



# CONSD NEWS

The Newsletter of Contemplative  
Outreach of North San Diego,  
Volume 19, Number 2, May 2024

## *A Prayer Shawl:* United in Prayer Day, March 8-9, 2024

It is a prayer shawl, created in 23 hours.

Each hour new threads are added. Each of different color and texture. Each with its own culture and language.

We begin our weaving in the Philippines, holding the world's pain in reverent silence. This silence is gentle. This silence is forgiving. We pray that we too might be gentle and forgiving in a world often harsh and accusatory.

Thanks to the wonder of technology, we share the next hour with the young contemplatives who remind us that it is [often] the most unlikely people who are invited to a contemplative life. We then move to Hawaii where we are invited to seek our own inner peace and sense of the divine.

The weaving continues even while some of us are asleep or tending to other responsibilities. We rest, trusting that others are silently at work.

In Dublin we pray in silence and then with words and images. In Slovakia we experience the effortlessness that comes from detachment and a willingness to let God do the transformative work within each of us and within our world.

In Germany we hear prayers in German; in Quebec French is our language; in Atlanta we reverence the First Nations people and

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their language. No matter. We all share the one language, God's language – silence.

While in Atlanta, we hear of the total gratuity of God, and we are encouraged to make a new beginning every day, every moment. No need to reciprocate; gratitude is enough.

A member of the Contemplative Outreach group in Minnesota shares some of her illuminated calligraphy, part of a future book honoring and perpetuating the words and visions of Thomas Keating.

The threads continue to be woven as we share silence in Poland. We hear how the local group has grown through the dedication and faith of its early members.

We then listen to the stories of members of the Outside the Walls group. They share how the centering prayer practice provided them an anchor while in prison and again as they transitioned back into society. The threads they add to our prayer shawl are threads of both pain and courage.



The Sangha group offers an image of Mary Magdalene as she might have appeared in her older years. We are led through a meditation designed to touch the mood, emotions and message evoked by the image. Then we are invited to weep for our world, so wounded by war and exploitation.

In Ireland, we accept the healing offered by the divine and let go of attachments that might prevent that healing. While in France we are reassured that lectio does not expect any profound statements, rather we simply allow the words to speak for themselves.

While in Alberta, we acknowledge the varied landscapes of mountains, plains and watersheds, all signs of the interconnectedness of all creation. In D.C. we engage in a sacred circle dance, and we open ourselves to embrace all of life.

Finally, in Vancouver, we conclude with a song of lament and a song of rejoicing as we celebrate humanity in all of its dimensions.

Through the creation of this prayer shawl, we have experienced the healing power of contemplation, the source of compassion and reconciliation. The threads of this power run deep and wide. Each thread matters, even those we might have overlooked or discarded. And we matter, each of us and all of us. Let this shawl embrace all of us and our hurting world with its wisdom and love as our journey continues.

***~Susan Kenney***

# *A Lenten Day of Silence and Reflection*

*“Gazing on beautiful things acts on my soul.”  
~Michaelangelo*

On March 21, 2024, soon after the Spring Equinox, at the top of a hill overlooking Mission Valley where Gethsemane Lutheran Church is located and where our Mary Magdalene Catholic Community currently meets, Centering Prayer participants gathered in the Garden Room to meet and greet. After ample time for hugs and joyful chatter, the bell prompted us to make our way to the chapel. It was a beautiful day to retreat into the silence. As those who've been attending for some time and those joining for the first time settled in, I looked out the window. The serenity of a blue sky, the sunlight, and the flowerings of spring were abundant with promise and simplicity. They were a beautiful, humble reminder of true resilience: the vibrant living presence of The Holy.



*Altar at Mary Magdalene Catholic Community*

I brought my attention back into the room as we gathered, growing increasingly aware of the Lenten offerings we carried individually and collectively to this day. Life can get trying and our souls weary. In time some burdens were readily voiced, while others were held prayerfully close. But all were laid bare before the hearth-breath of our union. We lowered our gaze and eased into our seats. One could sense hearts and minds sighing and settling into the silence, welcoming the opportunity to simply Be.

Diane Langworthy and Roxanne Rosengarten welcomed the 30-plus participants, gave an introduction and overview of how the day would flow, and briefly reviewed the guidelines of the practice of Centering Prayer as presented by Thomas Keating in his book, *Open Mind Open Heart*. As our day of contemplative prayer began, Mary



Kay led us in a chant followed by a brief reading and the singing bowl's sound reminder to fall anew into the stillness.

The day continued to unfold. Guided through a reflection by way of multiple readings of a passage, a process known as *Lectio Divina*, a theme arose. It called us to "rest in a mutually loving gaze". Indeed, it became the gaze that carried us throughout the day and into our independent practice—our alone time. Some of us took to journaling or sketching while others went on labyrinth walks or sat and read under the sun's welcoming rays.

Under the sheltering shade of the magnolia tree, we each found our unique way to attune with "the indwelling Presence, where the 'Spirit bears common witness with our spirit...*through* a mutually loving gaze...always initiated by God and grace." (italics mine, "A Mutually Loving Gaze" Handout, Richard Rohr).



*Labyrinth at Gethsemane Lutheran Church*

We regathered after lunch. Once again, I took in the big picture. I looked around briefly—not at anyone in particular, but at all of us as a whole, together and alone--and I saw living, breathing "mirrors" in everyone and everything. As James Finley so simply put it, all were profoundly articulate, each in their own way: "When God gazes at us and we gaze at God...It's a ...tender recognition of oneness... we might rest in it [as it's] resting in us...resting in this

communion in each other, as each other, through each other, [and] beyond each other in this endless interconnectedness of life itself, of love." And again, with the simplicity of St. Francis of Assisi, Richard Rohr gently shows us our reflection in original goodness: "...mirroring with every living thing. It's not just people who love you that you can return the gaze to, but it is the way you see everything: the grasshopper in the grass, the flower on the bush, the blue sky, even the would-be enemy."

Yes, returning the gaze in a contemplative setting is a good thing, but by mid-afternoon, life beckoned our return to that which "would-be". We came in and gathered for the closure. In what felt like a timeless spring day, we prepared to go

forth. During these final moments, James Finley spoke (in an audio-recording) to our receptive and listening hearts. Then came time for our final meditation. The gentle strings of Linda Hill's harp soothed and reminded us that the music of our lives is, in fact, our living. The sounds were joyous and encouraged us into the Lenten journey of Holy Week. This long-awaited day of silence had come to its close, but only after giving us the time to nurture our inter-connectedness. We reflected on our oneness as community and, by extension, on the integral part of creation that we are.

We collected ourselves. We collected our things. And, after smiles, hugs and well wishes were fully and generously given in the garden, we set out. We were off to reconcile with, in, and through the brokenness of our world. We carried with us Love's longing prayer for healing, compassion, and common-union. We went on our way, knowing we had spent time honing the intention to be the Light of resilience that gives hope its polish. The sound of the singing bowl saw us home.

**~ Luz Baez-Tackett**

### **Standing Humbly Before God's Gaze**

When we allow ourselves to be perfectly received, totally gazed upon by the One who knows everything and receives everything, we are indestructible.

If we can learn how to receive the perfect gaze of the Other, and to be mirrored by the Other, then the voices of the human crowd, even negative ones, have little power to hurt us. Best of all, as Meister Eckhart (1260–1327) has been quoted, "The eye with which you will look back at God will be the same eye with which God first looked at you."

Standing humbly before God's gaze not only unites the psyche but it does the very thing that I know when I teach contemplative prayer. It unifies desire. It frees us from what Henri de Lubac (1896–1991) called the "vertigo of the imagination." It's the whirlpool of imagination, looking here, there, and everywhere. Standing before [the] one, accepting God literally allows us to be composed and gathered in one place. We can be in one place; we can be here, now. We can stop always looking over there for tomorrow's happiness. As the apostle Paul wrote, "now is the favorable time, today is the day of salvation" (2 Corinthians 6:2).

We see that Paul understands this in a most beautiful paragraph from his Second Letter to the Corinthians. He says, "We with our unveiled faces will gradually reflect like mirrors the brightness of the Lord. All will grow brighter and brighter as we are gradually turned into the image that we reflect" (3:18). That's it!

**~Richard Rohr, "A Mutually Loving Gaze," Jan. 3, 2022.**



## *In Memoriam: Sherlene Mollerstuen*



*Sherlene Mollerstuen, RIP*

A former servant-leader with CONSD, Sherlene Mollerstuen, passed away on April 25, 2024, in Boulder, Colorado.

Sherlene was born in Montana on August 21, 1938. After attending the University of Montana in Missoula, Sherlene became a nurse. When she moved to the San Diego area, she served as a hospice volunteer with Silverado Hospice for eight years. She also became involved with the local chapters of Contemplative Outreach, COSD and CONSD. Sherlene was a regular participant in the Centering Prayer groups at St. Bart's and St. Gabriel's, as well as at the Lutheran Church of the Incarnation, where she eventually served as a Centering Prayer group facilitator. "The only time she missed a session was when she was out of town," notes her friend, Winnie Baumer.

Sherlene also attended a weekly Bible Study and a weekly Bridge group for many years. She loved to go on long walks – walking three to five miles most days of the week.

Sherlene was a jovial and welcoming presence at local contemplative gatherings and events. "I remember how she called everyone 'dearie,'" recalls Nancy Datte, a parishioner at the Lutheran Church of the Incarnation. Current CONSD coordinator Mary Williams remembers that "whenever we saw each other at a half-day or day retreat, she would always greet me with a little hug and ask, with genuine interest, how life was going."

Sherlene eventually moved to Boulder, Colorado, to live near her two devoted sons, David and Craig. They would bring her back to San Diego on occasion, where she would enjoy visits and lunches with her contemplative friends Winnie Baumer, Pat Worrett, and Patti Stoner.

Now that dear Sherlene rests in the love and peace of God, may her friends, family, and loved ones find comfort and blessing in her memory.

*~CONSD*



## Q and A with Mary Dwyer

### Centering Prayer and Unloading

**Q:** Can fears, anxiety etc. occur during sleep or just during the sit time? I have been practicing Centering Prayer about two years. I often wake in the middle of night with fear and anxiety and cannot think of a specific reason why. I try to relax and just let it pass. I also stopped drinking all alcohol about two years ago. I lived with an alcoholic father and feared his anger. Could this all be related?



**A:** Thanks for reaching out regarding the anxiety and fear during the night. Yes, I do believe it is all part of this healing journey. Centering Prayer is in the service of.

Fr. Thomas pointed out that for most folks, unloading of the unconscious is experienced outside the time of prayer—in the midst of the ordinary activities of daily life (of which sleep is one!). The body is the warehouse of the unconscious material and your connecting this with experiences from childhood may prove very fruitful. Your decision to stop alcohol use also prompts the invitation for the body to release any memories that no longer serve you.

[The Welcoming Prayer](#) is a wonderful practice for praying with night terrors. We (Contemplative Outreach) have lots of wonderful videos on the [CO YouTube channel](#). I would particularly recommend Jim McElroy's video entitled, "[The Welcoming Prayer and 12-step recovery.](#)"

Please let me know if I can be of further assistance to you. Blessings on your journey.

Mary Dwyer

**The Welcoming Prayer** is a method of consenting to God's presence and action in our physical and emotional reactions to events in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the ordinary activities of our day — "consent-on-the-go."

This 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. It contributes to the process of transformation in Christ initiated in Centering Prayer.

1. Feel and sink in to what you are experiencing this moment in your body.
2. "Welcome" what you are experiencing this moment in your body as an opportunity to consent to the Divine Indwelling.
3. Let go by saying "I let go of my desire for security, affection, control, and embrace this moment as it is."



## *Upcoming Local Event...*

### **“Happiness: An Experience of Non-Dual Consciousness” with Chris Hagen**



*Presenter Chris Hagen*

Long-time meditator, Centering Prayer practitioner, and CONSD servant-leader Chris Hagen will be giving a Zoom presentation titled “Happiness: An Experience of Non-Dual Consciousness” from 9:00am to 12:00 noon on June 22, 2024. (See the following page for registration information).

Chris and his late wife Sue Hagen started the North San Diego chapter of Contemplative Outreach in 2006, serving as co-coordinators of our chapter for its first ten years. The two of them visited with Fr. Thomas Keating on

their frequent trips to St. Benedict’s Monastery in Colorado, where Chris received spiritual direction from Keating. Since CONSD’s beginnings, Chris has led dozens of contemplative retreats and workshops, and he has served as a Commissioned Presenter of the method of Centering Prayer as well as a Centering Prayer group facilitator at St. Bart’s Episcopal Church in Poway.

Over these past few years, Chris has been offering a wonderful array of explorations and teachings—from the effects of Centering Prayer on our brains and how it changes our beliefs about the source of authentic happiness—to how the Holy Spirit works within us as we metamorphose into beings who love as God loves: with compassion, patience, and humility. Including insights from religion and science, Chris brings graphics, quotes, and images to his slide shows that help to illustrate what a deeper relationship with God looks like in day-to-day life, and he offers explanations, tools, and practical suggestions that viewers can carry with them on the spiritual journey. (Click [HERE](#) to access these past recordings of Chris’s presentations).

We invite you to join us as Chris delves into the topic of non-dual consciousness which, as Cynthia Bourgeault has noted, is “not a part of the innate vocabulary of the Christian spiritual tradition” and which deserves some clarification. Thank you, Chris, for offering an illuminating morning on the connections between happiness, non-dual consciousness, and Centering Prayer.

**~ Mary Williams**





**CONSD Presents**

# *Happiness: An Experience of Non-Dual Consciousness*

*with our guide*

*Chris Hagen*

*Saturday, June 22, 2024*

*Nine o'clock to Twelve noon*

**The Eastern concept of non-dual consciousness has long been associated with a state of enduring happiness—a state of being only achieved through inner transformation. This concept is now increasingly discussed among Western contemplatives, including practitioners of Centering Prayer.**

**This presentation will examine this idea as it relates to the conceptual basis of Centering Prayer. We will explore this relationship within the context of five questions:**

- ***What is happiness?***
- ***What is non-dual consciousness?***
- ***What is transformed?***
- ***How is transformation achieved?***
- ***What motivates the desire for transformation?***

To register for this event, email us at [consdinfo@gmail.com](mailto:consdinfo@gmail.com). We will send you a Zoom link two days prior to our gathering.

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



**Susan Kenney** is a Centering Prayer practitioner who lives in Sacramento, California.



**Luz Baez-Tackett** serves as Greeter and Eucharistic Minister at Mary Magdalene Apostle Catholic Community. She participates in Centering Prayer, retreats, and independent Scripture study. She enjoys exploring the evolution of Sophia wisdom, nature, and the interconnected interrelatedness of creation. Luz is a contemplative poet at heart.



**Mary Williams** currently serves as Chapter 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, California (currently meeting on Zoom).

***“In the stillness of the quiet, if we listen, we can hear the whisper in the heart giving strength to weakness, courage to fear, hope to despair.”***

**~Howard Thurman**

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.

**SAVE THE DATE!** Rev. Susan Latimer's presentation and workshop, "**Introduction to the Practices of Wisdom**," will be held in person at the Mission San Luis Rey in Oceanside, CA, on Saturday, July 27, from 8:30am to 3:00pm. Lunch included. More information is forthcoming. For questions, please email [consdinfo@gmail.com](mailto:consdinfo@gmail.com).

**ONGOING:** **OPENING MINDS, OPENING HEARTS: A Podcast Series by Contemplative Outreach, Ltd., first launched in November 2022. With Colleen Thomas and Mark Dannenfeler.** Seasons 1 and 2 of this podcast series are complete and available [HERE](#) or through your favorite podcast provider platforms. Interviewees include Carl McColman, Dr. Lerita Coleman Brown, Fr. Adam Bucko, Pastor Tia Norman, Fr. Greg Boyle, Carmen Acevedo Butcher, Heather Ruce, Dr. Rory McEntee, and others.

**Holding Our Planet: Wisdom School with Cynthia Bourgeault.** This Wisdom School is aimed at contemplatives of all spiritual pathways who are deeply concerned about the global cultural and ecological crises imperiling our continued human existence on the planet. Join us as we come together to deepen our capacity to bring "skillful means" to the situation: forbearance, strength, compassion, right timing, spiritual generativity, and personal mettle. The daily rhythm will include teaching and sustained work in core spiritual practices: the generation of necessary spiritual "nutrients" (such as faith, hope, trust, love); imaginal exchange; "cosmic dialysis" (a.k.a., tonglen); "prayer with moxie," surrender, non-identification, sacred movements, chanting, and conscious work as well as silence for rest and integration. **In person and on Zoom at the Mercy Center in Burlingame, CA, May 25 - May 30.** For more info and to register, please click [HERE](#).

**Embracing the Unknown: Finding God in the Dark and the Path of *Via Negativa*, with Keith Kristich.** Join this 90-minute retreat on Apophatic Spirituality, the spiritual path that seeks to encounter the Divine not through affirmations of what God is, but through understanding **what God is not**. This retreat will dive into the interplay between the '*Via Positiva*'—which seeks to describe and define the God through positive attributes—with the more mystical '*Via Negativa*,' embraced by mystics like St. John of the Cross, the author of *The Cloud of Unknowing*, and Meister Eckhart. We'll connect these teachings with our own contemplative practice, providing a practical framework to experience God through the path of negation. This method deepens our spiritual awareness and transforms our understanding of God's presence and felt absence in our everyday life and practice. **On Zoom, June 1, 7:00 to 8:30am Pacific Time.** For more into and to register, click [HERE](#).

**Creating Space for Change--Practical Exercises for Activating Your Nervous System's Ability to Calm and Heal Itself, with Eric Peter.** In these hourly zoom sessions, Eric will provide practical exercises for activating your nervous system's ability to calm and heal itself. The objective of this class is to learn how to manage the sympathetic and parasympathetic nervous system. **Daily instruction, Monday through Thursday for 4 weeks, will vary, but will cover: 1) Exercises that help calm your nervous system; 2) Exercises for promoting neutral observation; 3) Neurogenic tremor techniques; 4) Centering Prayer.** You will learn an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. The exercises are intended to be used as a self-help method that is easily learned, has immediate effects, and can be integrated into a simple daily routine to help restore a sense of inner peace and relaxation. **On Zoom, June 3 - 27, 6:30 to 7:30am Mountain Time.** For more info and to register, click [HERE](#).

**Practical Nonduality, with Cynthia Bourgeault via Spirituality & Practice.** As you've no doubt noticed, the term "non-dual" is popping up everywhere nowadays. It's rapidly become the spiritual marketplace equivalent of "organic": nobody knows exactly what it means, but if you put it on the package, the product sells. While the specific ingredients may remain a bit fuzzy, the label itself powerfully exudes the connotations of "cutting edge," "evolved," and "enlightened." Why has the topic of nonduality suddenly become so hot in our



times and what does this say about where our planet is headed and what might be called forth from us? These are questions that Cynthia Bourgeault has been holding lately.... **“Practical Nonduality” consists of eight emails by Bourgeault, each with a short essay on an aspect of nonduality plus some practices for you to do to bring the teaching home into your body and your daily life.** The emails will be delivered on Mondays and Thursdays, giving you time in between to absorb each email’s teaching. You will have access to an online Practice Circle where you can share your responses to the emails with our worldwide community. As usual, Cynthia will be in the Practice Circle regularly to answer questions and offer encouragement as you work with the material. **Email and online, June 3 to July 1.** For more info and to register, click [HERE](#).

**Eight-Day Centering Prayer Retreat.** Enter into a more profound level of spiritual practice in an atmosphere of silence and community. **The Eight-Day Intensive and concurrent Post-Intensive Retreat is designed to strengthen one’s discipline and practice of Centering Prayer. We will be in grand silence.** The Intensive also provides a conceptual framework for the prayer through the viewing of selected DVDs from Thomas Keating’s Spiritual Journey Series. This retreat is for those with some experience with Centering Prayer. The Post-Intensive is for those who have previously made an Intensive Centering Prayer Retreat, and times of silence and periods of Centering Prayer are increased. **In person at the Holy Spirit Retreat Center in Encino, CA, June 23 to June 30. Must register by June 7.** For more information contact Marilyn Nobori at [centeringprayer@hsrcenter.com](mailto:centeringprayer@hsrcenter.com) or 1-818-815-4480, or go to the HSRC website [HERE](#) and click on "Center Offerings."

**Cinema Divina Retreat, with Sr. Jennifer Tecla Hyatt, FSP.** *Cinema Divina* uses the form of *Lectio Divina* with film. It is a time of prayer, reflection, and conversation to dive deeper into our story and recognize our call. This unique experience takes the participants on a journey through a film as we reflect together on our common human experience and the ability to live a virtuous life. The film is to be announced. **In person at St. Andrew’s Abbey in Valyermo, CA, June 17 to June 20.** For more info and to register, please click [HERE](#).

**A Sacred Pause Silent Wisdom Retreat: A Curated Retreat for Contemplatives Under 50, with Heather Ruce and Colleen Thomas.** In a society bombarded with the allure of external validation and perpetual striving, we often find ourselves caught in the relentless pursuit of relevance, accomplishment, and fleeting happiness. Yet, amidst this tumult, there exists a timeless wisdom that transcends

the ephemeral promises of the world—a wisdom that beckons us to turn inward, to listen to the Holy One’s heart in the depths of our being. Drawing from the insights of contemplatives, mystics, and Wisdom teachers, this retreat offers a space to pause together with others to engage contemplative wisdom practices and inner exploration. Inspired by the teachings of luminaries such as Thomas Keating, Henri Nouwen and Cynthia Bourgeault, we embark on a transformative journey to recalibrate our gaze, redirecting it from the external trappings of success to the quiet rhythm of the heart, our organ of spiritual senses. **In person at the Mercy Center in Burlingame, CA, July 11 to July 15.** For more info and to register, click [HERE](#).

**WE ARE ALL ONE: An 8-Day Centering Prayer Retreat with Fr. Bill Sheehan.** In one of his last conferences, Thomas Merton reminded us that we are all one. We just don’t know that yet. Our oneness/unity is rooted in the ongoing flow of God’s love that not only brings forth all that is but sustains and is present in all that is. During our retreat, we will explore not so much the what of God’s love but the how of God’s love revealed in both the Mystery of the Trinity as well as the Mystery of the Incarnation. Resources referenced: Fr. Richard Rohr, *The Divine Dance*; Cynthia Bourgeault, *The Law of Three*; Vincent Pizzuto, *Contemplating Christ*. We will be in silence for meals, breaks, and prayer time. Periods of Centering Prayer will be included in our time together. There will be discussion following each of Fr. Sheehan’s presentations. Spiritual companionship and body work will also be available. **In person at the Holy Spirit Retreat Center in Encino, CA, July 14 to July 21. Must register by June 28.** For more information contact Marilyn Nobori at [centeringprayer@hsrcenter.com](mailto:centeringprayer@hsrcenter.com) or 1-818-815-4480 or go to the HSRC website [HERE](#) and click on "Center Offerings."

**Nine-Day Intensive and Post-Intensive Retreat with Marty Badgett and Contemplative Outreach Staff.** This retreat offers two tracks simultaneously: Intensive and Post-Intensive. For everyone, there will be 3 sets of two 30-minute periods of Centering Prayer daily. The Intensive retreat will watch video talks from Fr. Thomas Keating’s Spiritual Journey Series, focusing on “The Human Condition and the Spiritual Journey”. The Post-Intensive retreat has no videos and an additional hour of Centering Prayer each day. You choose the track that works best for you. Any of the tracks may be repeated multiple times. If this is your first Centering Prayer retreat of this length, we suggest you choose Intensive. *Lectio Divina* will be offered daily, as well as optional soul-friending with the staff.

Throughout the retreat, we will be in silence. Pre-requisite: A daily practice of Centering Prayer for 6 months or longer. **In person at the Mercy Center in Auburn, CA, July 30 to August 7.** For more info and to register, click [HERE](#).

**The Way of the Heart: A Silent Wisdom Retreat, with Joy Andrews Hayter, Heather Ruce, and Catherine Regan.** The Way of the Heart is at the center of the Christian Wisdom tradition, a transformative pilgrimage of the soul. This immersive silent Centering Prayer Wisdom retreat is an invitation to enter the cave of our hearts, to listen deeply to its rhythm, and open to the guidance we discover within. Engaging the timeless teachings of Christian mystics, teachers, and sages, we invite you to explore the depths of your being and cultivate a profound connection with the divine within and all around. This retreat is ideal for seekers of all backgrounds who are drawn to the contemplative Christian Wisdom tradition and are yearning for a deeper connection with the divine. Whether you are new to contemplative practices or have been on the spiritual path for years, this retreat offers a sacred space for renewal, reflection, and inner transformation. **In person at the Mercy Center in Burlingame, CA, August 23 to August 28.** For more info and to register, click [HERE](#).

**Living Into the Inspiring Legacy of Thomas Keating: Celebrating 40 Years of Evolving Community.** Hosted by Contemplative Outreach and the 12-step Service Team, this 40th anniversary conference is intentionally located on the grounds of Emory University, the home of the Thomas Keating Archives, tangible evidence of his legacy and its future access for many generations. You may [view the conference speaker list here](#). Included in your registration is a one-day conference on Saturday, September 28 with a variety of speakers. For those who cannot afford the time or resources to attend the full conference, this one-day conference is a good alternative. Registration for this one-day option will open soon. Some of the programming will be freely livestreamed and some of it will be recorded and posted on the Contemplative Outreach website after the conference. If you have further questions, you may visit [this FAQ page here](#). **In person at the Conference Center at Emory University in Atlanta, Georgia, Sept 26 - 29, 2024.** Registration is now open for the conference and for the hotel [HERE](#).



<b>PRAYER GROUPS</b>				
<b>AREA</b>	<b>FACILITATOR(S)</b>	<b>PHONE</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
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	760-809-2520	United Methodist Church of Vista. Currently meeting via conference call	Saturdays 9:30 to 10:45 AM



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