



# CONSD News

The Newsletter of Contemplative  
Outreach of North San Diego,  
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## *"Seek and You Will Find,"*

**Presented by Chris Hagen**



*Retreat Leader Chris Hagen*

Since CONSD's very beginnings, Chris Hagen has graciously served the San Diego-area contemplative communities through his steadfast servant-leadership as well as his retreats and insightful presentations. In recent years, we have been able to record his presentations and make them available on YouTube and

through the CONSD website (see this link: [Videos by CONSD](#), and scroll down). We recorded his latest offering, "Seek and You Will Find: Experiencing a Closer Relationship with God," via Zoom on June 17, 2023, with nearly 60 local contemplatives in attendance.

As Chris explains early in his presentation, he chose this topic after the CONSD Servant-Leadership Team conducted a 2022 survey of our local chapter. The feedback form was intended to gather input on what kinds of spiritual formation our membership would be interested in. Of the questions that were asked, these two generated the most feedback: "What were you seeking when you began the practice of Centering Prayer?" and "Has what you sought changed since you began practicing Centering Prayer?" Most respondents indicated that their practice was spurred by a desire for a deeper or closer relationship with God.

Pondering these replies, Chris decided to focus his exploration on what it means, in practical terms, to “seek and find” a closer relationship with God in ordinary life.

In his introductory remarks, Chris reminds us of this salient point: We are not the initiators of this search for God. We are not so much seeking as we are responding to God’s call for closer relationship. Though it may seem that our personal yearning drives us, God’s will, not ours, is the source of our desire for this ever-deepening relationship.

***“Centering Prayer is a process of interior transformation, a conversion initiated by God ... One’s way of seeing reality changes in this process. A restructuring of consciousness takes place which empowers one to perceive, relate, & respond to everyday life with increasing sensitivity to the Divine presence in, through and beyond everything that happens.”***

**~Fr. Thomas Keating**

In Judeo-Christianity’s earlier days, relationship with God was perceived as a kind of transaction: “Follow my rules and I will reward you; break my rules and I will punish you.” Jesus brought a new way of experiencing and thinking about God: God is not a purely separate being far “above” us, judging and condemning accordingly. The Divine, while transcendent, also dwells within us as the deep source, the taproot of human love, care, and compassion.

Jesus’s life, teachings, and ministry illustrate this intimate connection with God. His example was countercultural and threatening to the religious authorities of the day, who frequently tried to catch him in blasphemy. Chris brings up one incident from the gospel of Matthew, when a Pharisee asked Jesus, “What is the greatest commandment?” Jesus answers: “Love the Lord your God with all your heart, with all your soul and with all your mind. This is the first and greatest commandment. And the second is **like** it: Love your neighbor as yourself.” (Mt 22: 37-38).

The key word in Jesus’s answer, Chris asserts, is “like.” If we take “like” to mean *similar or the same as*, we come to the recognition that loving the Lord with all your heart is “like” --or *the same as* -- loving your neighbor with all your heart. In other words, by loving your neighbor unconditionally, you are loving God unconditionally.

This revolutionary teaching from Jesus is the core concept underlying the premise of Chris’s presentation: To “seek and find” a deeper relationship with God, we are to live—embody-- Jesus’s teaching that *love of God manifests as love of neighbor (and even love of enemy)*. As Karl Rahner mentions in his book *The Mystical Way in Everyday Life*, “One can only properly

***By loving your neighbor unconditionally, you are loving God unconditionally.***

love God when the commandment of loving one's neighbor is equally respected and carried out to the best of one's ability."

Of course, none of this comes easily! When our beliefs clash with those of our neighbors, they can become barriers to a closer relationship. During conflicts, our instinctual drives, brain structures, and cultural conditioning tend to reinforce our tendencies toward "us versus them" and "fight or flight"

reactions. These reactions are not necessarily wrong—they are intended to protect us from harm. But as the human family grows and evolves, it is becoming more necessary to find a way beyond these cycles of opposition, polarization, and reaction.

How do we move beyond the kind of reactivity that seems to be hard-wired into our species? As Chris notes, we cannot do this on our own or "achieve it" through the strength of our personal will. We cannot simply choose to be more genuinely compassionate, humble, and forgiving. Instead, our spiritual will must become receptive to the Divine will, freely consenting to a mysterious transformative process that enables us to *respond* rather than *react* to conflicts. Our ongoing intention to consent to God's presence and action, to join our will to the Divine will in prayer and in daily life, facilitates this transformative unfolding.

This transformative process takes place not only through our spiritual consent—it takes place *in the flesh* as God spurs the desire within us to move away from default instinctive reactions and toward insightful, compassionate responses. Over time, silent meditative practices (including Centering Prayer), when practiced persistently and with intention, facilitate changes in our evolving brains. The reactive structures in the brain *decrease* in neuronal density while the brain systems responsible for connectivity (i.e., compassion, empathy, capacity for calm, desire to connect with others) *increase* in neuronal density. In addition, the links between the connecting, regulating, and interpreting brain structures are strengthened. [For more on this, see Chris Hagen's earlier presentation, "How Centering Prayer Changes the Brain"]. Most importantly, this intention to consent extends beyond our periods of Centering Prayer and into daily life.

As we answer God's call to be more responsive, compassionate, and unconditionally loving on earth, we will find what we have been seeking – and what God initially spurred us to seek: ways to step back, pause, and move beyond conflicts with our

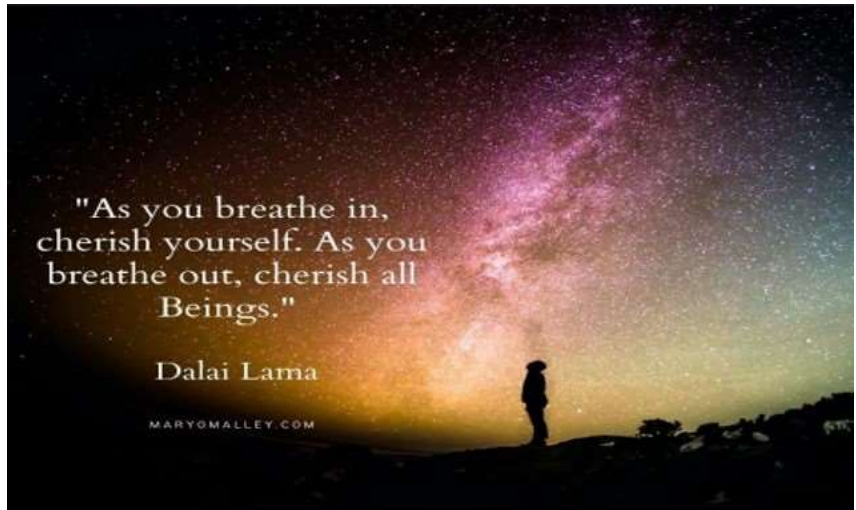
***"When we intend, it's really God that opens the door to God's presence and action."***

**~Chris Hagen**

neighbor. Rather than falling into kneejerk reaction, we can responsively choose what is most helpful in the specific situation—be it patience, humility, forgiveness, empathy, or other fruits of the Spirit. This is how we love neighbor and love God. This is how we live and grow into a deeper relationship with God.

In the final part of his thought-provoking presentation, Chris touches on several companion practices to Centering Prayer that we can include outside of our silent practice and that help increase our sensitivity to the movements of the Holy Spirit in daily life. These include:

- *Cherishing*. That is, notice and savor those times when we respond to others (and when others respond to us) with compassion, respect, love, forgiveness, patience, etc.
- Using an *active prayer phrase* throughout the day.
- *Vocal prayer* such as St. Teresa's prayer or St. Francis's prayer.
- *Active listening*.
- *Recognizing conflicts as transformational opportunities*.
- *Welcoming Prayer*.
- *Stable Witness practice* ("holding the tension between the now and the not yet" in the discernment process).
- *Releasing our attachments to outcomes*.



This overview of "Seek and You Will Find" can only touch on major points and themes. I encourage you all to watch the presentation yourselves, taking time to view the graphics, quotes, and images that help illustrate and clarify Chris's contemplatively-paced discussion. Incorporating insights from both religion and science, Chris delves deeply into what a deeper relationship with God means in day-to-day life, offering explanations, tools, and practical suggestions that we can carry with us as we continue in the spiritual journey. "Seek and You Will Find" is an invaluable addition to the teachings that sustain us in our contemplative development and transformation. Bravo, Chris!

~Mary Williams



## *A Day at the Mission with Kathy Mendoza*

We had lived in Southern California for only three months.

It had been a difficult move from one coast to the other. We left our home of 30 years in Atlanta. We missed our close friendships and the comfort of fellowship at our beloved Episcopal congregation in the heart of that city.

Then my husband and I found ourselves warmly welcomed by the people of St. Thomas of Canterbury Episcopal Church in Temecula. The church hosted a daylong reflection on different methods of prayer, and I felt called to attend. There, the leader of a local centering prayer group told me about “A Day at the Mission” at Mission San Luis Rey, to be hosted by Contemplative Outreach of North San Diego on July 22, 2023.

It felt like a lifeline in the midst of loneliness.

What did I find at “A Day at the Mission?” I experienced the beauty of the Mission’s grounds and the color and wonder of God’s creation. I found rest in hushed chapels and a silent but powerful connection during our Centering Prayer sits. I felt the spirit of others who have opened their hearts to God on personal retreats there.





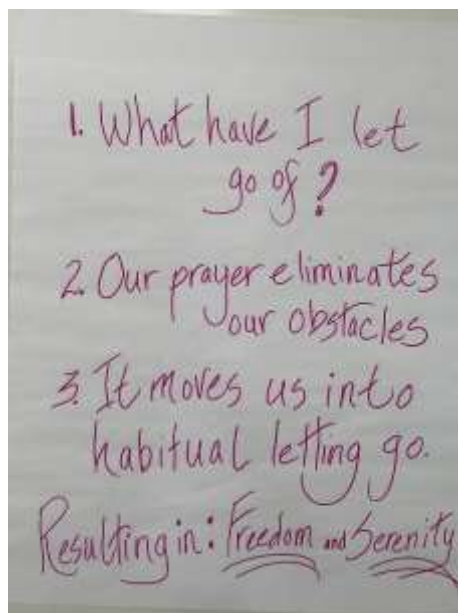
*Retreat Facilitator Kathy Mendoza*

Through the teaching of speaker Kathy Mendoza, I also received a sense of hope. Hope of the promise and potential of “singing a new song” in a new life in my new home of Southern California. I heard that I could let go of old ideas about living, old pain, old identities, old beliefs about performance, personal power, and the need to earn God’s love. I heard that Centering Prayer is a pathway to silencing socially conditioned judgments of ourselves and others.

I also heard that we could choose to let go, to allow Centering Prayer to shed unwelcome layers of our conditioned selves, and to rest in the presence of God’s love.

At “A Day at the Mission” I found unconditional welcome and hospitality in a new land. Thank you, Contemplative Outreach of Northern San Diego. Well done, good and faithful servants of Centering Prayer.

**~Kerry Traubert**



## CONSD Welcomes St. George's Episcopal Church Prayer Group

St. George's Episcopal Church in Riverside has had a Centering Prayer Group for about five years. Chris Montano, who had a deep commitment to the practice, started the group. A year ago, Chris became ill with long Covid and asked me to facilitate the prayer meeting. Centering Prayer has been an important part of my life for many years. My background is in psychology as a Marriage and Family Therapist (MFT), and I attended retreats with Bernadette Roberts for 10 years. I was also able to attend some all-day sessions with Father Thomas Keating. It was four years ago when I learned that Riverside had a Centering Prayer Group. What a blessing it was to join a prayer community near me.

We have about 12 members at the present time. A new person who joins is given an introduction to the method of Centering Prayer. When we meet, we discuss a book. We have read books by Father Keating and Cynthia Bourgeault. Currently, we are starting *Practice the Pause* by Caroline Oakes. The group meets in person. After our reading and sharing, we engage in a short teaching from the Welcoming Prayer Program and then practice our Centering Prayer. We are excited to now be a part of CONSD.



*St. George's Episcopal Church in Riverside*

**~Amanda Tromblay, MFT**



*The interfaith meditation garden at St. George's Episcopal Church.*





# *What We Can Learn from the Titan Implosion*

Some news stories become symbols of the times we live in. The implosion of the Titan submersible is one of these signs.

God reminds us in the gospels to be attentive to the signs of the times: “When you see a cloud rising in the west, you say immediately that it is going to rain—and so it does; and when you notice that the wind is blowing from the South, you say that it is going to be hot—and so it is. You hypocrites! You know how to interpret the appearance of the earth and the sky; why do you not know how to interpret the present time?” (Luke 12: 54-56).

An implosion occurs when the exterior pressure of an object is greater than its interior one, leading to the interior’s collapse. That is precisely how the Titan was destroyed.

Bombarded by the news stories about natural catastrophes, wildfires, the melting of the polar caps, fish die-offs, war, large-scale human migration, abuses by repressive regimes, mass shootings that kill students and others regularly ... our external emotional pressure is highly elevated. We all feel it. As I see it, all of this contributes to an internal emotional collapse that manifests itself in anxiety, depression, and other mental health challenges.



In 2021, there were an estimated 57.8 million adults aged 18 or older in the United States with a mental illness, 22.8% of all adults, according to the National Institute of Mental Health. The impact of this illness ranged from no impairment to mild, moderate or even severe.

In my view, external emotional pressures have contributed to an implosion in our psyches, resulting in serious mental illness.

Private mental health services are so costly that they are beyond the means of most families, particularly low-income ones. Public services do what they can but can’t meet demand.

The mental health system, generally speaking, offers an immediate response to a person’s crisis, usually with medication, but treatment and true healing take time.



When thinking about this reality, a phrase comes to mind from Frederick Douglass: “It’s easier to build strong children than repair broken men.”

Behind this emotional implosion, there is a deep pain that can’t be expressed. Those affected feel like they can’t breathe; they scream, but no one hears them. All too frequently, they fill this interior vacuum with the exterior fire from drugs.

How can we create an interior strength to counteract the exterior pressure?

Paradoxically, it is in silence where recovery can begin. Silence is the entryway to our interior world and the understanding of what surrounds us. In silence, we can focus on ourselves and become aware of what is affecting us emotionally, of what is “inflaming” our central nervous system. To be silent brings calmness, like a serenade to ourselves, and allows us to recognize what destabilizes, what moves us.

From a compassionate silence, we can accept the truth of what we are and what we need. In silence, we can listen to the truth of our conscience, to the voice that drives us, to the Spirit of God in which we live. From silence, hope can be reborn, opening space for action, for healing and for a restoration of life. From silence, we can build our strength, our internal pressure, to prevent an implosion.

“Be still and know that I am God” (Psalms 46:10). Let’s slow down, put down our screens, stop arrogantly fighting, and let’s be still and enjoy the love that sustains us.

~**Ricardo Marquez**, originally published in the August 2023  
*Southern Cross* newspaper.

At the center of our being is a point of nothingness which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the fantasies of our mind or the brutalities of our own will. This little point of nothingness and of absolute poverty is the pure glory of God in us. It is so to speak His name written in us, as our poverty, as our indigence, as our dependence, as our sonship. It is like a pure diamond, blazing with the invisible light of heaven. It is in everybody, and if we could see it we would see these billion points of light coming together in the face and blaze of a sun that would make all the darkness and cruelty of life vanish completely...I have no program for this seeing. It is only given. But the gate of heaven is everywhere.

~**Thomas Merton**, from *Conjectures of a Guilty Bystander*, 1966.

## Q and A with Lindsay Boyer

**Q:** I've been meditating for about 10 years every day three or four times for about 30 minutes each. I've practiced mantra and just sitting or Shikantaza, Later on I've been doing Centering Prayer twice a day and Christian Meditation per John Main. Can I practice both or should I choose one? I really love the silence and resting in the presence of God.



**A:** Thank you for your question and for your faithful and committed practice.

Many meditation practitioners begin by exploring a wide range of practices

and there is much to be learned by doing so. Most people finally settle on a single primary practice so they can go more deeply and simplify their practice. It can be distracting and disorienting to have more than one practice because it may require us to keep track of what we are practicing rather than entering into the trust and effortlessness that a single practice allows. It also can be a bit confusing and result in a mixture of two practices that is unclear.

During my own years of exploration, I practiced a kind of hybrid of Centering Prayer and Zen meditation until I realized I was not clear about what I was doing

during my practice. Ultimately, I chose to enter more deeply into the silence, simplicity and rest of Centering Prayer, supplemented only by practices that are quite notably different, such as the Welcoming Prayer and the Forgiveness Prayer. Whatever practice you choose, it doesn't have to be the perfect practice. Trust in God will draw you ever deeper into whatever practice you choose.

You mention that you love silence and resting in the presence of God and you seem to be attracted to practices of radical non-doing and letting go. You might find a single practice meets these needs. However, that being said, let the Holy Spirit and your own deep intuition be your guides.

Here are a few questions to help with your discernment process:

- What is gained by having more than one practice?
- What would be lost by letting go of most of them?
- Which practice is your heart most longing for?
- Which practice is bearing the most fruit?
- Which practice helps you to enter most deeply into spiritual community?

Warm regards,

Lindsay Boyer

## *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, CA (currently meeting on Zoom).



**Kerry Traubert** and her husband John Raevouri live in Temecula, CA. They are grateful for CONSD and for St. Thomas of Canterbury Episcopal Church.



**Amanda Tromblay, MFT**, facilitates the Centering Prayer group at St. George's Episcopal Church in Riverside, CA. She is a trainer for Stephen's ministry, helping others with the art of active listening. She has also completed Stillpoint's 10-week Spiritual Exploration Program.



**Ricardo Marquez**, a columnist and bilingual faith educator, formerly served as the Associate Director of the Office of Family Life and Spirituality in the Catholic Diocese of San Diego. He recently moved to Winston-Salem, North Carolina.

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 with 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.

**The Universal Christ: An Engaging Exploration of Richard Rohr's Book, with Sue Kahalekulu, Lisa McKenzie, and Nori Stockman.** In *The Universal Christ – How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*, Richard Rohr examines what it means that Jesus was called Christ and how this forgotten truth can restore hope and meaning to the world. During this class we will explore key ideas contained in this book, using excerpts from *The Engagement Group Guide: The Companion Guide for Groups*, DVD segments and group sharing. The hope is to help the participant grow in a deeper experience of Christ. The book can be purchased from [cac.org](http://cac.org) or [amazon.com](http://amazon.com). *The Engagement Group Guide* will be online and hard copies will be provided to the in-person class. **Via Zoom on eight Thursdays, Sept. 7 to Oct. 26, 6:30 – 8:30 PM Mountain Time.** For more info and to register, click [HERE](#).

**Autumn Silent Saturday.** As autumn approaches, join us for a quiet morning of Centering Prayer and silence. This day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal Centering Prayer, a contemplative walk, private journaling and reflection, and ends with a period of Lectio Divina. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice. **In person at the Holy Spirit Retreat Center in Encino, CA, on Sept 9, 9:00 AM to 12:00 Noon Pacific Time.** For more info and to register, click [HERE](#). Registration is due by Sept. 1.

**The Living Flame Program with Contemplative Outreach, Ltd.** The Living Flame Service Team is pleased to offer **a one-time only event** to celebrate the 30-year anniversary of the Living Flame program (see below for dates). As host of Living Flame 1 this fall, we are offering the program on Zoom to individuals as well as to



small groups of five or less. This Program is a seven-day offering of in-depth spiritual study and enrichment presented over seven months by commissioned presenters of Contemplative Outreach, Ltd. It is designed to heighten the awareness of the dynamics of Centering Prayer in the context of the spiritual journey. Participation in this program is for the entire series that will include seven topics supporting the practice of Centering Prayer: Deepening Our Centering Prayer Practice; Lectio Divina; Soul Friending; The Human Condition; Divine Therapy; The Dark Night of Sense; The Welcoming Prayer. Each of the sessions are presented on Zoom in a five-hour retreat-like format. Each Living Flame 1 session includes: two periods of Centering Prayer, two presentation periods, Q&A, and small group sharing. Breaks and meal time will be included.

**Dates: 2023: Sept. 9, Oct. 7, Nov. 4; 2024: Jan. 6, Feb. 3, Mar. 2, Apr. 6**

**Time: 11:00 AM – 4:00 PM Eastern Time.** For more info and to register, click [HERE](#).

**Frances and Clare of Assisi and the Contemplative Franciscan Way of Peace, with the Rt. Rev. Br. Mark D'Alessio.** St. Francis and St. Clare of Assisi were revolutionary in their time and continue to be! This day will explore how they, alongside 21st century Franciscan visionaries, Richard Rohr and Ilia Delio, invite us into the inter-spiritual sense that — at the most essential level — no single person, place, or thing exists in the universe except in relation to everything else. You will participate in the living Franciscan tradition of spiritual awareness and sacred response deeply rooted in the transformative power of the wisdom way of peace. This program will be offered both in-person and online via Zoom. Information on how to access the program on Zoom will be sent to participants in advance. **On Zoom, September 30, 8:30 AM to 4:30 AM Eastern Time.** For more info and to register, click [HERE](#).

**Faith, Doubt, and Contemplation: Being Contemplatives in a Dangerous Time, with Brian McLaren.** Institutional religion, much like many of our other institutions, is under stress, and that will seem like an understatement to many. Contemplative spirituality has provided a way for many of us to continue in faith even though our relationship to organized religion is troubled. How can those of us rooted in the contemplative tradition contribute constructively in this tense moment? How can we, from a position of personal centeredness, be salt and light in these times? How can we draw deep roots from our own Christian

tradition while welcoming insights and seeking collaboration among traditions? **This is a hybrid presentation being conducted both in person at The Center for Contemplative Living in Denver, CO and Online via Zoom videoconference. October 7, 2023, 9:00 AM to 3:00 PM Mountain Time.** For more info and to register, click [HERE](#).

**Centering Prayer Introductory Workshop, with Jack Dierkes.** Centering Prayer, a Christian form of meditation, is a way to surrender, becoming more receptive to the Holy Spirit's presence in our life – supporting, inspiring and guiding us. Centering Prayer serves as a method of movement into contemplative prayer, a way to open ourselves to the Divine Presence, to rest in God, freeing us to better love, work with and serve others. If you feel the Spirit calling you, come explore Centering Prayer. Discover the possibility of resting in the healing presence of God, of being better able to help in Jesus' work of lifting burdens. **On Zoom in two parts: Mondays Oct. 9 and Oct. 16, 6:30 PM to 8:00 PM Central Time.** For more info and to register, click [HERE](#).

**Centering Prayer and the Enneagram: Finding a New Way Home, with Rev. Amber Sturgess, Catherine Regan, and Joy Andrews Hayter.** One of the most common impediments to living in God's love is our concept of sin. The word "sin" has often been used in a way that has been shaming and belittling. In this retreat, we will visit the works of an early desert father, Evagrius of Ponticus, who can help us deconstruct the word "sin" and come to understand it as a passion that ensnares the heart. Once identified, it can become a roadmap for leading us home. One way to portray this roadmap is a nine-pointed symbol called the Enneagram. (In the retreat we will not do Enneagram typing but only refer to the symbol itself). Our aim is to come to see ourselves more clearly so that we can begin to let go of the religious and other baggage we carry and allow grace to manifest more fully in our lives. This helps deepen our consent to God's loving presence and action in our Centering Prayer, and in our lives. Join us for this healing retreat. Grounded in periods of Centering Prayer, silence, teachings, time in the natural beauty of the Mercy grounds, liturgy, and optional gentle yoga, this retreat will make room for God's transforming Spirit to reveal the love and mercy that are our true heritage. **In person at the Mercy Center in Burlingame, CA, 10:00 AM on Oct. 13 to 12:00 Noon on Oct. 15 Pacific Time.** For more info and to register, click [HERE](#).

**Welcoming Prayer Introductory Workshop, with Mike Smoolca.** According to Fr. Thomas Keating, “Welcoming Prayer is the practice that actively lets go of thoughts and feelings that support the false-self system. It embraces painful emotions experienced in the body rather than avoiding them or trying to suppress them.” This workshop introduces participants to the method of the Welcoming Prayer and provides an opportunity to practice. We’ll establish Welcoming Prayer’s place in Body Awareness Practice and include discussions of the human condition and the false-self system as conceptual background to Welcoming Prayer. **On Zoom, Oct. 18, 6:30 PM to 8:30 PM Eastern Time.** For more info and to register, click [HERE](#).

**A Contemplative Adventure: Spirituality Encounters Evolution, with Rick Klein.** It seems that our contemporary world is obsessed with results. Who won the game? Who won the election? When will I get there?... Will I get to heaven? What might be an unintended consequence of our obsession with endings? It might be that we are not fully present to what is happening in the now. As Anthony de Mello insightfully asks, “do we go through life asleep?” Does this sleepwalking towards results creep into our practices of contemplation and meditation? Contemplation and meditation are intended to foster mindfulness – a fuller awareness of all that arises in the present moment. However, it seems our transactional cultural and religious worldviews often lead us in the opposite direction – away from mindfulness towards mindless sleepwalking. Rick Klein believes that science offers insights to help us wake up from mindless sleepwalking. Building on Teilhard de Chardin’s teachings on evolution and Thomas Keating’s teachings on contemplation, we will explore a seldom traveled ground, the crossroads of science and spirituality. **This is a hybrid presentation being conducted both in person at The Center for Contemplative Living in Denver, CO and Online via Zoom videoconference. November 11, 2023, 9:00 AM to 12 PM Mountain Time.** For more info and to register, click [HERE](#).



PRAYER GROUPS				
AREA	FACILITATOR(S)	PHONE	LOCATION	DAY & TIME
1. Carlsbad	Rev. Madison Shockley	760-729-6311, ext. 207	Pilgrim United Church of Christ, 2020 Chestnut Ave., Carlsbad CA	Wednesdays 6:30 to 7:30 PM
2. Del Mar (1)	Barbara Hamilton	480-236-7319	St. Peter's Episcopal Church, 334 14th St., Del Mar, CA	Thursdays, 4;30 to 5:45 PM
3. Del Mar (2)	Nichola Riggle	760-448-5224	St. Peter's Episcopal Church, 334 14th St., Del Mar, CA	Tuesdays, 8:55 to 10:00 AM
4. Encinitas (1)	Virginia Erickson	760-846-5749	Bethlehem Lutheran, 925 Balour Dr., Encinitas, in the Sanctuary.	Mondays, 4:30 to 6:00 PM
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, Escondido. Zoom Only	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	Zoom Only	Wednesdays 3:30 PM
9. Oceanside (1)	Ed Clifford	760-681-8198	Call for Location	Wednesdays 7:00 PM
10. Oceanside (2)	Mary Williams	760-822-3916	St. Thomas More Catholic Church, currently on Zoom	Tuesdays, 1:00 Pm

(Prayer Group List Continued on Next Page)



11. Oceanside (3)	Pat Julian & Laura Pasquale	760-757-3659 x123	Mission San Luis Rey via Zoom only	Fridays, 1:00 PM
12. Poway (1)	Colleen Clementson	858-663-6584	Community Church of Poway, 13501 Community Rd.	Tuesdays 6:30 to 8:30 PM
13. Poway (2)	Parth Domke	858-829-2664	St. Bartholomew's Episcopal Church, 16375 Pomerado Rd	Tuesdays 5:00 to 6:30 PM
14. Ramona	Deborah Lewallen & Cindy Dodson	760-519- 1811; 602- 549-9839	St. Mary's in the Valley Episcopal Church, 1010 12th St., Ramona, CA	Mondays, 4:30 to 5:45 PM
15. Rancho Bernardo	Barbara Bank & Pat Kilzer	858-395-2654	San Rafael Parish Center, Rooms A & B	Wednesdays, 3:30 to 5:00 PM
16. Riverside	Amanda Tromblay, MFT	909-260-5634	St. George's Episcopal Church, 950 Spruce St., Riverside, CA 92507 (In Coleman House behind church)	Wednesdays 5:30 to 6:30 PM
17. Serra Mesa	Diane Langworthy	619-403-6822	Mary Magdalene Apostle Catholic Community / Gethsemane Lutheran, 2696 Melbourne Drive, San Diego	Tuesdays 11:00 AM to 12:30 PM
18. Solana Beach	Ann Deakers	858-775-1738	St. James Catholic Church, 625 Nardo Ave., Solana Beach	Tuesdays 9:00 to 10:30 AM
19. Temecula	Pam Bowen	909-938-9932	Zoom Only. Contact facilitator for more information	Thursdays 6:30 PM
20. Vista	Martha Treutle	760-809-2529	United Methodist Church of Vista. Currently meeting via conference call	Saturdays 9:30 to 10:45 AM



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**Website:** [www.consd.org](http://www.consd.org)

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