



CONSD News

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

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

CORE VALUES

Value -- Christ Centered

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

Value -- Humility

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

Value -- Utmost Charity

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

Value -- Community

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

Value -- Encourage and Support

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

Some Highlights of Fall 2024

An Answer to Prayer...

From September 22 to 26, 2024, a group of twenty retreat leaders, spiritual directors, presenters and prayer group facilitators met up for a wonderful contemplative gathering at [Trinity Retreat Center](#) in West Cornwall, CT. Spearheaded by [Colleen Thomas](#), spiritual director and Contemplative Outreach's Diversity Coordinator, the aim of this gathering was "to nurture and support BIPOC [Black, Indigenous, People of Color] contemplative prayer retreat leaders within Contemplative Outreach and the larger Christian contemplative prayer community." In addition to communing through Centering Prayer and related exercises, interactive workshops prompted the group toward reimagining contemplative prayer and principles through an ethnically inclusive lens. Recognizing a growing interest in meditation and silent retreats among BIPOC communities, a longer-range goal of gatherings like this is to form Centering Prayer facilitators, presenters, and retreat leaders who can meet the needs of contemplative spaces that are becoming more diversified.



BIPOC contemplative prayer group facilitators, presenters, ministers, & spiritual directors gathered for a contemplative meet-and-retreat at Trinity Retreat Center in West Cornwall, CT.

I recall a few Chapter Visioning and Enrichment Days that CONSD has held over these past two decades. During these Enrichment Days, members of our local chapter are invited to focus on the evolution, transformation, and future of Contemplative Outreach through prayer, faith sharing, and breakout group discussion. At each of these gatherings, participants expressed a

wish to welcome a more diverse spectrum of people into our Centering Prayer communities. With the emergence of this recent BIPOC Centering Prayer retreat – which we hope will become a recurring event – I believe we are witnessing the Spirit answering our prayers. It was my delight to attend (and help facilitate) this September 2024 BIPOC retreat—and to learn from people like [Tia Norman](#), pastor of [Awakenings](#), a contemplatively oriented multicultural church near Houston, Texas; [Aizaiah Yong](#), Claremont spirituality professor and author of *Multiracial Cosmotheandrist*; and [Guersnerth Josue Perea](#), a novice in the Episcopal [Community of the Incarnation](#) who teaches the online course *Black Lives and Contemplation*. And *everyone else there was such a gift*—each retreatant as well as the cooks who spoiled us daily with gourmet organic meals and [Fr. Mark Bozzuti-Jones](#), the hospitable priest-in-residence who welcomed us into his home one rainy evening. We centered, communed, broke bread, laughed, hiked, shared stories, debated, sang, wept, and prayed. Grace descended, tended to us, and held us fast. What a blessing!

~ **Mary Williams**

In-Person Introductory Workshop . . .

On October 5, 2024, CONSD welcomed thirty people to St. Peter's Episcopal Church in Del Mar for an Introduction to Centering Prayer Workshop. During the past several years, after Covid broke out in 2020, we had been hosting our introductory programs online through Zoom. So it was a pleasure to gather in person again, in St. Peter's spacious and airy Parish Hall, to share, learn, and renew ourselves in the practice of Centering Prayer. Dedicated presenters Patti Smith and Parth Domke skillfully guided us through the four conferences on Prayer as Relationship, the Method of Centering Prayer, Thoughts and Use of the Sacred Word, and



Presenters & volunteers for the Centering Prayer Intro workshop at St. Peter's Episcopal Church in Del Mar, CA: Carol Sumner, Rick Martin, Parth Domke, Mary Williams, Patti Smith, & Jan Simpson.

Deepening Our Relationship with God. We also had two opportunities to practice Centering Prayer as a group and to share questions, responses, and insights on contemplative practice. In the four weeks that followed, CONSD facilitators Jan Simpson, Rick Martin, and Mary Williams hosted the Continuing Sessions for this workshop via Zoom. These sessions included a period of Centering Prayer, one or two video teachings by Fr. Carl Arico or Fr. Thomas Keating, and time for questions and sharing. The gift of Zoom enabled us to record these follow-up sessions and share them with those who were unable to make these weekly meetings.

Thank you to Nichola Riggle, a parishioner and prayer group facilitator at St. Peter's, for arranging the time and the space for our October workshop. Gratitude also to Joan Thompson, our hospitality hostess who brought us breakfast goodies for our gathering – and to Carol Sumner who graciously stepped in at nearly the last moment to assist us with greeting and registering people at the door that morning. Kudos and blessings to all! ~CONSD

Abbey Retreat . . .



St. Francis in the garden at Prince of Peace Abbey in Oceanside, CA.

CONSD held its Fall Silent Retreat at Prince of Peace Abbey on October 17-20, 2024. After receiving encouraging feedback from previous retreats, we added one day to this annual event; it now begins on Thursday evening and ends Sunday afternoon. Twenty-four retreatants came to engage in communal, prayerful silence, with multiple periods of Centering Prayer, guided movement meditations, *Lectio Divina*, private time for rest and reflection, and options to join the Benedictine monks for the Liturgy of the Hours. Retreatant Kathy Agnew notes that “The retreat not only offered times for traditional Centering Prayer, but also provided times of music, motion, and lighting that created an environment conducive to moving deeper in the prayer.” Mary Williams recalls, “I still inwardly smile as I think of our time together at the Abbey—the space we mutually held, the restorative silence we shared, the trees and the birds, and the lovely gestures of tenderness and concern among the participants.”

CONSD Treasurer Linda Dollins offers an additional reflection on our retreat: “I don’t think I have ever really known or maybe fully understood the power of silence, but this year at our retreat, I was able to know it. Maybe it was my readiness, but I think it was also because of the group of contemplatives who attended this year. We all maintained an attitude and posture of quiet, not just in the prayer room, but in all aspects of the retreat, even in our private rooms. On Thursday evening, Mary’s guidance before we began the Grand Silence the next morning created our understanding of the layers of silence, and then we created for each other the gift of a paradoxical communal solitude. Thank you to all.” ~CONSD



Prayer circle centerpiece (thank you Linda Dollins) for CONSD’s four-day silent retreat at Prince of Peace Abbey.

New Book on Fr. Thomas Keating by Cynthia Bourgeault . . .

Released on November 26, 2024, [Cynthia Bourgeault](#)’s new book, [Thomas Keating: The Making of a Modern Mystic](#), is a much-anticipated portrait of Thomas Keating’s remarkable evolution during the last decades of his life into a fully realized modern-day Christian mystic. This book has rave reviews from Richard Rohr, His Holiness the 14th Dalai Lama, Rami Shapiro, Ilia Delio and others. [David Frenette](#) said in his review: “As a close student and friend of Thomas Keating’s for thirty-five years, I was exhilarated reading this lively and profound exploration of his journey into unity consciousness, and grateful the world has the opportunity to glimpse the inner life, struggles, and spiritual evolution of this extraordinary soul. A must-read for Centering Prayer practitioners in navigating the farther, subtler terrain of their path and for anyone seeking a model of embodied Christian nonduality.” On the auspicious day of December 10, 2024, the 56th anniversary of [Thomas Merton](#)’s death, Cynthia and David met together on Zoom to discuss the book, the parallel lives and vision of Keating and Merton and the evolution of the Christian contemplative journey into unitive and nondual consciousness. To see the recording of this enlightening hour-long dialogue on YouTube, click [HERE](#). ~CO, Ltd.

Chris Hagen's "Happiness: An Experience of Non-Dual Consciousness"

On November 2, 2024, local CONSD servant-leader, presenter, and retreat facilitator Chris Hagen hosted an illuminating Zoom presentation titled ["Happiness: An Experience of Non-Dual Consciousness."](#) Over the past several years, Chris has offered a hearty 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. Drawing on his experience in brain research and including insights from religion and science, Chris brings graphics, quotes, and images to his slide shows that illustrate what a deeper relationship with God looks like in daily life.

In this most recent presentation, Chris delves into the topic of non-dual consciousness, a term that is more familiar to Buddhists, Hindus, and other Eastern practitioners than it is to Christians in the West. In the Ancient Eastern traditions, non-dual consciousness was equated with an

enduring state of happiness, defined as *an abiding state of inner calm and well-being* that is reached through the kind of transformation that consistent meditative practice fosters. Westerners tend to define happiness as pleasure or the absence of conflict or pain. Though there is some truth in that definition, pleasure and the absence of pain are not the same as the inner calm and well-being that emerges from a transformative meditation practice. The stilled, present-moment serenity that we eventually come to through contemplative practice can hold the heart and soul together even within suffering, conflict, and chaos.

As Chris points out, part of the aim of Centering Prayer is to transform us into disciples who live and act from an abiding "non-separateness" – a *union* of spirit and flesh: God dwelling within us as we dwell within God. This state could also be called God Consciousness ... or a "remaining in" unconditional love – a love that persists regardless of circumstances, giving of itself freely without seeking anything in return. This selfless, agapic love enables us to stand



Presenter and retreat leader Chris Hagen

with a presence that calmly sees the parts as well as the whole in our life situations – leading to an increased ability to *respond* to conflicts with humility and empathy rather than *reacting* out of anger and judgment. This, in essence, is non-dual consciousness as contemplative Christianity understands it. It is “living ordinary life with extraordinary love,” and it is the true “happiness” or blessedness as taught by Jesus through the Beatitudes.

Of course, this kind of transformation is not something that magically descends upon us one day. We must intentionally create the conditions that increase our capacity to experience moments of non-dual consciousness. A consistent daily Centering Prayer practice assists this process. Centering Prayer and other silent meditation practices, as Chris continues to remind us, foster physical changes in our brain – resulting in increased density in those brain structures responsible for connectivity (e.g. compassion, empathy, capacity for calm, desire to connect with others). However, meditation *alone* does not lead to deep inner transformation. As Father Thomas Keating emphasized, “Ordinary events of daily life [must also] become our practice.”

“The divine plan is to transform human nature into the divine . . . by enabling us to live ordinary life with extraordinary love.”

***~Fr. Thomas Keating,
Invitation to Love***

Aligning with this important assertion of Keating’s, Chris offers three daily attention practices to supplement our Centering Prayer and to help bring the fruits of the prayer into everyday life. One is to practice paying attention to (intentionally focusing on) positive experiences. Another is to practice taking intentional mental/emotional pauses throughout the day. A third practice is to engage in “unbiased judgement” – also known as discernment, which itself involves a prolonged mental/emotional pause. Toward the end of his presentation, Chris details the

various steps within each of these focused attention practices. He suggests that we avoid trying to tackle all three—perhaps settle on one that we are particularly drawn to. Finally, Chris suggests that we take up an Individual Disciple Plan (IDP) in which we select a Beatitude to guide us through difficulties and challenging situations. We might ask ourselves: “Which Beatitude am I called to live in this moment? Am I being called to humility and gentleness? To abandon prejudice? To turn away from anger and the desire for revenge? To provide an atmosphere of peace, love, and understanding?” Once we select a Beatitude, we might take a few months to engage in one of the focused attention practices as we hold and behold our chosen Beatitude, consenting day by day to the transformation it generates.

This overview of “Happiness: An Experience of Non-Dual Consciousness” can only touch on some of its major points and ideas. Chris’s talk is now available on the CONSD website [HERE](#) and on YouTube [HERE](#). [Note: On YouTube, the description beneath the video includes time stamps to help viewers find each segment and core concept in the presentation.] Chris’s explanations and graphics are great aids to understanding the intricacies of this topic, and time taken to view or re-view the presentation is time well spent. As several viewers mentioned at the end of this Zoom gathering, the insights and wisdom that Chris conveys are so relevant to the increasingly polarized and conflicted world we are living in now. When we learn to live our ordinary lives with extraordinary love, inviting the Beatitudes and God’s unconditional presence to transform us from the inside out, we aid in holding, healing, and blessing the human family. Thank you once again, Chris, for providing these contemplative recognitions, guideposts, and tools.

~Mary Williams

Prayer for Times of Great Uncertainty

*God of the present moment,
God who in Jesus stills the storm
and soothes the frantic heart
bring hope and courage to us
as we wait in uncertainty.
Bring hope that you will make us the equal
of whatever lies ahead.
Bring us courage to endure what cannot be
avoided,
For your will is health and wholeness;
you are God, and we need you.
Amen.*

~Adapted from *A New Zealand Prayer Book*

Prayer for Our Nation

Healer of Our Every Ill,
breathe in and among all of us
who dwell in this land.
Soothe our wounds. Calm our fears.
Mend our divisions.
Hope of All Tomorrows,
open our deaf ears and fill us
with compassion.
Tender our hearts.
Inspire creative ideas to address the cries
of our sisters, brothers, and Earth itself.
Send forth your Spirit of Love and Unity.
Transform pointed fingers of blame
into hands open in reverence
to receive one another.
Fan into flame the gift of our founding
and let us be known again as a people
united for the goodness, justice, and
peace of all people forever.
Amen.

~Sister Pat Bergen, CSJ

Follow-Up Interview with Marilyn C.

In July 2024, I interviewed Marilyn about her experience of attending programs offered by Contemplative Outreach, CO of Denver, and CONSD. That interview is available in the [CONSD August 2024 Newsletter](#). Since then, Marilyn has continued to attend Creating Space for Change as well as a program by Blair Ashby from CO Denver. Marilyn and I met again on October 29, 2024, to catch up.

“Creating Space for Change” with Eric Peters continues to mean the most to her. The class begins with an optional time of *Lectio Divina* and silence before the official start time of 5:00 am for those in the PST zone. The class includes TRE (Trauma Reduction Exercises) and a focus for the day, such as gratitude. A meaningful Hawaiian prayer Marilyn learned from the class was simply: “I’m sorry. Please forgive me. I love you. Thank you.” Through this program, she has noticed a shift in her confidence and awareness of God and her behavior.



Interviewee Marilyn C.

She explained that this fall in a small group at her church, a young man was having difficulty controlling himself, and Marilyn was asked to help him. Rather than talking with him, she quietly drew him aside and told him to breathe deeply. As he quieted, she told him to hug himself by crossing his arms over his chest. By using techniques from Creating Space for Change, she helped this young man gain control of his emotions as well as teaching him a method to address his anxiety.

Marilyn also attended Blair Ashby’s 6-week class, “Creating Self-Compassion through Centering Prayer.” Although Marilyn found the sessions generally interesting, the class was primarily a lecture series on what is happening in our brains biologically. Her class with Eric Peters, because it is more experiential, has been more helpful to her as she seeks to live out her closer relationship with God.

~Linda Dollins

Q and A with Leslee Terpay

"Bless Them and Change Me..."

Q: This question is in reference to the proper procedure for a group doing Centering Prayer. Our leader starts out by going around the circle and checking in with each person, how they are doing. Then we have a short psalm reading and then we do our first 20-minute sit, followed by a 2-minute meditative walk around the chapel, then we do a second 20 minute sit. At the end of that we say the Our Father and then members are free to offer their intentions for prayer as in intercessory prayer. During this time things can get political, praying for all the troubles of the world, as well as our government and certain pending issues. We don't get into a discussion, but it can stir up some feelings internally in me that conflict with what certain commenters have said. I don't say anything or challenge what that person said, but it's irritating. What do you think about this, as well as the idea of the check-in with each member at the beginning? Does this defeat the purpose of Centering Prayer? Thank you for any response you may have.

A: Thank you for reaching out to us about what your prayer group includes in its gatherings. The order you listed: check-ins, silent prayer, contemplative walk, silent prayer followed by the Lord's Prayer and a time of intercessory prayer is a very common Centering Prayer meeting outline. One of the purposes of such a meeting is to build community not only through silence but also as a group wishes through the two practices you asked about – check ins at the beginning and a time of intercessory prayer at the end. This does not take away from our silent prayer together unless one allows it to.



Leslee Terpay

I used to serve an intensive retreat in New Jersey and had your same question about sharing after long periods of Centering Prayer. We would have days of silence, then view a video on the last day of the retreat only to have people react out of their false self to one of Fr. Thomas' teachings. I wondered how is this good? How could they have been basking in God's presence for so long and take so little time to revert to falsity? Then, my mentor Fr. Carl Arico would say something to me like "this is their lesson to remember that the false self is close at hand." I

came to realize that no matter how much we pray, our growth in Love is a slow process and our emotional programs for happiness will express themselves even in what we think is the most holy of times.

We may not agree with the intercessory prayers that our fellow prayer group members are bringing up, but that is our internal problem not theirs. Someone may not "agree" with our intercessory prayer, but that is their problem not ours. An example of being able to be with others no matter their notion of God, growth in Love, or what is important to them would be the many devotions of others that I personally may not participate in [within] my church community. I would like silence in the chapel when I enter, but I have come to a place that realizes the verbal prayers that are being said can flow over me, blessing me just like our thoughts in Centering Prayer going down the river. Everyone's notion of God is valid and special and has nothing to do with me.

Please consider that the irritation you feel toward a comment or prayer during the group meeting or really anytime in ordinary life is God bringing to your attention something that may need to be healed, forgiven or even celebrated. Fr. Thomas had this saying about having a jolly attitude toward our thoughts. Irritation is a thought. When I notice and engage with an irritating thought in everyday life I say interiorly "There you go again, Lee." Then I ask God to "bless them and change me." When I ask for change within myself it is not to have me agree with the other person's perspective but to change me to accept the person for who they are in God while also accepting myself in all its falsity and glory.

This all being said, it is important for the group to be accepting of each member and remember we are not all the same. Prayer groups have fallen apart because they take on what I call a personality. The Centering Prayer group personality should be one of the Benedictine values of welcoming the Christ in everyone and being humble in our relationship to God.

Please let me know if this was helpful or if you have any questions.

Peace and love to you and your group,
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, January 30 @ 6:30PM
WHERE: All Saints' Episcopal Church
651 Eucalyptus Ave, Vista 92084



COSD 2025 5-Day Intensive Centering Prayer Retreat April 28 – May 2, 2025

Offered by [Contemplative Outreach San Diego](#).

Hosted at [Prince of Peace Abbey](#), Oceanside, CA.

This Five-Day Centering Prayer Intensive Retreat provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of silence and community support. This retreat follows the Contemplative Outreach guidelines for an Intensive Retreat including five 30-minute Centering Prayer periods on most days. An established practice of Centering Prayer for at least six months is recommended but not pre-requisite to attend.

The retreat begins Monday with check-in from 2:00 to 5:00 pm and concludes the following Friday morning. The retreat fee of \$450 includes a single room (with private bath) and meals. We are limiting the number of registrations to 25 including retreat leaders so each has their own room for solitude. The cost of this retreat has been lowered by \$200 per participant due to a grant from the Contemplative Outreach Divine Economy Fund. The fund is dedicated to making Fr. Thomas Keating's teachings in Retreats accessible to Centering Prayer practitioners.

Prince of Peace Benedictine Monastery encompasses 126 acres atop a hill approximately two miles east of the Pacific Ocean. Located in Oceanside, California, the monastery offers a serene haven for contemplation and spiritual growth. The grounds include walking paths, Stations of the Cross, and prayer chapel.

The monastery will be serving three meals a day but does not provide special meals. If you have dietary restrictions or preferences, you may bring your own food to supplement what is served. There is a refrigerator and microwave in the dining room.

Registration

\$450 (**\$100 non-refundable**) includes the retreat, meals and overnight accommodations.

Reservations are limited and taken in the order in which they are received. Placement is confirmed only after receipt of payment. **Final payment is due by March 1, 2025.**

Please contact Brian Curry (see below) to receive a registration form. COSD will then forward you, via email, payment instructions. Placement is confirmed only after receipt of payment (deposit of payment in full).

Contact Person:

Brian J. Curry

brian.curry77@gmail.com

(619) 517-1520

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 Dannenfelser. Seasons 1, 2, and now 3 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. In season 3, we are shifting the dialogue to honor Thomas Keating's legacy of hosting interspiritual dialogues by embracing guests from various spiritual traditions. We want to learn about contemplative prayer from their perspective. In Keating's later works and teachings, found in books like [Reflections on the Unknowable](#), [God is All in All](#), and his poetry penned in [The Secret Embrace](#), Father Thomas explores Christian nonduality, or unitive consciousness, experienced as a Oneness with God and with all of creation. Our conversations this season are grounded in these common "points of agreement" that emerged amidst Father Thomas and his friends at the Snowmass Conferences held between 1984 and 2004. Click [HERE](#) to access these podcasts.

The Contemplative Heart of Unity: A Retreat Into Oneness Through Centering Prayer, with Closer Than Breath. In a world where division and disconnection often overshadow our shared humanity, the call to unity has never been more urgent. The 4th annual online Centering Prayer Summit offers a sacred space to move beyond personal peace to embrace a shared, universal connection with the Divine and with all of creation. Guided by renowned contemplative teachers, including Cynthia Bourgeault, we'll explore how contemplative prayer not only deepens our relationship with God but also weaves us closer to one another, illuminating our shared journey. **Online, January 25 & 26, 2025.** For more info and to register, click [HERE](#).

The Body's Bridge to the Experience of Living in God: Exploring BioSpiritual Focusing. Two Jesuits, Fr. Edwin McMahon and Fr. Peter Campbell, incorporated the embodied practice of Focusing into the larger context of BioSpirituality. Their work opens us to know ourselves as living within the greater Whole, the Body of Christ. During this day, we'll experience BioSpiritual Focusing and explore, among other things, the embodied experience of grace and becoming a living expression of love. We'll learn to reconnect to ourselves, one another, and to God, the Reality in whom we live and move and have our being. In person and online, **January 25, 2025, 8:30am to 4:30pm Eastern Time.** For more info and to register, click [HERE](#).

Centering Prayer and Three-Centered Knowing: A Silent Centering Prayer Wisdom Retreat, with Joy Andrews Hayter, Heather Ruce, and Catherine Regan. In this retreat we will explore Centering Prayer as a practice, in a way suitable for those new to it, as well as for those who have been practicing for a long time. Along with this, we will explore three-centered knowing, not just with our heads but with our entire physical, emotional, and intellectual being. In *The Wisdom Jesus*, when Cynthia Bourgeault talks about tuning into Jesus as a living being here with us now she says, "It's not knowing something more, like a new fact or piece of esoteric information; it's knowing *deeper*, knowing with more and more of your being engaged." Join us in person at the Mercy Center, where we will gather together and practice silence, Centering Prayer, and wisdom practices of chanting and movement that will help to engage our whole being. There will be some group sharing during teaching sessions, but you are welcome to stay silent at those times too. **In person at the Mercy Center in Burlingame, CA, February 7-9, 2025.** For more info and to register, click [HERE](#).

Black Contemplative Prayer Summit, hosted by Pastor Tia Norman. Join us for a transformative experience at the **First Black Contemplative Prayer Virtual Summit**, where we bring together Black spiritual teachers and thought leaders to lead a powerful and enriching dialogue on prayer and practice. This summit is designed for everyone, led by Black voices, and aimed at diversifying the contemplative space. Speakers to include: Julian Davis Reid, Colleen Thomas, E. Trey Clark, Leonetta Elaiho, Shawn Ellison, Cameron Johnson, and keynote Cole Arthur Riley. **Online, February 22-23, 2025.** For more information and to register, please click [HERE](#).

Spirituality of the Earth: Thomas Berry's Wisdom for an Interspiritual Age.

Thomas Berry, C.P., arguably the father of “ecological spirituality,” anticipated by decades the contemporary turn toward Earth as the living home of incarnate divinity, exhorting us to awaken to our sacred role within the “New Story” and the “Great Work” in a living community honored and protected as “a communion of subjects, not a collection of objects.” Come meet Thomas as the Spiritual Master of the Ecological Age. **In person and online, February 22, 2025, 8:30am to 4:30pm Eastern Time.** For more info and for the Zoom link, click [HERE](#).

Blooming in Centering Prayer with Visio Divina (first Saturday of every month). A half day Centering Prayer/Welcoming Prayer mini-retreat via Hawai'i (1st Saturday of every month). First Saturday online retreats are a special time where we explore our Centering Prayer practice. We are looking forward to sharing Physio-Divina (Moving) practices, Visio-Divina (Visual-Art) practices, Terra-Divina (Nature), Lectio-Divina (Sacred Text) practices in addition to the Centering Prayer and Welcoming Prayer practice that are our foundation. Pulelehua, Liedeke, and Margie welcome all who wish to join us. **Online, March 1, 2025. 7:00am to 9:30am Pacific Time.** For more info and for the Zoom link, click [HERE](#).

Lenten Silent Retreat, with the monks of Valyermo. During these days of silence at the monastery, the whole Church begins the sacred season of Lent. Short reflections will be offered daily, emphasizing the traditional Lenten practices of prayer, fasting, and almsgiving. The desert silence and the monastery's liturgies will provide an atmosphere conducive to deep reflection. This is a wonderful opportunity to make our Lenten pilgrimage more fruitful this year. **In person at St. Andrew's Abbey in Valyermo, CA, March 4-7, 2025.** For more info and to register, click [HERE](#).

United in Prayer Day, with Contemplative Outreach, Ltd. A free, globally-hosted 20+ hour day of prayer accessible via Zoom. In the global unity of silence as God's first language, we hold vigil for suffering humanity and all creation, and we honor Fr. Thomas Keating's birthday (March 7), and the growing presence of Christ among us. Join in silence and community at any time, as many times as you are able. Each hour will include at least 20 minutes of Centering Prayer and an offering from the hosting group. As we participate in this community prayer, let us remember and hold in our hearts all the members of the worldwide Centering Prayer community who do not have access to Zoom / internet technology,

including those who live in remote areas and those who are incarcerated. On Zoom; no registration necessary. **The event begins on Friday, March 14, 2025 at 9pm Eastern Time and continues through March 15, 2025.** For more info, please click [HERE](#).

Serenity Retreat: Cultivating Rhythms of Wholistic Wellness, with Susan YIM.

Serenity is a universal need, though often elusive in our fast-paced, tension-filled lives. While the world's demands create stress and chaos, serenity offers a path toward peace, grounding us in a state of calm that nurtures our deepest sense of well-being. Far more than the absence of conflict, serenity is a practice that leads us toward wholeness, balancing the body, mind, and spirit in a way that sustains health and harmony. Through contemplative practices such as guided meditation, silence & solitude, creative activities, and reflective storytelling, this retreat will provide the space and tools needed to develop personal rhythms of wholistic wellness. Together, we will explore how serenity, when nurtured, can become a source of strength that transforms our inner lives and how we engage with the world. Ultimately, Serenity invites us to find peace in our imperfect lives, rest in God's presence, and cultivate wholeness in a broken and troubled world. **In person at St. Andrew's Abbey in Valyermo, CA, March 17-19, 2025.** For more info and to register, click [HERE](#).

Nine-Day Intensive, Post-Intensive Retreat, sponsored by Contemplative Outreach. This retreat offers three tracks simultaneously: Intensive I, Intensive II and Post Intensive. For everyone, there will be 3 sets of two 30-minute periods of Centering Prayer daily. Intensive I and Intensive II will watch video talks from Fr. Thomas Keating's Spiritual Journey. Intensive I focuses on "The Human Condition and the Spiritual Journey". Intensive II focuses on "Divine Love: The Heart of the Christian Spiritual Journey". The Post Intensive 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 I. We recommend attending Intensive I before Intensive II. Lectio Divina and a contemplative Eucharist 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, March 19-27, 2025.** For more info and to register, please 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, 4:00 to 5:15 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

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 8:00 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



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