule blanketed in sacred silence so that you will have time to walk the beautiful Mercy grounds, and to do other deeply relaxing practices that we’ll talk about. Bring a journal and pen if you like. There is a lovely craft room at Mercy Center but bring additional art supplies if you prefer. **In person at the Mercy Center in Burlingame, CA, May 22 – May 28.** For more info and to register:  
<https://www.contemplativeoutreach.org/event/centering-prayer-and-oneness-2/>

**Christus Victor: Incarnation, Deification, and Salvation: An Online Lecture with Fr. Vincent Pizzuto.** Christianity did not invent the cross, it was confronted by the enigma of the cross and left to grapple over its meaning in light of the resurrection. As a result, throughout Christian history many theories of “atonement” or “salvation” have emerged with no universal agreement on any one of them. Exactly how does the cross save us? And from what?

.... Among the earliest of theologies of the cross . . . is the “Ransom Theory” which was summarized and adapted by the Lutheran scholar, Gustaf Aulen in his seminal 1930 classic, *Christus Victor*. Fr. Vincent will spend an afternoon exploring Aulen’s summation of the “Ransom Theory,” offering his own modifications in light of the doctrine of deification. **Online, May 23, 10:00 AM – 1:00 PM Pacific Time.** For more info and to register:

<https://www.stcolumbasinverness.org/christus-victor>

**Save the Date for this Local Event: Introductory Program on Centering Prayer.** Centering Prayer is both a relationship with God and a discipline to foster that relationship. It is not meant to replace other forms of prayer but adds a depth of meaning to all prayer. It facilitates the movement from more active kinds of prayer into a receptive prayer of resting in God. This Program is for: Those who are brand new to the prayer, those in a Centering Prayer group who have never attended an Intro, and those who are long-term practitioners but would like a refresher. **Online, June 4, 9:30 AM – 12:30 PM Pacific Time. Dates for the four follow-up sessions to be determined at the workshop.** To register, please send an email to [cpregdiane2021@gmail.com](mailto:cpregdiane2021@gmail.com). A Zoom link will sent out the day before the Workshop.

**We Gather Together—Releasing the Enslaved Spirit—Big Sit, hosted by Contemplative Outreach of Atlanta.** Join us for an inspiring morning of Centering Prayer, Lectio Divina and, Taizé chant inspired by Howard Thurman, Michael Battle and Desmond Tutu. **On Zoom, June 18, 7:00 AM – 9:00 AM Pacific Time.** For more info and to register: <https://momence.com/Contemplative-Outreach-Atlanta/We-Gather-Together---Releasing-the-Enslaved-Spirit---Big-Sit/604051>

**Morning of Reflection with Fr. Bill Sheehan.** During our time together, we will reflect on how Centering Prayer helps us to align our hearts with the loving presence of God. In letting go of our thoughts and our preconceived notions of God, we allow ourselves to trust and rest in the presence of the Divine. We will have two periods of Centering prayer and there will be time for questions after each of Fr. Bill’s two presentations. There will be no charge for this event but a free will offering will be gratefully accepted. **On Zoom, June 18, 9:00 AM – 12:00 PM Pacific Time.** For more info and to

register: <https://www.contemplativeoutreach.org/event/morning-of-reflection-with-fr-bill-sheehan-via-zoom/>

**Practical Mysticism: Teachings from Evelyn Underhill, with Rev. Porter Taylor.** As followers of Jesus, how do we give spiritual quality to every detail of our everyday lives? In a time of conflict across the globe, COVID-19, and deep divisions in this country, how do we discover and maintain our connection to the only reality? Our calling is not merely to be connected to God. Underhill wrote, “We are transmitters as well as receivers.” She is calling for us to be “agents of the Creative Spirit in this world.” What does that look like in 2022, especially given the state of this country? This event includes a time of Centering Prayer. **On Zoom, June 18, 9:00 AM – 12:00 PM Eastern Time.** For more info and to register:

<https://www.contemplativeoutreach.org/event/practical-mysticism-teachings-from-evelyn-underhill-via-zoom/> .

**Centering Prayer Weekend, with the Contemplative Outreach Team.** This silent/contemplative retreat is for those who wish to deepen their practice of Centering Prayer. The weekend will provide an opportunity to settle into silence and to engage God in a deeper way. Thomas Keating teaches that a regular practice of Contemplative Prayer prepares us to receive the grace of an ever-deepening connection to the Divine within us. On Saturday evening, those who wish will have the opportunity to watch a segment featuring Fr. Thomas Keating: “The Mystery of God” from the DVD: *The Gift of Life*. As we emerge from our time of sheltering, there is a yearning for communal silence. This weekend offers a community of support which can allow us a deeper space for God to speak and for us to listen. **In person, July 1 – July 3, at Holy Spirit Retreat Center in Encino, CA.** For more info, contact Amanda Berg at [spiritualdirection@hrscenter.com](mailto:spiritualdirection@hrscenter.com).

**Eight-Day Directed Retreat, with Sr. Ingrid, Sr. Chris, and Retreat Team.** These eight days of silence accompanied with individual spiritual direction are an opportunity for you to speak to Divine Love and to listen to Love’s reply. This retreat is a means of opening yourself to deeper relationship with God to respond with a heart of Love. Every day there will be time for individual spiritual direction, personal and communal prayer, meditation, and reflection, giving your attention to all the ways that God speaks to you in love, to be changed forever. **In person, July 31 – August 7 at Holy Spirit Retreat Center in Encino, CA.** Registration is due July 14. For more information, call Sr. Chris at 818-285-3354.

**Scholarships for these events and retreats are available from CONSD and from Contemplative Outreach, Ltd. To inquire, please email us at [consdscholars@gmail.com](mailto:consdscholars@gmail.com) .**

# 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 <sup>th</sup> 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 <sup>th</sup> St.	Tuesdays 8:55-10:00am
4	Encinitas (1)	Virginia Erickson	760-846-5749	Bethlehem Lutheran, 925 Balour Dr., Encinitas, in the Sanctuary	Mondays 4:30-6:00pm
5	Encinitas (2)	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	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



16	Rancho Bernardo	Barbara Bank & Pat Kilzer	858 395-2654	San Rafael Parish, Center. Rooms A & B	Wednesdays 3:30-5:00pm
17	Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 S Nardo Ave, Solana Beach	Tuesdays 9:00-10:30am
18	San Marcos (1)	Karla Halvorson & Sharon Phelps	760 727-1509 760-533-2437	San Marcos Lutheran Church, 3419 Grand Ave., Sanctuary	Not currently meeting
19	San Marcos (2)	Jim Ullman & Marjo Gray	760-598-8943	St. Mark's Catholic Church	Not currently meeting
20	Serra Mesa	Diane Langworthy	619-403-6822	Mary Magdalene Apostle Catholic Community/Gethsemane Lutheran, 2696 Melbourne Dr.	Tuesdays 11:00-12:30pm
21	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
22	Temecula (2)	Robin Orner	951-669-3998	Hope Lutheran, 29043 Vallejo Ave. Classroom 6, Temecula	Tuesdays 6:30 pm
23	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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