



CONSD NEWS

The Newsletter of Contemplative
Outreach of North San Diego,
Volume 19, Number 3, Aug. 2024

In This Issue

A Taste of Wisdom with
Rev. Susan Latimer
...pages 1-5

CONSD Interview: A
Centering Prayer Journey
with Marilynn C.
...pages 6-9

Q & A with Leslee Terpay
... page 10

Upcoming Local Events:

- Taizé Service
- Introduction to
Centering Prayer
- Chris Hagen's
rescheduled
presentation
... pages 10-12

Thank you, Contributors
... page 14

Other Events
... pages 15-19

Prayer Groups
... pages 20-21

A Taste of Wisdom

With Reverend Susan Latimer

"Wisdom isn't knowing more, it's knowing with *more of you.*"
~Rev. Cynthia Bourgeault, *The Wisdom Jesus*

The Mission San Luis Rey Retreat Center is beautiful at any time of the year, but it was a special treat on July 27, when 35 contemplative practitioners gathered for "A Wisdom Way of Knowing" with the Reverend Susan Latimer. Further inland, the day was hot and muggy, but the Mission is close enough to the ocean that sea breezes keep things temperate. Gentle sunlight and lush rose gardens graced the air. I inhaled the sweet breeze and savored the warmth on my skin.

Indeed, the gift of *sensation* was one of the elements of Wisdom practice that Rev. Susan brought to our attention on this beautifully spacious day. She invited us, for example, to become aware of the sensations available in just our right hand. Retreatants noticed ... warmth, coolness, mild tingling, pulsing, a light pressure where the hand rested in the lap... and the recognition that sensation can bring us into the present moment and vivify us: *wake us up*. Wisdom is about being spiritually awake, Susan reminded us – becoming more fully present through all three "centers" of our being: the mental (mind) center, the emotional (intuition/heart) center, and the moving (body) center. For much of history, Christianity And Western culture have ignored or rejected the body while overemphasizing the mind. The Wisdom tradition provides a corrective



Reverend Susan Latimer is an Episcopal priest with over 30 years in parish ministry and a student of Wisdom who has studied with Cynthia Bourgeault for the past 10 years. She presents Cynthia's teachings as a TA for the Center for Action and Contemplation, as a group leader for Wisdom practice circles, and as a retreat leader locally. She writes sacred chants in the Wisdom tradition and leads chanting as a spiritual practice through Stillpoint and Wisdom Waypoints.

through exercises, teachings, and practices that “work out” the underutilized centers, inviting an integration of heart, mind, and body that befits us as the *incarnations* we are called to be.

Centering Prayer itself is a silent Wisdom practice—a surrender method in which we let go of words, thoughts, emotions and offer ourselves to the Divine Indwelling. It is primarily a practice of *consent* and *intention*. When we include complementary Wisdom practices that engage our *attention* and *awareness*, we can discover ways to approach Centering

Prayer from a more present, awakened state. We find a more fully embodied “place” from which we can let go and surrender to God’s presence and action.

Throughout our day, Rev. Susan gently guided us through several Wisdom practices, beginning with the “Here I Am” prayer that focused the mind through spoken word and engaged the heart and body through accompanying gestures. We also learned and chanted the Orthodox Trisagion (Trinity) prayer in Greek, singing the beautifully recorded melody while slowly tracing the sign of the cross fully over the upper part of the body, ending with hands cupped over the heart. Slowing down, praying aloud in an unfamiliar language, mutually carrying harmony in community—it helped with letting go of the ordinary mind chatter and stepping into a deeper, wider space.

Before our period of Centering Prayer, we sang a chant by Henry Schoenfield, (lyric by Meister Eckhart): “Be right here . . . in the heart of God.” Susan accompanied the melody with a harmonium (a keyboard instrument similar to an accordion), creating a resonant wall of tones to carry us through the chant, eventually slowing down to a stop and easing us into our communal silence.

The Orthodox Trisagion Prayer

<i>Agios O Theos</i>	Holy God
<i>Agios Ischyros</i>	Holy the Strong
<i>Agios a Thanatos</i>	Holy Undying One
<i>Elieson Imas</i>	Have Mercy on us

Click for a cappella chant: [Agios O Theos](#)

In between the exercises and sits, Susan shared definitions, stories and examples of Wisdom concepts. For example, in explaining how an overreliance on the mental center has affected most of us in the West, she cited a quote from her mentor, Cynthia Bourgeault: “ ‘I think, therefore I am’ has doomed us to a fatal sleep.” In other words, overthinking and remaining “stuck” in the head leaves us anxious, cut off from one another, isolated, and disconnected from the present moment. The ego-centered (or false) self, in particular, attempts to assert itself through either-or thinking and conceptualizing. But as Susan pointed out, “The chief feature of the ego is that it is *not present*... it tends to live in the past or the future.” Without the balance and integration of all three centers, the ego remains unawake and alienated from the reality of *now*.

Susan shared an often-told Wisdom story about how a young man approached the Russian Orthodox Bishop, Anthony Bloom, confessing that he was unable to believe the words of the Christian Creed. Bloom listened carefully and compassionately, suggesting that the young man return to him in one month. In that interim, Bloom directed him to make 100 full prostrations a day. The student returned a month later with “eyes full of light” and a heart softened and open to receive. Through this persistent physical devotion, he had learned to embody the tenets of faith in a way that the rational mind alone was unable to grasp. Repeated bowing to the ground taught about humility.

Feeling supported and held by that ground offered lessons in trusting something beyond the small self. This story was a wonderful illustration of how some deeper teachings can only be conveyed through the moving center, through gesture and action, rather than words.

The emotional or “heart” center also offers important gifts to an embodied Wisdom path. As Susan noted, this center is not about our own personal emotive drama, but about intuition, spiritual perception, and empathetic capacity. Resonance is a significant feature – the ability to “feel with” others and to notice synchronous qualities among emotions, images, and ideas. Seated in the area of the solar plexus, the emotional center is often expressed through art and music, and it comprehends the language of paradox. It is through the emotional center, for example, that we are able to hold together two contradictory realities, such as the ability to simultaneously “bear” both joy and sorrow.



St. Ephraim prostrates himself before an icon of Christ

On a handout, Susan included a clarifying quote about the spiritual significance of the “heart” from Cynthia Bourgeault’s *A Wisdom Way of Knowing*:

“The heart, in the ancient sacred traditions, has a very specific and perhaps surprising meaning. It is not the seat of our personal affective life—or even, ultimately, of our personal identity—but an organ for the perception of divine purpose and beauty. It is our antenna, so to speak, given to us to orient us toward the divine radiance and to synchronize our being with its more subtle movements. The heart is not for personal expression but for divine perception.”



A lush corner of the Mission San Luis Rey Retreat Center

After lunch, Susan introduced us to the Atmosphere Exercise, a practice first taught by the Armenian-Russian Wisdom teacher, G.I. Gurdjieff. We were first invited to anchor our attention in the solar plexus, then allow that attention to expand outward to arm’s length in all directions (up, down, and side to side). This invisible sphere comprises our “atmosphere” – our own energy field that extends a few feet beyond our physical body. The intent of the exercise was to practice “keeping within” – that is, to avoid being pulled out of our sphere by

waves of thought, emotion, and other distractions. In addition, we were each to hold our personal atmosphere within its own limit, to “not allow it to go further than it can sustain” or become entangled in other people’s atmospheres.

This exercise, I noticed, incorporates the “releasing / letting go” of distractions that is found in Centering Prayer. But the inclusion of *attention* and *sensation* (*anchoring* in the solar plexus, then *sensing* into our spherical energy field) brought in focal elements that distinguish it from Centering Prayer. The Atmosphere exercise teaches us to *consciously tend* to our energetic field, to discover that state of “alert, calm, gathered presence” that Christianity has long referred to as *vigilance* or *recollection*. This was an aha moment for me: recollection is that palpable, *retrieved* quality of present-moment serenity that is one of the fruits of contemplative practice. And the peace and resilience it offers is a gift that extends beyond ourselves – it flows outward to a world that hungers for connection, depth, and wholeness. (For more on the Atmosphere exercise, click [HERE](#)).

At the end of our gathering, Susan invited each of us to briefly answer the question “What will you take with you from this day?” Here are some of the shared responses:

A sense of fullness

The depth of the silence

Deep relaxation and stillness

How the three centers affect my incarnation

Resonance inside with the chanting

A recommitment to Centering Prayer / contemplative practice

Coming home to myself

Deepened Centering Prayer sits with the exercises and practices

To see Christ in everyone and be Christ to everyone

For these lovely gifts and for your gracious skill in introducing us to some new practices and paths within the Wisdom Tradition and the Christian contemplative journey, we thank you, Susan Latimer. And we hope to see you again!

~Mary Williams

The Inner Wellspring

For a while, yes, our ego-self does indeed appear to be the stable operator. We draw our water from the spiritual well and then bring it home to translate into all the benefits it confers on our daily lives. From there we translate our thanks back to God in the form of wordless or spoken prayer. But there comes a time when the ego translator drops out, and we are simply there, hearing and responding directly in the native language of being. There is oneness. And that is fundamentally what is meant by nondual consciousness. Then this ‘inner wellspring’ is no longer a place you go to, it’s a place you come from.

~Cynthia Bourgeault, *The Heart of Centering Prayer*, p. 135.

CONSD Interview: *A Centering Prayer Journey* *with Marilynn C.*

Linda Dollins: *Hi Marilynn. It's good to be with you this morning. Before we start talking about your recent experiences with Centering Prayer programs, I'd just like to know a little bit about your journey to Centering Prayer.*

Marilynn C.: What led me to Centering Prayer? In some ways I was already on the journey. I don't know if you've read *The Way of the Pilgrim*, but I totally related to it because the man was already on his journey and sitting in church when he began. Me too. I had been a Christian for a while and was still searching for the height and the depth of the way to not only connect, but to live in this journey with God. I like to read, and one book that was suggested to me was *New Seeds of Contemplation* by Thomas Merton.



Interviewee Marilynn C.

I was also back in the church but in a different way. There were not too many people there—maybe nobody—on the contemplative path. My divergence from traditional church came basically after my reading. James Finley wrote a couple of books about Thomas Merton and was also with him in the same monastery. He was one of Merton's students. For some reason, I can really "hear" James Finley. We all have these people that really resonate for us. Thomas Keating is another big one. I've listened to him a lot as well as Richard Rohr.

I began this contemplative process maybe in 2018, before the pandemic. I prayed in my bedroom every morning the first thing and every evening, doing my 20-minutes no matter what. I tried not to judge it—just let it flow—because Centering Prayer is all experiential.

Kathy (Marilynn's prayer group facilitator) and Mary (CONSD chapter coordinator) periodically sent out opportunities that might be of interest or help, or that might be of support to us. I am in a part of my life when I have the privilege of taking some courses. I have the time for them. I remember Thomas Keating saying, "In our older years, contemplative prayer should be great. What else can you do? You can't golf all day." I love that. So, I got involved in a couple of the

programs being offered, and one was “God Is Love.” It was with Thomas Keating, and I have listened to other talks by him on YouTube. Some of this program was from the Spiritual Journey series and some from different recordings that Keating made with Fr. Carl Arico. It was wonderful. It explained how we love. We would watch videos, and there was a team to help us understand the videos. We learned that love is not only learning how to allow God to love us but allowing God’s love just to permeate me, so I become able to transmit love. You’d think that should be easy, but not necessarily.

For example, after that program on God’s love, I was in my little church and thought, “They don’t understand this.” And then the next thought came: “Marilynn, I want to teach you how to love others. Why not start with these people?” I knew I could go to a foreign country or love the people on the street, but the thought that was deepening in me was to love this group in my church.

“To transmit [God’s] love...I knew I could go to a foreign country or love the people on the street, but the thought that was deepening in me was to love this group in my church.”

~Marilynn C.

“God Is Love,” is on Zoom and from C.O. of Colorado with about 20-25 people in attendance. It was also the first time I had done *visio divina*. The leader would choose a picture from an artist and would have us look at it and get an impression. The wonderful thing about doing courses with other people is getting to hear them. Sometimes I couldn’t see more than lines or circles in the picture but getting to hear what other people saw would help me see something that I hadn’t seen.

That’s also the wonderful thing about having Centering Prayer groups and these workshops and retreats. We get to see other people on this journey, and that was really a lovely thing. It’s not just the instructor telling you that you need other people. It’s the people who are with you.

So that program was the first one. I also went to a daylong retreat at the San Luis Rey Mission that Kathy did and *The Pilgrim Way* through CAC (The Center for Action and Contemplation) which referred to *The Philokalia* from the Eastern Orthodox tradition. I wanted my own copy, and CONSD granted that request. *The Philokalia* always references everything in scripture, and it’s written by the Desert Fathers. I love that.

An amazing class I'm taking now is called "Creating Space for Change." It's a workshop on Zoom with about 50 attending. We do a series of things in each class, and it lasts a month. Our facilitator is Eric, a young man, who has been trained in TRE [Trauma Reduction Exercises] and has helped with vets and prisoners in trauma work. He also studied in India. He's been a massage therapist, a yoga instructor, and he's a good storyteller because he relates the exercises to life experiences.

The real spiritual journey depends on our acknowledging the unmanageability of our lives. The love of God or the Higher Power is what heals us. Nobody becomes a full human being without love. It brings to life people who are most damaged. The [12] steps are really an engagement in an ever-deepening relationship with God. Divine love picks us up when we sincerely believe nobody else will.

~Thomas Keating, *Divine Therapy and Addiction: Centering Prayer and the Twelve Steps*, 2009.

There are people in the class who are in 12-Step, which was also my orientation. Thomas Keating, Richard Rohr, and Jim Finley see incredible value in the 12-Step program. It takes you on this journey and opens you up to a walk with God. I have 34 years in the program, and it opened me up emotionally and spiritually to look deeper and to get some healing.

In "Creating Space for Change" I'm the only person from California—and for me it starts at five AM. But I love that time of day. It just feels like God is very, very present. In the first half hour, we do *lectio divina* out of *The Contemplative*

Reader by Thomas Keating. Then the simple exercises are next. Eric calls them "farmer practical." There is tapping and waking your skin up. He's also working with your lymphatic system and crossing over for your parasympathetic nerve. He never tries to give you too much background. You just do what you can. Every time I come out of that class, I'm awake, alert, and alive. I'm more present in my life and more open to God whether I'm doing the dishes or making my bed or sharing with another person. The class is more incorporative.

Linda: *Are there other changes you've noticed from taking "Creating Space for Change?"*

Marilynn: Yes. Sometimes God puts us in a place where He wants us to do His work. I have been praying for my little coffee group that meets on Friday, and I remembered a reference to being the yeast in the loaf. You may not be in a large group of people, but you're just loving listening to the needs of those in your little corner. It's an undercurrent. One time, one of the

women was talking about having a minor stroke, and we shared about being weak. We may be at our weakest, but when we're weak, God is strong. It's God who's doing this tremendous work in people's lives. I'm nobody. I'm nothing, but that's an advantage in the Centering Prayer world. I don't have to be concerned with comparison or anybody else's journey because it's not an outward thing. It's very inward.

"Creating Space for Change" has been such an amazing experience that I even requested to do it again. The instructor is literally one of the students in the program. He's working on his own life, too. You know the scripture about looking for the treasure, and then you sell everything else because you found it? In my journey I have reached an amazing understanding of my relationship with God, with Presence, and with humility and how it all fits. It's like you're just saying "yes" to everything and you're feeling such joy.

Linda: Marilyn, it's just beautiful the way you talk about your experience. Thank you for sharing your journey with us and explaining how the courses you've taken have enhanced your spiritual experience. I hope others will join you in exploring the offerings that C.O. Ltd and C.O. of Denver have available.

Interested in attending a contemplative retreat, course, or program?

Contemplative Outreach offers Centering Prayer retreats, classes, programs, speaker events, and days of prayer—both locally and globally. News and registration access for upcoming events are included [HERE](#) on the Events Page of the [CONSD website](#) (and in the latter pages of this newsletter). More information is available at the Contemplative Outreach Ltd. website [HERE](#) and through COSD, our sister chapter to the south, [HERE](#). Scholarships to offset any costs related to these events are also available. Please inquire about scholarships—or any other questions you might have—by emailing consdinfo@gmail.com. We would be happy to assist you!

Q and A with Leslee Terpay

Q: Our group has been doing a contemplative walk before meetings. Do you have any information about this practice?



A: The contemplative walk is a time of mindful walking sometimes while repeating a prayer sentence to our step cadence that helps us take the silence and solitude of our prayer

practice into everyday life. This slow walk is also a way of praying unceasingly during everyday life. Most people walk steadily rather than using a “wedding march” stance such as a pause between steps.

It seems from your question that your group is using the contemplative walk as a vestibule prayer before meditation. Your group is not alone, there are many prayer groups that use this practice as a vestibule prayer as it allows one to shake off our everyday thoughts,

perceptions, and energy so we can enter into Centering Prayer more easily. Imagine the contemplative walk before our Centering Prayer time as simple steps of going deeper within ourselves away from the noise of everyday life, to begin embracing quiet and finally leading into silence and solitude in community. During Centering Prayer, we consent to God’s Presence and action in our lives. During a contemplative walk we continue that consent and become more aware of God’s Presence within us and around us in all creation.

If you are wondering about what Thomas calls the Active Prayer sentence which usually accompanies a contemplative walk, please visit our website for his teaching at: <https://www.contemplativeoutreach.org/the-active-prayer-practice-method/>

Please let me know if this has clarified the practice for you. Many blessings for you and your group as you pray and grow together.

Peace and love,
Leslee Terpay

Contemplative sung prayer
in the style of Taize'

An offering to nourish your souls. Join us for this ecumenical, candlelit service of music, silence and prayer which includes music from Taize' and some newer sacred chants.

Come to join in the singing
or just listen.

All are welcome!



Led by The Rev. Susan J. Latimer

WHEN: Thursday, August 22 @ 6:30PM
WHERE: All Saints' Episcopal Church
651 Eucalyptus Ave, Vista 92084





Contemplative Outreach of North San Diego Presents:

“An Introduction to Centering Prayer”

October 5, 2024, 8:30 am to 12 noon

St. Peter’s Episcopal Church

1 Parish Lane, Del Mar, CA 92014

Do you have questions about the practice of Centering Prayer? Are you ready to begin a practice but need help getting started? Or are you interested in deepening your current practice but would like a refresher and connection with other practitioners? Join us for “An Introduction to Centering Prayer” to start or renew your journey of connecting with God through silence and in community.

Let praying without words, in deep silence and openness, draw you closer to God. Come and taste the beauty of what modern contemplative Thomas Keating called “God’s first language.” Our day will include short presentations, two Centering Prayer practice sessions, and ample time for questions and discussion. Four Zoom follow-up sessions on October 9, 16, 23, and 30 will offer further practice, discussion, and videotaped teachings with Carl Arico and Thomas Keating.

This program is open to anyone, whether you have a longtime Centering Prayer practice or have never tried this form of prayer. There’s enrichment and insight for everyone.

Pre-registration for this event is required so that we can know how many people to expect. To ask questions or to pre-register, e-mail us at consdinfo@gmail.com.



CONSD Presents

Happiness: An Experience of Non-Dual Consciousness

with our guide

Chris Hagen

Saturday, November 2, 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. We will send you a Zoom link two days prior to our gathering.

Thank You to Our Newsletter Contributors . . .



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).



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, now meeting on Zoom.

“Peace doesn’t come about because of anything we do right. The point is, we have to discover that we have always been in God. When we get to this place, we will know and love ourselves, in spite of all the negative and opposing evidence. It is the spacious place of the soul. To live there is finally to be at home. This first and final home we carry with us all our lives. God is also at home there, and when we return, we will have discovered simplicity.”

~Richard Rohr, *Simplicity: The Freedom of Letting Go*, 2015.

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.

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

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.

The Spiritual Journey Program for Young Contemplatives, with COL's Young Contemplatives Community. The Spiritual Journey Program is a series of teachings structured in five parts. The program consists of 100 videos, all of which are accessible online. These teachings provide a backbone for the contemplative life and the psychological background for the work of Centering Prayer in the formation of our spiritual lives. **Beginning Saturday, July 13th 2024 and each Saturday after**, facilitators from our Young Contemplatives community will hold space for our 40s and under community to journey together through the program. **Each Saturday for one hour, 10:30am – 11:30am (Eastern Time US)** a facilitator will guide a small group through the program. The hour will consist of a short Centering Prayer sit, viewing of the video teaching from the week's session, followed by a time of faith sharing and discussion around the week's themes. These are open, drop-in meetings. No pre-registration is required. Anyone is welcome to join as often as possible! We recognize it may not be feasible to come every Saturday but do encourage you to follow along with the sessions, viewing the videos for the previous week(s) you may have missed. For more info and to access the Zoom link, please 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 25.** For more info and to register, click [HERE](#).

Contemplative Living I: Contemplative Practices in Daily Life, with Julie Saad. This four-month long online course is experiential, guiding participants to deepen their experience of the abiding presence of God by cultivating their contemplative capacities. Participants will learn and integrate contemplative spiritual practices into daily life within a community of seekers through monthly meetings, a weekly online prayer chapel, personal practices, and monthly Holy Listening Circles (group spiritual direction). Contemplative practices are the doorway into the gift of contemplative prayer where the journey that begins in the silence of our hearts leads us into the heart of God. As we cultivate contemplative practices in ordinary daily life, we begin to experience oneness with God and all creation. **Online, Sept. 1 to Dec. 1, 2024.** For more info and to register, please click [HERE](#).

Creating Space for Change: Practical Exercises for Activating Your Nervous System's Ability to Heal and Calm Itself, with Eric Peter. The objective of this class is to learn how to manage the sympathetic and parasympathetic nervous system. 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, September 3-26, Mondays thru Thursdays, 6:30 to 7:30am Mountain Time.** For more info and to register, click [HERE](#).

Living Flame 2 Program, with COL's Living Flame Service Team. Living Flame is a seven-day in-depth spiritual formation program presented over seven months by commissioned presenters of Contemplative Outreach, Ltd. It's designed to heighten the awareness of the dynamics of Centering Prayer in the context of the spiritual journey. This year's Program (LF2) includes seven additional topics and is **being offered globally on Zoom**. Individuals and small in-person groups of five people or fewer are invited to participate. LF 2 is open to everyone who has participated in LF 1 as well as to those who have had a daily Centering Prayer practice for a year or more and who have reflectively read [Open Mind, Open Heart](#) by Thomas Keating. Registration and participation in the program is a commitment to all seven sessions. Topics for the Living Flame Program are noted in the [Living Flame brochure](#). Each retreat-like day is facilitated in a five-hour scheduled format which includes: two periods of Centering Prayer; two presentations with Q&A; small group sharing; silent breaks, and time for a meal. **Dates: 2024** – Sept. 7, Oct. 5, Nov. 2. **2025** – Jan. 11, Feb. 1, Mar. 1, Apr. 5 **Time:** 11:00 AM – 4:00 PM Eastern Time (-5 UTC). For more info and to register, please click [HERE](#).

The Spiritual Journey Series, with Contemplative Outreach of Colorado. Based on Thomas Keating's *Spiritual Journey* video series, this program guides participants to the transformative awakening and healing to be found along the contemplative path of consent to God's presence and action within each of us. It incorporates psychological, as well as spiritual, aspects of dysfunction and healing as a means to make the mystical more accessible to 21st century pilgrims. This Spiritual Journey series consists of an Introductory Workshop followed by eight courses based on the video series by Fr. Thomas Keating, designed to support the daily practice of Centering Prayer. These courses are an attempt to provide a road map, as it were, to the journey that begins when Centering Prayer is seriously undertaken. It seeks to point to the recognizable landmarks on the journey as well as to its ultimate destination. The richness of the material presented by Fr.

Thomas does not age or lose its impact. Those of you who have had a Centering Prayer practice for several years will be enriched as you hear Fr. Thomas from a new place in your heart. **On Zoom -- initial workshop begins on September 14, 9:00am to 12 Noon Mountain Time. Continuing course sessions begin on September 17 and continue through the fall of 2024.** For more info and to register, please 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](#).

Abide in Me: Christian Mysticism and the Divine Indwelling, with Fr. Justin Lanier and Noel Terranova. Human experience is a search for God, and for ourselves. Searching for God, we must look within ourselves. Searching for ourselves, we must look to God. This reciprocal dynamic is the heart of the Christian mystical tradition. Join us to explore the mystical indwelling of God. See how Christian apophatic theology serves in this searching. Meister Eckhart, Dionysius the Areopogite, Centering Prayer, and contemporary theologians will be our guides. Christ bids us: "Abide in me, as I abide in you." Can we abide in Christ's call? 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. **October 12, 8:30am to 4:30pm Eastern Time.** For more info and to register, please click [HERE](#).

God n' Me: Thomas Keating's Lifelong Love Affair with God, with Cynthia

Bourgeault. In her first teaching from her soon-to-be published book, *Thomas Keating: The Making of a Modern Christian Mystic*, Cynthia will guide us through Thomas's evolving concept of God, illuminating Keating's remarkable spiritual development in the final stages of his spiritual journey. Cynthia will be sharing from her perspective as a disciple of Keating's teachings as well as her personal experiences and close study of his late works. Topics in her talk will include: Keating's increasing engagement with non-dual spiritual practice, his contributions to interspiritual dialogue, the evolution of his early teaching on the movement from "false self" to "true self," to that from "true self" to "no self," his final "dark night of the spirit" and passage through death, and new evidence that he never left Christianity but carried it with him to new places. **In person and on Zoom, October 19, 9:00am to 3:00pm Mountain Time.** For more info and to register, click [HERE](#).

Integrating Mind, Body, and Spirit with Centering Prayer, with Dr. Christine

O'Brien and Eric Peter. This session provides you with practical exercises to augment your centering prayer practice and maintain a reservoir of connection to oneself and the divine indwelling. Simple routines proven to calm the nervous system and focus on the heart can release past hurts and traumas that may exist beyond our awareness. You don't necessarily have to re-live these events, or talk about them, to release them. Christine and Eric will explain the science of how and why these practices work. Then, we will perform them together so you will leave with practical techniques to help slow your reactionary false-self programs. You will learn: about post-traumatic growth, active practices to integrate into your day to regain your center, how to achieve heart coherence and why it leads to inner security and stability, vestibule practices to use before your centering prayer sit that may deepen your experience. **On Zoom, November 2, 9:00am to 12:00 noon, 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 6:00 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



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

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

Layout and Design: M. Williams