



CONSD News

**The Newsletter of Contemplative Outreach of
North San Diego, Volume 17, Number 4,
November/December 2022**

In This Issue

A Day with Father Vincent
Pizzuto

.... pages 1-4

Simply Prayer

.... pages 5-7

Emerging Contemplative
Voices (Book Reviews)

.... pages 8-11

Local Offerings and
Save-the-Dates

.... page 12

Q & A with
Cynthia Bourgeault

.... pages 13-14

Thank you, Contributors

.... page 15

Events

.... pages 16-17

Prayer Groups

.... pages 18-19



A Day with Father Vincent Pizzuto

I was humbled by Linda and Mary's request to write something about Fr. Vincent Pizzuto's visit with us on November 12, 2022. I'm a relative newcomer to CONSD (about 3 years) and felt like a babe among the many longer-term members who surrounded me. I pray that this summation will do some justice to the wealth of vision and clarity regarding contemplative life that came to us through Fr. Vincent on this day.

In this overview, I will draw from notes and from sections of Fr. Pizzuto's book ***Contemplating Christ***. The quotations I include are from his workshop outline or from his book. Please forgive any oversimplification of many of the rich and provocative ideas and images Fr. Vincent presented. My hope is that this summary will be a stimulus for further investigation and reflection.

Fr. Vincent came to St. Peter's Episcopal Church in Del Mar to present a day-long retreat-workshop on "Active-Passivity: The Art of Becoming Christ." His aim was to help us re-envision the relationship

between *contemplation* and *action* so that we might see them not as opposites, but as extensions of one another. It is through the integration of contemplative surrender and engaged service that our lives become the “very embodiment of prayer.”

There were three central themes presented in three conferences during the workshop day. I will provide some brief thoughts and reflections on each.

1. “The Single Great Prayer.” In this conference, we were invited to reflect on our own understanding of the relationship between Centering Prayer and engagement with the world. According to Origen of Alexandria, “the whole of Christian experience” is *a single great prayer* that combines “necessary duties with prayer.” This idea was further developed throughout the day.

2. Remaining in the Cell of the Heart: Mary and Martha. We encountered a new way (new at least to some of us) to understand the story of Martha and Mary from Luke’s Gospel. This was provided by considering the manner in which the contemplative enters the solitude of the heart—even in the midst of activity. As we read in scripture, Martha seems distracted by her many tasks, while Mary sits peacefully at Jesus’s feet. Fr. Vincent invited us to explore our own take on what Mary and Martha represent and expand on the wisdom we could draw from the story.

I identified myself with Martha as the “complainer,” while Mary seems to be the true contemplative choosing the “better part.” However, in Meister Eckhart’s interpretation of the story, it is Martha who is the embodiment of the “Wayless Way”; that is, she no longer needs to sit at Jesus’s feet (or rely on specific methods of prayer). She is free to do what love demands of her in the moment. Mary, on the other hand, is in danger of becoming overly attached to the delight she feels in a particular form of prayer.

It is through the integration of contemplative surrender and engaged service that our lives become the “very embodiment of prayer.”

Eckhart’s assertion that the virtue of Martha’s detachment (from consolations and from a particular form of prayer) was above the virtues of love, humility and mercy threw me temporarily. I had never thought of Martha as more detached and mature spiritually and Mary as still full of desire and “younger” spiritually. Ultimately, it is Martha who is the “the contemplative in the world,” staying in the cell of the heart while “living nimbly from moment to moment as the Spirit calls and love demands.”

I was also intrigued and greatly moved by Fr. Vincent's clarification on how to fulfill the vocation to "pray always":

As long as there is an "I" praying to God, there is necessarily an "I" who thinks themselves to be outside of God and therefore in need of something from God . . . If we want to fulfill the vocation to "pray always," even prayer must drop away.

3. The Art of Becoming Christ. In the final conference, Fr Vincent delved more deeply into the paradox of what he calls "active-passivity." He points out that the Christian vocation is not to be "good" but to become Christ. (What a relief!):

In actively striving to be passive [i.e. we strive not to strive!], "To get out of the way" does not imply we become absent to the present moment. Rather it means we die to self or practice radical detachment (to live without a why). The invisible light of Christ is made visible through us.

Becoming transformed into this light of Christ--a light made visible through our own unique lives--reflects a change of paradigm. Something revolutionary happens. We become mindful as we become released from our dualistic minds, and the "opposition between action and contemplation" is only an apparent

opposition. We learn to skillfully live with this paradox:

Overcoming that opposition . . . is a spiritual art by which the contemplative-disciple arrives at a kind of active-passivity in which "being" and "acting" in the world are realized not as opposites but extensions of one another. . . We die to self, that Christ might rise in us.

This arises not through imitating or mimicking Christ but through something more radical. Fr. Vincent called it embodying the *single great prayer*, which he had mentioned previously in conference one:

Amid our marketplaces and crowded streets, our subways and skyscrapers, it is the vocation of the contemplative to embody a "single great prayer" . . . For the contemplative in the world, spiritual maturity is not measured by ever-extended periods of meditation but an ever-expanding heart of compassion. The demands of daily life become a school of holiness where the contemplative is led to the patient realization that they are extensions of the very Christ who walked the streets of Jerusalem who even now walks in our midst... (Contemplating Christ, 161-162).

Finally, Fr Vincent issues a clear challenge to "become Christ":

...That we actively surrender our whole self that Christ might see, listen, speak, bless, and love through us. We allow Christ to recapitulate in each of us what he did in his in his own public ministry.



After the November 12 workshop, Father Vincent Pizzuto celebrated a Celtic Rite Liturgy with Mother Paige Blair in St. Peter's Episcopal Church.

It was a truly rich and stimulating day, as can be seen from the email comments that came in from some CONSD volunteers the following day. I hope they will provide a flavor of the joyful energy that stayed with us for days:

After our many in-person CONSD events, my heart is always filled to over-flowing, but yesterday was extra-special. We not only hosted an in-person event (finally), but a reunion. Fr. Vincent was back and we were back.

A beautiful event in every way – and just a delight to see everyone & be with you all as we received Fr. Vincent's eloquently presented teachings! My cup overflows!

What joy to be together again! Fr Vincent was the perfect choice for our gathering. A heartfelt YES! to all these grateful thoughts!

~Alan Javurek, Ph.D

Father Vincent Pizzuto, Ph.D. is Professor of New Testament Studies and Christian Mysticism in the Department of Theology and Religious Studies at the (Jesuit) University of San Francisco. In 2018 he published his second book, *Contemplating Christ: The Gospels and the Interior Life*. As an Episcopal Priest, Fr. Vincent serves as Vicar of [St. Columba's Church and Retreat House](#) in Inverness, California.

Fr. Vincent's blog is available [here](#).

Simply Prayer

What if? What if CONSD offered a weekly time of only Centering Prayer on Zoom open to anyone anywhere? Would there be an interest? Many established in-person prayer groups had begun to meet on Zoom due to the pandemic. So Mary posted the offering of Simply Prayer with the permanent link on the CONSD website (consd.org) under the Centering Prayer Tab. Now a core group attends regularly, but we want to encourage more to “come and see.”

When we first announced Simply Prayer, Mary wrote: “With Simply Prayer on Zoom, our intention is to offer a way to gently touch base across the miles—praying together and mutually blessing our solidarity-at-a-distance. We begin with an opening prayer or chant, followed by 20 minutes of Centering Prayer. Afterwards, we read aloud (twice) a brief passage from scripture or a contemplative teacher, then end with a closing prayer. Our rotating list of facilitators includes: Kathy Mendoza, Mary Williams, and Elena Andrews. These sessions last 30-45 minutes and do not include a time of sharing or discussion. We meet each Thursday at 10 AM Pacific Time...Please ‘arrive’ a few minutes early ... to allow time for settling in – and to smooth out any technological issues. We look forward to being with you in this way as we seek stillness and guidance and deepening in these harrowing times.”

But why do the regular members attend Simply Prayer? We recently asked if they would share their thoughts. Here is how they responded:

“I wasn't sure what to expect when I first attended Simply Prayer, but I was welcomed immediately by Mary Williams in a warm and friendly way, invited to introduce myself to the group, and felt relaxed and included. The tone of the gathering is very contemplative. Mary plays soft music of natural earth sounds and piano for a few minutes before we begin at 10:00 am, and I try to come a couple of minutes early in order to relax. There is always a prayer and a reading or two before we begin the sit, and the gong brings us back at the end. It's really a beautiful way to start the day. I've enjoyed it so much that I'm inviting friends to join, and one-woman friend has been coming regularly. I would love to see more people in the group because Mary does a very sensitive facilitation of the group.”

~Lynne Prechel



“The spirit led me to you, and I have been a regular along with your Monday Zoom meeting and 12-Step Zooms. The Zooms were a saving grace to people like me. I cherish all of the Zooms, but Simply Prayer is special. I begin my day with familiar faces as we bless each other with our eyes. I also have wondered why few of the other Zoom sessions are not taking advantage. It could be that they may not be aware of it. The only one I know from other Zooms is Stephen from the 12-Step Zoom.”

~Bill

“I look forward to Simply Prayer each week because it makes no demands and requires no

preparation, other than a desire to connect with God and fellow prayer pilgrims in an unencumbered way. The result is spiritual renewal and an emotional boost during these challenging times. A spiritual oasis in the heart of my week, in the comfort of my home.”

~J. Milligan

“I moved out of San Diego late last year and there are no centering prayer groups near me. I enjoy seeing everyone and reconnecting. Keep up the good work. I look forward to the sessions.” ~DM



“Have you ever had a situation where a new person comes into your life that you were not looking forward to meeting? After the initial reticence and a few meetings, you realize how instrumental this person is and cannot imagine them not being in your life.

For me, this aptly describes my relationship with the Simply Prayer virtual gatherings. From the onset I kept a safe distance. I prejudged this experience as I was put off by the lack of group discussion.

But I had the time on Thursday, and some months later decided to tepidly join in on one of the gatherings. That meeting intrigued me. I found myself coming the following week. And the week thereafter. And, as they say, the rest is history.

I now consider myself a groupie of this gathering. Why? Simply put, this is a place for mystics who are open to the movements of the Holy Spirit. And, in my humble opinion, the Spirit moves through the Centering Prayer, as well as the *lectio-divina*-like spiritual reading and the ‘blessing with our eyes’ with the other participants. I truly love the ‘regulars’ who are journeying with me. And the group leaders have been well chosen to lead. To say the least, Simply Prayer is both empowering and personal for me, even though I don't speak. And I am forever grateful that it is in my life. For all these reasons, Thursdays will hold a special place in my heart. Thank you CONSD!!!”

~Randy Singh

“At first I came to support this opportunity and the facilitators, but as the weeks passed, I realized I would continue to come. Simply Prayer had become, like my prayer group, an anchor in my week. Without faith sharing, I thought I would not feel connected to others, but I do, just by their presence. The facilitators’ soft voices and slow tempo quiets and stills me, and the readings at the close of the prayer seem to penetrate my heart. We take a few moments before we close each meeting and simply gaze at each person, something I had never done before. I feel as if we are blessing each other with our eyes. In the silence, the readings, and the gazing, we become one, without the need to verbally share. It is a precious, sacred time.”

~**Linda Dollins**

“We began Simply Prayer not knowing if it would be a temporary or an ongoing group. Was it something to help ‘tide us over’ during lockdown? Or might it last longer than that? It seems now that the latter is the case, especially as people from beyond North San Diego have visited and joined us. It’s a lovely way to pray with others without having to leave the home, and its simple and brief format makes it accessible—yet deep. If you are free at 10:00 AM Pacific Time on Thursdays – we welcome you!” ~**Mary Williams, facilitator**

“The idea presented to us thru Mary Williams was that Simply Prayer would be an opportunity for us to pray together in a brief and focused way during the pandemic

when we were quite isolated. For those who have other responsibilities, the short amount of time SP requires makes gathering possible. I loved the idea then, and continue to love being together weekly on Zoom, feeling the intimacy of presence in prayer seeing faces silently gathered in love.”

~**Kathy Mendoza, facilitator**

“As a way to stay connected and support each other during the pandemic our beloved coordinator, Mary Williams, was inspired to start the Simply Prayer group through Zoom every Thursday at 10am. I volunteered to facilitate the third Thursday sessions. Even though my life is back to ‘normal’ busy now, and I am not able to attend much of the time, I continue to be blessed by facilitating and sharing the silence with the group on the third Thursdays. It is a gift the lockdown gave us. What was started as a response to tough conditions out of our control has become another beautiful way to pray together and support each other in our practice.”

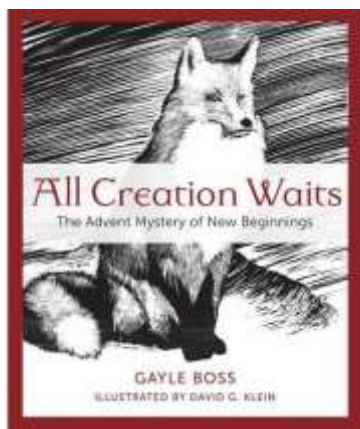
~**Elena Bertran, facilitator**

If you would like to join us, just go to consd.org and click on the Centering Prayer Groups tab. From there go to Simply Prayer and click on the Simply Prayer Primary Link. Come a few minutes before 10 AM PST to settle yourself in the quiet and feel the gentle presence of the community.

~**Thanks to CONSD’s Simply Prayer members and facilitators**

Emerging Contemplative Voices: Three Book Reviews

While many of us are familiar with written works by contemplative luminaries like Thomas Keating, Cynthia Bourgeault, and Richard Rohr, several wonderful books by emerging leaders—and hidden gems by well-known authors—have appeared in recent years. If you are looking for a new Advent reader or a fresh perspective on contemplative living in the 2020's, here are a few excellent suggestions:



***All Creation Waits: The Advent Mystery of New Beginnings*, by Gayle Boss with illustrations by David G. Klein. Paraclete Press, 2016.** Hailing

from the west side of Michigan, Gayle Boss's lifelong love of animals and immersion in spiritual texts and practices have melded in writings that explore how an attentive presence in the natural world helps restore us to our deepest selves. As she explains on [her website](#), "I try to create word pictures that convey what mystic Meister Eckhart told us about them 700 years ago: 'Every single creature is full of God and is a book about God. Every creature is a word of God.' When we fall into wonder at the creatures of Earth, windows open onto the divine." In *All Creation Waits*, 25 meditations by Boss (for Dec. 1-25) are paired with original woodcuts by Klein. Each day reflects on how a different wild animal adapts when darkness and cold descend. As noted in a Google Books review: "We hear as if for the

first time the ancient wisdom of Advent: the dark is not an end but the way a new beginning comes."

Here is an excerpt from her meditation on the Muskrat, creatures who create "push-ups," hollow mounds atop pond ice, for winter refuge: "It's a little breathing room, this heap of sticks on the pond ice. A dark little room, like his dark little den dug into the pond bank.

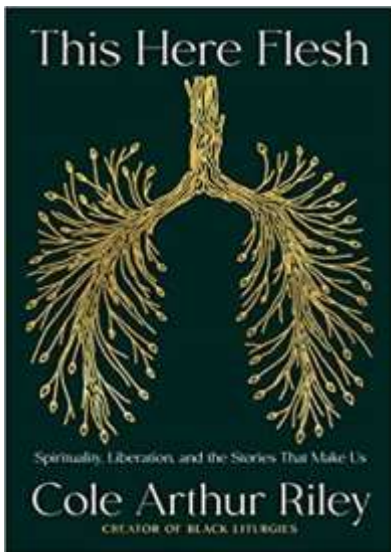
Retreating to his dark rooms to rest and breathe—sometimes alone, often with others—this is how he survives the months

of cold that can stop his plucky, industrious heart. Warmed, invigorated there, with a flick of his tail he dives sleek and quick to the very bottom, where the fresh food always grows."



Author Gayle Boss

Merrilee Melvin, Michigander and a former CONSD servant-leader, says, "This is a great Advent book...the author speaks our contemplative language, and I suspect she is a Centering Prayer practitioner."



This Here Flesh: Spirituality, Liberation, and the Stories That Make Us, by Cole Arthur Riley. Penguin Random House, 2022. Born and raised in Pittsburgh, PA, Cole Arthur Riley currently serves

as the spiritual teacher in residence at Cornell University's Office of Spirituality and Meaning Making. She is also the creator of Black Liturgies, an ongoing social media presentation seeking to integrate the truths of African-American dignity, lament, rage, justice, and rest into written prayers – a project with The Center for Dignity and Contemplation, where she serves as Curator ([see website here](#)). Riley is an enormously gifted writer, with a depth of expression and a discerning wisdom that convey the truths of an “old soul” despite her seemingly young age. In a stunning combination of memoir and meditation, *This Here Flesh* weaves family stories alongside contemplative reflections—elegantly perceiving the sacred in the ordinary and exploring vital questions of life and faith along the way: How do we honor, lament, and heal from the stories we inherit? How can we find peace in a world overtaken with dislocation, noise, and unrest?

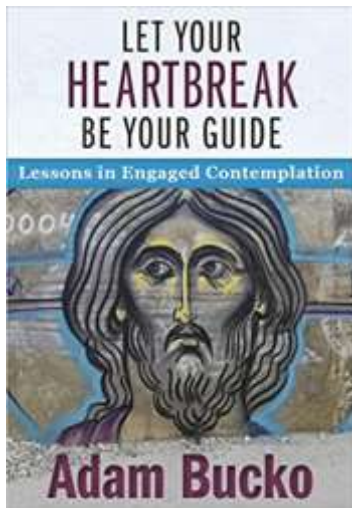
Here is a sampling of Riley's insight, from her chapter on “Lament”:

If Christ wept for Lazarus, he must've done so not out of an absence of hope or faith, but out of love. It was an honoring. When we weep for the conditions of this world, we become truth-tellers in its defense. People who can say, This is not good. It is not well. People who have seen the face of goodness and refuse to call good and curse by the same name... In lament, our task is never to convince someone of the brokenness of this world; it is to convince them of the world's worth in the first place. True lament is not born from that trite sentiment that the world is bad but from a deep conviction that it is worthy of goodness.

As Amazon reviewer Baya Clare notes, “This book is destined to take its place alongside the great classics of Christian literature like *The Cloud of Unknowing*... It is worldview-altering and soul-healing, the kind of spiritual reading you return to again and again.”



Writer Cole Arthur Riley



***Let Your Heartbreak Be Your Guide: Lessons in Engaged Contemplation*, by Adam Bucko. Orbis Books, 2022.** Adam Bucko grew up under a totalitarian regime in Poland and is now an Episcopal priest living in New York. A

committed voice in the renewal of Christian contemplative spirituality and in the New Monastic movement, Bucko cofounded the Reciprocity Foundation, where he spent 15 years working with homeless youth in New York City providing spiritual care and developing programs to end youth homelessness. He currently serves as director of the Center for Spiritual Imagination at the Cathedral of the Incarnation in Garden City, New York. With his wife Kaira Jewel Lingo, he also co-leads the Buddhist-Christian Community for Meditation and Action. ([See website here](#)).

Let Your Heartbreak Be Your Guide is a moving collection of reflections, stories, and practices from the author's life and experiences. Written against the backdrop of the COVID pandemic and America's reckoning with growing poverty and systemic injustice, Bucko's text is uniquely positioned to accompany readers through the disillusionment and violence of these times. An overview shared on Amazon.com

notes, "Each chapter offers readers an invitation to pay attention to God, who is eager to accompany us through our challenges and hopes. Throughout, Fr. Adam invites readers to draw from his rich personal experiences, beginning with his youth in Poland where he witnessed courageous priests use nonviolence to fight a totalitarian system, to his work with homeless LGBTQ youth on the streets of NYC, to his interactions with interfaith communities across the globe. Alongside these diverse experiences, Father Adam weaves in wisdom gained from mentors, scripture, and spiritual activists and mystics, such as St. Teresa of Avila, Howard Thurman, Dr. Martin Luther King Jr, Catherine Doherty and Thich Nhat Hanh."

Adam Bucko writes with wonderful clarity, humility, and tenderness. At the end of his book, he includes practical advice on being a contemplative in today's world,



Fr. Adam Bucko

offering a list of simple commitments and an appendix of spiritual practices—daily contemplative prayer, walking meditation, nightly examen, and "desert" time, among others. Whether one is new or weathered on the spiritual journey, Bucko writes for us all. As author and teacher Matthew Fox notes, "Adam Bucko operates from both the heart and the

head and is honest about his and our brokenness and limits. Above all, he invites all to become the spiritual workers and

servants we are called to be in these times of darkness and hope on the cusp of becoming a new-born humanity.”

**~Compiled by Mary Williams
with the assistance of several reviewers**

“Time Is Precious”

**Time is a companion
That goes with us
On the Journey**

**To remind us
To cherish
Every moment**

**Because it will never
Come again.**

**What we leave behind
Is not as important
As how we have lived.**

Everything Matters!

~Bill Dingas



“Peace on Earth”

**Jesus comes back as a baby
to tell us that God
is not far away.**

**The angels are still singing:
peace on earth
to people he loves.**

**Let us ask your defenceless omnipotence
to bend down and to snuff out the arrogance of violence,
to remove hatred from all hearts
and to put love there,
to make it so that soon no nation in the world
will remember
what war is.**

~Chiara Lubich, from *Christmas Joy*

Contemplative Outreach of North San Diego offers



Elena Bertran will offer a quiet morning with 2-3 periods of centering prayer, scripture, and music.

Saturday, December 3, 2022

9:30-12:00 on Zoom

She will focus on the pillars of Advent:

HOPE, PEACE, JOY, and LOVE

We hope you will be able to join us.

To register, email consd.cal@gmail.com

Q & A with Cynthia Bourgeault

“Is Charisma a Gift or Curse?”

Q: I have a question about charisma – I heard it can be a gift of the Spirit but I also know it can be a serious ego trap (a certain guru with a fleet of luxury limousines comes to mind). What kind of energy is there behind charisma? Is it a gift or a curse? It seems to me that Fr. Keating had a bit of a struggle on that front at the time he was an abbot.



A: Thank you for your discerning question.

As with almost everything else, charisma is not a single “something,” but more an energetic gamut. At one end of the gamut is pure, holy being-radiance that attracts simply by its own freedom

and goodness. That’s the kind of charisma people responded to in Jesus and so many other great saints and holy people; it’s the radiance of pure holiness itself. In his final years Thomas Keating was also radiating this kind of charisma much of the time; the more simple he became — “the less Thomas was there”—the more magnetically the pure charisma of his realized Being glowed. But even for Thomas it took a long life journey to get there!

At the other end of the gamut charisma is “sticky”— the distorted animal magnetism of an ego self “on the make” for personal power and gratification. This “magical” charisma is basically vampirish: it sucks people in, then sucks them dry. Gurdjieff called it a “misuse of the sexual center” with good reason; whether or not there’s actual sexual acting out involved, you can always sense that undercurrent of lust at the driveshaft of this demonic caricature of the “holy” charisma. “I will not be impotent!” it proclaims. You’re quite right that it’s a curse, for both the one who must bear it and the ones who will suffer from it.

Those are the extreme ends of the gamut. Most of us find ourselves somewhere in the middle, stuck between our authentic yearning selflessness and the fears and inner

demons that drive us back behind our own barricades. We all have charisma to some degree, though many of us prefer to keep it well hidden beneath a bushel! But as we work our way courageously toward freedom—freedom from our false-self-programs, freedom from clinging and insistence, freedom from self-importance—we discover that grace itself, working through our lives, slowly transforms our

“sticky” charisma into holy charisma, which then radiates out to others as the gift of their own freedom.

As Jean Gebser once wisely said, “Anyone able to set aside power is liberated from impotence.” Then and there does charisma find itself wholly purified.

--God bless you, Cynthia Bourgeault

My Love Language

When Joseph awoke, he did as the angel of the Lord had commanded him. – Mt. 1:24

When God wanted to speak to St. Joseph, he sent an angel in a dream. Was this because a flesh-and-blood angel would have frightened him? Or was it because Joseph, a “righteous” man, was already so exquisitely attuned to the Lord’s promptings that he needed only a whisper in a dream to hear and respond? That he acts right away, with all his heart, suggests the latter. But, whatever the case, the Lord spoke to Joseph in a way that Joseph could best understand.

He speaks to each of us in the same intimate way. Perhaps I am the kind of person who needs someone else’s quality time—and God is calling me to silent prayer. Or I crave physical touch and God wants me to feel that inner warmth the spiritual masters call “consolation.” God may be speaking words of affirmation to me through my friends or my neighbor. He might be planning to shower me with unexpected gifts in the Eucharist or in the confessional or in my marriage or through my children.

I may not even know what I need. But *he* does. I need only keep my eyes open—and be ready, like Joseph, to respond in kind.

~Lisa Lickona

Thank You to Our Local Newsletter Contributors . . .



Alan Javurek, Ph.D, LMFT, is a psychotherapist in “virtual” private practice in Carlsbad, CA. He has been involved with CONSD through workshops and retreats since 2018.



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 (presently meeting on Zoom).



Blessings to our “regulars” at Simply Prayer who shared their experiences with this weekly online Zoom group: Linda Dollins, Lynne Prechel, J Milligan, Bill, DM, Randy Singh, Kathy Mendoza, and Elena Bertran.

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 or Diane Langworthy at langworthy4@cox.net.

EVENTS

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.

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/>

NEW!! OPENING MINDS, OPENING HEARTS: A Podcast Series by Contemplative Outreach, Ltd., launches on Sunday, November 27. With Colleen Thomas and Mark Dannenfelser. This will be available on all podcast streaming platforms (Apple Music, Spotify, Amazon Music, Google Play) as well as the [CO YouTube Channel](#). Listen to this podcast trailer [here on YouTube](#) (5 minutes).

Advent Silent Saturday, with Retreat Center Staff. As the season of Advent approaches, join us for a quiet morning of Centering Prayer and silence. The 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. **In person at the Holy Spirit Retreat Center in Encino, CA, Saturday, December 10, 9:00 AM to 12:00 PM.** For more info, click [here](#). Register by December 7 at hsrcenter.com.

New Year Silent Saturday, with Retreat Center Staff. Start the new year off with a deeper sense of peace. Join us for a quiet morning of Centering Prayer and silence. 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 to those new to the practice. **In person at the Holy Spirit Retreat Center in Encino, CA, Saturday January 14, 2023, 9:00 AM to 12:00 PM.** For more info, click [here](#). Register by January 10, 2023, at hsrcenter.com.

Simple Presence: A Contemplative Prayer Experience with the Vision of Contemplative Outreach. In Simple Presence, the divine Presence becomes an invitation for our community to listen deeply to the Spirit's movement and action within. The event will offer a communal prayer experience dedicated to contemplation of the [Vision Statement of Contemplative](#)

Outreach: *"We embrace transformation in Christ, both in ourselves and in others through the practice of Centering Prayer."*

Each participant enters into inner awareness individually and then opens to the source of the Presence, which is shared by other members of the group. The underlying commonality of the intention held is sacred. Simple Presence is being offered to those who are engaged with Contemplative Outreach on any level or simply have an interest in this community. It will be assumed that participants have a regular Centering Prayer practice and are familiar with Lectio Divina and the Welcoming Prayer. **Alan Krema** will lead this workshop and it will include embodied prayer, chant, reflective readings, Centering Prayer, Welcoming Prayer, and wisdom sharing. Come prepared to sit in Simple Presence with the sacred words of the Vision. **On Zoom, Saturday, January 21, 2023, 10:00 AM to 12:00 PM Central Time.** For more info and to register, click [here](#).

Global Conversation for the Contemplative Outreach Community. This is an opportunity for Contemplative Outreach volunteers to connect and converse in a Zoom meeting with breakout rooms. You are welcome to propose conversation topics in advance to Marie Howard at mrhfamlife@aol.com. This event will be offered two times to accommodate various time zones. More information to come, including registration and connection details via Zoom. **Save the Date: Saturday, January 28, 4:00 PM to 6:00 PM.**

LOCAL EVENT: Intensive 5-Day Silent Retreat, with Contemplative Outreach of San Diego (COSD). Many have called this retreat a time of interior regeneration and peace...a chance to sink into His presence and let love alone speak...a time to practice the presence of God...a time to consent and simply rest in the transformation of Centering Prayer. If you are led to give yourself the the gift of this special time with God, respond in a timely manner. Space is limited and filling up quickly. **In person, April 17 to April 23, 2023, at Prince of Peace Abbey in Oceanside, CA.** For more info and to register, please click [here](#).



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 (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)	Sharon Phelps	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	Pam Bowen	909-938-9932 951-676-2928	Zoom only. Contact facilitator for more info.	Thursdays 6:30 pm
22	Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista, 490 S. Melrose Dr. Vista	Mondays 9:30-10:45am

Contemplative Outreach of North San Diego is a non-profit ecumenical spiritual organization. The Newsletter is published online quarterly. The views expressed in the articles by our local contributors are theirs alone and are not intended to indicate endorsement by Contemplative Outreach.

Website: www.consd.org

Editor: Mary Williams (kirkmary@cox.net).

Telephone: 760-822-3916 (cell and text) for Mary Williams

Post: CONSD, c/o Mary Williams, 1241 Granite Rd., San Marcos, CA 92069.

The Newsletter of CONSD: The North San Diego Chapter of Contemplative Outreach, Ltd.

Layout and Design: M. Williams