



# CONSD News

The Newsletter of Contemplative Outreach of  
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The **VISION** of Contemplative Outreach of North San Diego is to foster the process of transformation in Christ in one another through the practice of Centering Prayer.

The **MISSION** of Contemplative Outreach of North San Diego is to: present the method of Centering Prayer, build a Christ-centered community, and support the contemplative life.

## **CORE VALUES**

### **Value -- Christ Centered**

We will know we are living by this value when we: Commit ourselves to be faithful to the practice of Centering Prayer twice a day. Embrace the inspiration and direction of the Holy Spirit in accomplishing our Vision and Mission. Share the method of Centering Prayer with utmost charity and humility.

### **Value -- Humility**

We will know we are living by this value when we: Acknowledge that any good accomplished by CONSD is the work of the Holy Spirit. Are transparent in our actions. Treat everyone we meet, within and outside of CONSD, in a non-judgmental manner. Respond to every issue that comes to us in a non-judgmental manner.

### **Value -- Utmost Charity**

We will know we are living by this value when we: Reach out with compassion, understanding, and joy in the pursuit of our Vision and Mission Statements. Accept and value each person wherever she/he may be on their spiritual journey. Treat every person and issue with utmost patience.

### **Value -- Community**

We will know we are living by this value when we: Cultivate and foster a spirit of unity and utmost charity throughout the spiritual network. Honor and respect people within and outside of our Christian tradition regardless of differences in outlook, theology, or practice. Hear, share, learn, and grow in union with one another with God as our center. Reach out with utmost hospitality in all that we say and do.

### **Value -- Encourage and Support**

We will know we are living by this value when we: Offer the Centering Prayer Introductory Program regularly. Present programs/events that encourage spiritual illumination, growth, and transformation regularly. Hear and respond to the needs of the CONSD membership. Affirm each member's desire to develop a closer relationship with God.

## *Advent Morning of Prayer with Elena Bertran*

I'll be honest: I dread "the Christmas season." I suspect that many of us who pray in silence feel similarly.

I abhor the rush of activity--the pressure to purchase, to consume, to travel far in rough weather. I groan at the cloying, cheery music played too loud in the grocery store, everything ramping into overdrive with bright wrapping, high sugar, constant chatter. *Not* that these things are bad in themselves. They just seem to contribute to a seasonal dissonance. As the nights grow longer and creation hunkers down, the hustle-and-bustle grates against the deeper call to slow down, to unclench, to make room for the re-birth of the Mystery, Christ in our hearts.



*Retreat Leader Elena Bertran*

Thus, I was grateful when retreat leader Elena Bertran offered her time and talent to prepare and present a CONSD Advent Morning of Prayer on Zoom.

About four dozen of us gathered

online on the morning of December 3, 2022, to pray together and receive mutual refreshment through periods of Centering Prayer and other contemplative practices.

Using the Four Pillars of Advent as touchstones, Elena gently guided us through reflections on Hope, Peace, Joy, and Love—interwoven with periods of *Lectio divina*, *Visio divina*, body movement, and chanting graciously led by cantor Avril Bland.

The morning's readings comprised a lovely blend of the traditional and the contemporary—from a prayer by the ninth-century Orthodox St. Symeon the New Theologian to Barbara Holmes' 21<sup>st</sup>-century poem, "Joy Unspeakable;" from Fr. Thomas Keating's homily, "The Myths of Peace" to "Ordinary Glory," a modern painting of the Holy Family by Lauren Wright Pittman. (Click [here](#) to see the resources cited during the retreat).

With our *Lectio* on "Joy Unspeakable," I found myself reflecting on how Christ—as Jesus of Nazareth and as the ever-unfolding Light within all creation—"erupts when you least expect it" and "rises on the crest of impossibility." Through angelic visitation and through dream, respectively, Mary and Joseph encountered and embraced an unexpected and "impossible" mystery coming to birth through their very lives. They probably did not know, at the time, that the child they nurtured would become the embodiment of divine love on Earth. Likewise, as we move into deeper levels of consent to God's presence and action in our

lives, we probably cannot foresee when or how our surrender will flower into the grace of compassion, humility, loving service . . . even within chaos, even when the burdens are great or when hope seems absent. This is the “joy unspeakable” that celebrates



*"Ordinary Glory," by Lauren Wright Pittman*

what we cannot yet see. This is the deeper Mystery of Christmas, Christ born and reborn through our Spirit-opened hearts.

As our morning of prayer continued, each ensuing Pillar of Advent offered further opportunities to sink in and to let an image, a chant, or the embodied prayer of gesture and movement to wash over us. With an easygoing pace, the morning felt spacious and nourishing—just what was needed to help us pause, slow down, and enter into the remaining days before Christmas with a greater attentiveness to the real gifts of the season: hope, peace, joy, and love. Thank you, Elena and Avril, for providing such a contemplatively inspired vestibule into Advent, Christmas, and the New Year.

*~Mary Williams*

### **Begotten in Us**

We are all meant to be mothers of God. What good is it to me if this eternal birth of the divine Son takes place unceasingly, but does not take place within myself? And, what good is it to me if Mary is full of grace if I am not also full of grace? What good is it to me for the Creator to give birth to his Son if I do not also give birth to him in my time and culture? This then, is the fullness of time: When the Son of Man is begotten in us.

*~Quoted in Hans Urs Von Balthasar's Love Alone Is Credible, 2004.*

# *The People I Pray With*

This morning, as I wrote my weekly email reminder to my Centering Prayer group, I paused. The Spirit was filling my heart space with profound gratitude for 20 years of prayer group support, for people who held the space for the prayer, and for the sacred silence.



My prayer group journey began in 2003. After a year of sporadically practicing the prayer on my own, I joined Chris and Sue Hagen's Tuesday night group. With them as my guides as well as those in the group, I first learned how to respect silence. Never had I entered a meeting quietly, sat with others for 20 minutes in silent prayer, listened patiently to difficult formation material (i.e., *The Spiritual Journey* tapes), and then faith shared. Faith sharing had the steepest learning curve for me. Waiting in silence for another group member to speak from the heart without responding seemed impolite and harsh. I wanted to let the speaker know that I identified with their revealed pain, their questioning, their understandings. Only much later did I fully appreciate that it is God's work in them that they are sharing, and that each of us in the group is just to be a witness. My desire to reach out in faith sharing was in some way a lack of faith and a desire to turn their

moment of sharing to my own need for attention.

My customary church service behavior hadn't prepared me for the respectful silence and restraint a prayer group practices, and my outgoing nature worked against it as well. After a couple of years, however, I began to actually become comfortable with the format of the group. One completely unexpected revelation was that I could feel a deep connection to others in the group without knowing any personal information about them. I was knowing them through the Spirit; they became my brothers and sisters in Christ. If a fellow airline passenger had told me some deeply personal trouble, I would have asked him questions to further my knowledge of his situation, playing the role of amateur therapist. In the prayer group, I learned that God didn't need my limited counseling skills.



I also remember thinking that if more people just embraced Centering Prayer and knew others through silence, we could solve all societal problems. Centering Prayer might be the answer to world peace. This misplaced notion of the prayer initiated my proselytizing period as I spread information about the prayer in my home church and encouraged a wider audience by participating in the Introductory Workshop program. I had minimized the greater

Centering Prayer teaching that we most effectively share the prayer by becoming the prayer, remaining steadfast to a regular twice-a-day practice. Instead, my invisible personal placard implied: “Divine Union Now.” As those whom I had brought

to the prayer peeled away from their initial curiosity, I knew that my power and control program for happiness needed to be shut down. It was more important to become a “lighthouse” for the curious—available for guidance without “selling” much like Chris and Sue Hagen had always been for me.

Then in 2007, we formed a prayer group at my church. We were all such neophytes in our understanding of the power of the prayer, but Contemplative Outreach had training and support, especially for facilitators like me. Chris and Sue had

regular training sessions for our chapter’s facilitators, and Rebecca Crowley led several new facilitators in an intensive training retreat. A key touchstone of that training is CONSD’s Vision and Mission Statement created at the chapter’s inception by Chris and Sue and the Servant Leadership Team and used regularly today:

<https://consd.org/about-consd/consd-vision-mission-values/>. Every time I read this and Contemplative Outreach Ltd.’s

Vision and Mission Statement, I do so with a little trepidation, wondering if I still believe in these principles—and I do.

With the constant support and modeling of Sue and Chris, I was able to direct our group appropriately. I knew little about contemplation and the contemplative way

of life when I began, but I could share the chapter’s and other resources from the growing Internet. Over time, we have had the privilege of over 700 prayer meetings, and learned, for example, about John of the Cross, the Desert Fathers and Mothers, the Enneagram. Our formation time included over 30 books, beginning with *Open Mind Open Heart*, videos, CD’s, DVD’s and now YouTube offerings. Our group membership number has remained stable, but individuals have stayed, left, come back, and left again. We have retired pastors and people who do not call themselves Christian. Before the

***‘The greater Centering Prayer teaching [is] that we most effectively share the prayer by becoming the prayer, remaining steadfast to a regular twice-a-day practice.’***

pandemic when we met in person, we would have small after-meeting parties. One group member has a magnificent and unique garden in his backyard, and he invites us to have our prayer meeting there. We have members who never have personal prayer requests and members who always do. We have both men and women and occasionally people who are under 50. Our journeys may be different, but our time together is a constant.

Over all these years we are still together, still wanting this hour of prayer. Some have joined recently and some who have moved away still come to the Zoom meetings. But our comings and goings are not what matters. It is that we have this precious

space to return to every Monday at 4:30--a space where God works in all of us at the same time. With our presence alone, we witness our desire to be One in the Spirit. I cherish all of the various groups in my life—family, church, friends—but it is my Centering Prayer group that supports my faithfulness to the prayer which in turn supports me. Not through blood, or shared interests, or neighborhood, but through the Spirit and the mystery of silence, and this morning especially, I am profoundly grateful.

Amen.

***~Linda Dollins***

### **Just Begin**

You need not have it all together to begin. All that is necessary is the desire to listen for God's call in the midst of your life. That is enough. We bring our little drop of generosity, and God responds. We ask for spiritual freedom, and God assists us to grow in it. We seek what is better in a particular situation, and God meets us in that seeking .... The most important activity in all that follows is simply to hunger for God's life to come more fully—in you, in others, in the world. All the rest is God's job. And God is faithful, beyond our ability to ask or imagine.

*~Elizabeth Leibert, The Way of Discernment: Spiritual Practices for Decision Making.*



*I will love the light  
for it shows me the way,  
yet I will endure the  
darkness because it shows  
me the stars.*

*~Og Mandino*

# *The San Rafael Centering Prayer Group*

The contemplative prayer group at San Rafael Catholic Church began some 27 years ago, in about 1996. Maureen Anderson and Evie McGreevey were the first active COSD members in this part of North County. (CONSD had not yet been established).

Maureen served as the facilitator for this small group which met regularly in homes. Audrey Spindler joined in 2008. At that time, there were four members. In 2010, Audrey assumed the facilitator role. Both Audrey and Maureen

have consistently—over these many years—brought wisdom, love, and selflessness to the community. At its largest, the group grew to about 20. Unfortunately, between deaths and departures from California, the group shrank. Additionally, COVID was pivotal in reducing participation. In early 2022, Barbara Banks and I offered to facilitate the group. Currently we have 11 members. Due to either health or personal circumstance constraints, most do not join in person. There are five to six of us who gather each Wednesday at 3:30 PM in our Parish Center. We are a small, but sturdy, group!



*Inside San Rafael Catholic Church, San Diego, CA*

Generally, our prayer-meeting structure is that we open with a scripture passage, after which we still ourselves and center for 20 minutes. I'll then read a short prayer from the Liturgy of the Hours. At that point, we'll spend 30 or 40 minutes reading aloud from

our current book selection and discussing it. We recently completed *The Cost of Discipleship* by Dietrich Bonhoeffer. We found it to be a very powerful work. We have just begun reading *Women of Hope: Doctors of the*

*Church* by Terry Polakovic. We are very much enjoying learning about these four women saints, the times in which they lived, and the work of God accomplished through them. This year as well, we will be periodically viewing some of Fr. Keating's videos.

We are so thankful to have each other and all of our sisters and brothers in prayer and for all those who guide, educate, and assist us in this path.

**~Pat Kilzer**

## *A Blessed Shelter at Bethlehem Lutheran Church*

A meditation room was part of the site where my church, Bethlehem Lutheran, was holding our annual Women's Retreat in 2016. The planning committee invited me to offer an introduction to meditation, and the space was put to good use! I had been centering at St. Peter's in Del Mar for a few years and helping Kathy Agnew facilitate a group there, but bringing Centering Prayer to my own church had not been part of my game plan. As the weekend unfolded and the enthusiasm of the group spread, Pastor Laura asked what having our own group at Bethlehem would entail. I was all-in.

Monday afternoons, a dozen or so women began centering in our church's Multi-Use Room, right next to our pre-school's playground. Often our sits coincided with a spirited recess or parent pick-up excitement. We once had a handful of children peering at us through the full-length windows as one remarked, "It looks like they're sleeping." When our church hosted the homeless shelter in the Multi-Use Room, we relocated to the sanctuary and found that we had indeed found our own blessed shelter. We loved our sits around the baptismal font--right at the heart of the church--at the perfect time for the afternoon sun to light up the beautiful stained glass western side of the chapel,



*Bethlehem Lutheran Prayer Group in 2017*

flooding the walls and often our faces with their colors.

Covid forced us to find yet another sanctuary, our own homes, and a member of our group generously offered to host the Zoom sessions. Howie has not missed a single session since March 2020! Because Howie is a docent at Torrey Pines State Park, he is able to invite us four times a year to welcome in each new season. Following our outdoor sit under stunning Torrey Pines, we have a contemplative walk to a perfect spot to view the sunset on the equinoxes and solstices. *(continued on page 9)*



We do not much resemble that early group, all women from Bethlehem Lutheran with no experience meditating. During the nearly seven years we have been meeting, folks have come and gone and only three original members are still attending. We now have mostly seasoned meditators, as many men as women, and as many Bethlehem members as non-Bethlehem

members. Our time together has strengthened our bonds, deepened our practice and kept us on the journey's path. We are grateful for each other's presence, for the support of CONSD, and for the many wisdom teachers in our Centering Prayer lineage.

~ **Virginia Erickson**

### **Every Particle of Love**

My firm belief is that we are all in this together. Though political and economic conflict may separate us and even make us adversaries; though we may not appreciate or understand each other; though our individual and societal attachments may cause us to harm and even kill one another, still we are irrevocably, irreversibly, together.... We are all rooted together in the ground of consciousness that is God's gift to us all. We are all brought to life through that One Spirit that is unfathomable loving energy. In this field...our joining is absolute.... When the Islamic mullah prays with true and quiet heart, I believe that the soul of the Iowa farmer and the Welsh miner are touched. When the gong sounds in the Japanese monastery...their quiet nourishes the hearts of the Brazilian Indian and the Manhattan executive. When Jews and Christians pray with true willingness, the Hindu scientist and the Russian policeman are enriched. Thus when you struggle with your own mind [in meditation], you do this as much for others as yourself, and you are helped by the struggles of others in ways beyond all understanding. Even in the activities of daily life, any act of compassion, however small, somehow touches everyone if it is done with a true spirit of willingness. Every particle of love, every fleeting moment of willingness, is like another drop of rain on a dry earth.

~Gerald May, *Will and Spirit: A Contemplative Psychology*, 1982.

## Q & A With Father Carl Arico

### Practicing From a Sacred Space Within

**Q:** Prior to discovering Centering Prayer I practiced meditation using a mantra. Somewhere along the way I found myself inside a space like the cleft of a rock, which I considered to be my created self hidden with Christ in God. I enjoyed going to my special space, especially at night as I lay in bed preparing to sleep. I would also visit this secret space periodically for prayer or to commune with the Holy Spirit. One day I discovered a spring of living water in my special sacred space. Now I drink of this water (in my mind's eye) and I marvel at the kindness of God in providing me such a space. My question: Is it okay to practice Centering Prayer from this sacred space, or do I need to go deeper down within myself?

**A:** I was deeply moved by your description of your sacred space, calling to mind for me the inner room that the Lord speaks about in Matthew 6:6.

I began to ponder why the Lord led you into the Centering Prayer practice, where we are invited to let go of all thoughts, images, feelings, etc. Could it be the Lord is asking you to go deeper into the prayer and let go of the image of your sacred space, perhaps



using it as a vestibule to Centering Prayer, but releasing it once you begin. This might be likened to what Jesus said to Mary Magdalene – “don’t cling to me” – inviting her

to enter into a deeper relationship. I do not know; this is for you to discern. As part of your discernment, I recommend a daily practice of Centering Prayer for 30 days following the four guidelines of the prayer, especially guideline 3. Keep in mind that Centering Prayer is a prayer of consenting to God’s presence and action in our lives, allowing God to love us on God’s terms and in God’s way.

I hope this is a help to you with coming to an answer to your question: Is it okay to practice Centering Prayer from this sacred space, or do I need to go deeper down within myself?

*~In prayer, Fr Carl*

## *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 (presently meeting on Zoom).



**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.



**Pat Kilzer** is retired from her career in corporate finance and accounting. Along with her husband, she has been a parishioner at San Rafael Catholic Church in Rancho Bernardo for 34 years. She began serving as a co-facilitator of San Rafael's Centering Prayer group in 2022.



The daughter of two California natives, **Virginia Erickson** is a former middle school French, Spanish, and Yoga teacher. She began practicing Centering Prayer in 2007 at St. Peter's Episcopal Church in Del Mar and now facilitates a prayer group at her home church in Encinitas, Bethlehem Lutheran.

Do you keep a prayer journal? Are you a poet? An artist? Have you recently attended a retreat, conference, or workshop that inspired you to write a reflection? We invite you to share your contemplative creativity in our Newsletter! For more information, please contact Mary Williams at [consdinfo@gmail.com](mailto:consdinfo@gmail.com).

## 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 [consdinfo@gmail.com](mailto:consdinfo@gmail.com). **NOTE:** Events are always being added to the Events Calendar at the Contemplative Outreach, Ltd., website. Please click [HERE](#) for up-to-date information.

**Conversations with Howard Thurman, with Benedicte Christensen.** COMW (Contemplative Outreach of Maryland and Washington) will offer a half-day retreat, showing a video interview with Howard Thurman, followed by a discussion hosted by Benedicte Vibe Christensen, the COMW Chapter Coordinator. In the film Thurman explains his own experience with prayer and meditation and how it reflects the “hunger of the heart” that needs to be nourished. The retreat will include periods of Centering Prayer. This film and discussion are free of charge. We will gratefully [accept donations](#). **On Zoom, Saturday, February 18, 9:00 AM to 12 Noon Eastern Time.** To register, click [here](#).

**Virtual Silent Saturday with Fr. Bill Sheehan.** A Silent Saturday provides a few hours that are set aside for Centering Prayer, Lectio Divina, spiritual teaching and reflection. “Come rest awhile with the Lord” in preparation for Holy Week. Fr Bill will discuss “Finding the Place of the Heart...Encouragement to go Deeper” so that we may listen to the Spirit praying in us, enlivening, enlightening and guiding us. How can we deepen our awareness that we are all mystics? God has pitched a tent on the fertile soil of our hearts. Register by sending an email to Bob Gorman at [rbrtgorman@gmail.com](mailto:rbrtgorman@gmail.com) and a Zoom link will be sent to you a few days in advance. **On Zoom, Saturday February 18, 8:30 AM to 2:30 PM Eastern Time.** For more info, click [here](#).

**Revisiting Hope, with Cynthia Bourgeault in partnership with Spirituality & Practice.** Join us for this six-week Lenten e-course during which Cynthia will give us a way to understand hope and show us how to create it for the sake of our planet and future generations. You will receive 18 emails with an essay by Cynthia Bourgeault, questions for your conscious reflection, and a spiritual practice to try; access to an online Practice Circle (a forum open 24/7) where Cynthia will be an active participant; and access to a one-hour talk by Cynthia on Zoom on March 29 from 1:00 - 2:00 pm PT / 4:00 – 5:00 pm ET (click [here](#) to find other time zones). **Online, Monday, Feb. 20 through Friday, March 31.** For more info and to register, click [this webpage](#).



**Local Event: 40 Days of Lent with Morning Centering Prayer, sponsored by COSD.** Come join us for a half-hour of daily Centering Prayer during this Lenten season. We gather with this simple intention: To pour into the world the gentle peace we have received, that we might take our small share of responsibility for the needs of our human family and Earth, our common home. We will meet every morning with the exception of Sundays. The format is a brief reading, 20 minutes of Centering Prayer, followed by our prayer intentions. **On Zoom, Wednesday Feb. 22 through Saturday April 6, 9:00 to 9:30 AM Pacific Time.** For more info, contact **Ardy Woodmansee** at [aew92123@aol.com](mailto:aew92123@aol.com). You will receive a Zoom link two days prior to Ash Wednesday and weekly during the 40 days.

**What Does Centering Prayer Have to Offer the 21st Century? With Adam Bucko and Rory McEntee.** What do Father Keating's teachings have to offer us in the 21st century? In an initial talk, **Adam Bucko** will set the stage for our time together by first looking to the past. How can we understand Centering Prayer's connections to the historical structures and frameworks of the Christian tradition, and what do these structures of contemplative spirituality have to offer us today? Looking forward, what might we need to add or subtract from these structures to develop a robust contemplative life in the 21st century? **Rory McEntee** will follow up Adam's talk with reflections on interspiritual dimensions of Father Keating's teachings and contemplative life. How might the two major projects of Fr. Keating's later life, the Centering Prayer movement and the interspiritual "Snowmass Conferences," come together? What might be gleaned for the Centering Prayer movement from this other half of Fr. Keating's (inter)spiritual work in the world? Is an openness to other ways of being spiritual and/or religious necessary for contemplative lives in the 21st century? **On Zoom and in person at the Center for Contemplative Living in Denver, CO, February 25, 9:00 AM - 3:00 PM Mountain Time.** For more info and to register, click [here](#).

**Local Event: The Labyrinth of Personal and Collective Memory: Remembering, Forgiveness, and Social Justice, with Oliva Espin.** Hosted by the Mary Magdalene Apostle Catholic Community, this five-week series will explore: How do groups construct collective memories? How are individual memories influenced by collective understandings of historical realities? What are the relationships between collective memories, commemorations, and social justice? Why are some memories preserved and not others? We will address these and other questions contemplatively through lectures and personal exercises, seeking to incorporate our reflections and insights into our spiritual lives this Lenten season. **Monday, February 27 to Monday, March 27, 7:00 to 9:00 PM Pacific Time.** For more info and to register, click [here](#).

**Welcoming Prayer, Parts 1 and 2, with Contemplative Outreach of Southeast Wisconsin.** The Welcoming Prayer helps to dismantle acquired emotional programs and to heal the wounds of a lifetime by addressing them where they are stored – in the body. Through it we consent to God's presence and action in our physical and emotional reactions to events and situations in daily life. It welcomes the Holy Spirit into the particular pain we experience, whether physical, emotional or mental. The Welcoming Prayer, like Centering Prayer, is designed to help us allow the Divine Therapist to remove the obstacles that keep God's all-powerful grace from flowing in and through us and out into a world in desperate need. It provides a means for moving deeper into trust and intimacy with the living God that Jesus experienced. **On Zoom, February 20 & 27, 6:30-8:30 PM Central Time.** For more info and to register, please click [here](#).

**United in Prayer Day, with Contemplative Outreach, Ltd.** This is a free, globally hosted 24-hour day of prayer **accessible via Zoom**. In the global unity of silence as God's first language, we hold vigil for suffering humanity and all creation, and we honor Fr. Thomas Keating's birthday (March 7) and the growing presence of Christ among us. **On Zoom, March 3 & 4.** More information will be forthcoming at [this page](#).

**Deepening Spiritual Practice Through Three-Centered Awareness, with Phileena Nikole.** Three-centered awareness is crucial for experiencing Divine Presence; mind, heart, and body coming on-line and cooperating together. But too often, we experience shutdown in one or more of these centers. This limits our capacity for opening to Presence and receiving the integration and wholeness we long for. Are you curious about the deeper, subtle, life-changing dynamics of contemplative prayer? Are you wondering how to more regularly bring the gifts of your sitting practice into your daily experiences of life and relationships? If so, join Phileena for this online contemplative experience. During our time together, Phileena will offer a mix of foundational teaching, guided contemplation, and three-centered awareness practice. **Saturday March 18, 9:00 AM to 12 Noon Mountain Time.** For more info, click [here](#).

**The Mystical Experience of Everyday Living, with Sophronia Scott, MFA.** Mysticism is often viewed as the privileged experience of a few chosen, holy individuals. But German Jesuit, Karl Rahner, wrote about "everyday mysticism," and Carmelite Sister Ruth Burrows described the mystical life simply as "God touching the depths of our being." God is closer than we think—to all of us. We'll explore everyday mysticism as life events filled with God's unmistakable presence. Sharing Thomas Merton's experiences and her own, Sophronia will help attendees notice, identify, and appreciate mystical encounters in their everyday lives. **On Zoom and in person, Saturday March 18, 9:00 AM to 4:30 PM Eastern Time.** For more info and to register, click [here](#).

**Introduction to the Forgiveness Prayer, with Joanne Warner.** Is there someone in your life whom you find difficult to forgive? The Prayer of Forgiveness is a powerful prayer that can help you forgive at the deepest level of your being. During this class, you will receive instruction on this prayer, developed by Contemplative Outreach founding member Mary Mrozowski. You will also have an opportunity for Centering Prayer as well as practice of the Prayer of Forgiveness. This class will include a session of Centering Prayer. **On Zoom, Saturday March 25, 9:00 AM to 12 Noon Mountain Time.** For more info and to register, click [here](#).

**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 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](#).

*“Create in me a clean heart, O Gracious One,  
and put a new and right spirit  
within me.”  
~Psalm 51: 10*

*Lenten blessings to all. May silence light your way. Amen.*



# 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)	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

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