



CONSD News

The Newsletter of Contemplative
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Centering Prayer Group Faith Sharing Covenant

As a member of this community,

I listen to others from my heart.

Within each person is a core of goodness, of strength, and of love.

I put aside superficial feelings for other persons and their opinions.
I try to understand the heart of what others are sharing.

I listen to others with a non-judgmental attitude.

I try to hear the others' perception of reality. I may not agree with it, but
I can affirm that person's right to a different point of view.

I listen to others with love.

With the grace of God, people have within themselves all they need to
discover truth and life. My loving concern can assist that discovery for
both of us.

I listen to others with respect for their freedom.

This group does not exist to give advice, but to encourage growth and
insight. We do not have to be of one voice or of one mind.

[continued on next page]

I listen to others with a shared trust.

A basic level of trust encourages conversation to extend beyond the superficial knowing that personal thoughts will be kept confidential.

I speak from my own unique experience.

I will use the pronoun "I" when I share my point of view. I will learn to trust that what I have experienced is important and worth sharing with the group.

Together we seek understanding, not agreement.

*~ Thank you to **Parth Domke**, St. Bart's Centering Prayer Group Facilitator, for sharing this example of a Faith Sharing Covenant with our community.*

My Experience with the Practice of Utmost Charity

When I saw the notice for the course "[Utmost Charity: A Call to Deeper Love](#)," although I had many previous commitments on my calendar, I was immediately drawn to it. Feeling that this strong pull might be the Holy Spirit guiding me, I signed up. This course was transformative and it has helped me see that my whole life is a prayer. I was then invited to share a bit about this with the Contemplative Outreach community.

Some background: I began practicing Centering Prayer during my discernment in the [Society of the Companions of the Holy Cross](#) sometime in the summer of 2020. One of my sponsors suggested I read *Into the Silent Land* by Martin Laird. A few months later I mentioned to another friend who was considering the Companionship that I found the practice of Christian Meditation challenging. She pointed me to the [Centering Prayer mobile app](#), which led me to Contemplative Outreach. Still, I couldn't shake the feeling that I wasn't "doing it right." I stopped using the app and felt that maybe contemplative prayer just wasn't for me. I told myself that surely my other practices of faith were an acknowledgement of God's blessing. Contemplation, I assured myself, is for contemplatives — and maybe I'm just not one of those.

What the Utmost Charity course helped me to see is that while all kinds of expressions of faith are indeed wonderful, the point of contemplative practice isn't our own efforts. The point is what God does with us when we practice. When we let go of our own activities and rest in God's presence, we are "born from above," as Jesus tells Nicodemus. The point, then, is not to be a "good contemplative" but to accept that *God is all in all*. To let God's love flow through us in every moment. Specific contemplative practices, such as Centering Prayer, simply help us open our hearts and say "Yes! Please, make me a channel of divine love."

This is the transformative message I took away from the course: we don't have to do more or be more. We simply have to remind ourselves of the awesome, incredible truth that God is wholly present with us. God dwells among us and abides with us, every one of us, in every moment. Thomas Keating taught that Centering Prayer can help us to know this presence, which in turn helps us become "transmitters," radiating God's love through ourselves into the world. His gift was helping others see that our actions will naturally flow from our consent to God's love, as contemplative practices help us bear the fruits of the Spirit.

If this sounds a bit vague to you, a bit idealistic, I understand! And I recommend the Utmost Charity course, which helped me begin to recognize what this means in day-to-day life. During the course, I learned how to reconnect with my awareness of God throughout the day, using helpful practices such as Active Prayer, Welcoming Prayer, and Centering Prayer. I have a small note on my desk at work reminding me of these practices. One revelation for me is that while setting aside dedicated time for Centering Prayer helps develop this awareness, the heart of the practice — receptive silence — is something we can access at any moment, simply by recognizing God abiding in ourselves and those around us (near or far), and expressing, in silent prayer, our desire to abide in God. Whenever I do this, I am heartened, too, by the thought that I am not alone, as so many other people engage in this same kind of assent to God throughout the day.

Wild Geese

*You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.*

~Mary Oliver

I no longer worry about whether I am practicing properly. This is not to say that my awareness never wavers, or that I never feel discouraged, uncomfortable, or cranky. But I am now able to see that at any moment, equipped with contemplative practices and committed to utmost charity, I can bring my awareness back to recognizing God in each person, including myself. When I forget (or if I'm honest, sometimes refuse) to do so, Jesus is with me in my human frailness and strengthens me to return to that awareness. Practically speaking, I have experienced an improved capacity to feel and act with compassion in the midst of stressful situations. I am even beginning to feel, in a way I couldn't before, that God delights in me. This is what makes my whole life a prayer.

~**Deb Baker** is from N'dakinna, which is the traditional ancestral homeland of the Abenaki, Pennacook and Wabanaki Peoples past and present, now called Concord, New Hampshire, USA.

"Utmost Charity: A Call to Deeper Love" is now available as a self-guided, on-demand, practice-based e-course. You can find out [more information and register here](#) with Contemplative Outreach's partner, Spirituality & Practice. Scholarships are available.

Differentiating Union

...John of the Cross [says], "It seems to [the soul] that the entire universe is a sea of love in which it is engulfed, for, conscious of the living point or center of love within itself, it is unable to catch sight of the boundaries of this love." When life is lived from "the center," as John of the Cross terms it, all of life seems shot through with God.

We might liken the depths of the human being to the sponge in the ocean. The sponge looks without and sees ocean; it looks within and sees ocean. The sponge is immersed in what at the same time flows through it. The sponge would not be a sponge were this not the case. Some call this differentiating union: the more we realize we are one with God the more we become ourselves, just as we are, just as we were created to be. The Creator is outpouring love, the creation, the love outpoured.

~**Martin Laird**, *Into the Silent Land*, 2006, p. 17.

Thomas Keating's Final Words

“Dear friends, in the universe an extraordinary moment of civilization seems to be overtaking us. Through the great discoveries of science and spirituality, we find ourselves in essentially a new and different place than ever before in history. It’s a time of enormous expectancy and possibility. We are called to start not with the old-world contracts, now that we know that they are all lies, but with what we know is the truth, as proved by science and silence. So I call upon the nations to consider this as a possibility, that we should begin a new world, with one that actually exists. This is the moment to manifest this world, by showing loving concern for poverty, loving appreciation for the needs of the world, and opportunities for accelerated development. We need to find ways to make these really happen. I make this humble suggestion that now arms-making is of no significance in the world. It hinders its progress. This will allow and offer the world the marvelous gift of beginning, creating, of trusting each other, of forgiving each other, and of showing compassion, care for the poor, and putting all our trust in the God of heaven and earth. I leave this hope in your hands and hearts, coming as a real inspiration from the heart of God. What does He care about who has this or other lands, when the power to begin, with the truest history, is coming from religion as an expression of the source that has been realized for centuries? Buddhism, Hinduism, Sufism, Indigenous, and Christianity, ALL religions: oneness is their nature. Amen.”

~As transcribed by **Ted Jones** from the original cell phone recording preserved by **Erik Keeney** on October 12, 2018, less than two weeks before Thomas Keating’s death. Included in **Cynthia Bourgeault’s** book *Thomas Keating: The Making of a Modern Mystic*, 2024, pgs 205-206.

“Perhaps we could say that contemplation occurs when interior silence morphs into presence.” ~Thomas Keating in dialogue with **John Osborne**, *From the Mind to the Heart* (video), 2017.

Q and A with Leslee Terpay

Experiencing Unloading During Centering Prayer...

Q: I have been practicing Centering Prayer for more than 20 years now, but I have never experienced “evacuation” of emotions during the prayer as Fr. Thomas describes. I remember hearing in the Contemplative Outreach courses that the fruits of the prayer are in daily life. So maybe it’s happening on a subtle level? Or is it a negative sign that I am still not able to surrender enough for it to happen during the prayer!? I rarely “go deep,” even after all these years. I had a traumatic childhood and a violent father, and it’s never been easy for me to really let go. However, I sit and consent faithfully, at least once but usually twice daily.



Leslee Terpay

A: Thank you for reaching out to us about the unloading of the emotional material of our early childhood as part of one’s Centering Prayer practice. And thank you for your deep dedication to growing relationship with God through your long practice of sitting with God, day after day after day for over 20 years.

In regard to experiencing unloading of the unconscious during the prayer time, this seems to happen more outwardly during long periods of prayer, especially during a retreat. Many practitioners find that they don’t experience it during their everyday practice of twice a day for 20 minutes. Our God is so gentle and doesn’t often ask us to experience this evacuation as a known psychological experience during the prayer. Many times, we go along in our prayer and never notice that this unloading and evacuation of our undigested emotional material is happening. We may “feel” nothing, or we may only feel an uneasiness, but we may not remember the actual memory that God is asking us to give God out of our experience. I like to say it is God taking away things that God knows we really don’t need to continue storing in our bodies to make room for the Holy Spirit to fill us with the gifts that will help us experience wholeness, to be able serve our community out of our love of God rather than our ego selfishness. One’s community begins with those we live with and continues out to our small groups, faith community and the larger community.

After years of praying Centering Prayer, those around you may have noticed that you are different than you were before. Those on the journey for shorter times may also notice (if they are aware of their behaviors) how they have changed. These changes are evidence of the unloading that has occurred within you.

St. Paul said to the Galatians (5:16,22-23, 25), *“I say then: live by the Spirit and you will certainly not gratify the desire of the flesh. ... [T]he fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, self-control. ... If we live in the Spirit, let us also follow the Spirit.”*

Fr. Thomas says in his book [*Fruits and Gifts of the Spirit*](#) “The Fruits of the Spirit are indication of God’s presence at work in us at varying degrees and forms. Through the Fruits, the Spirit is becoming a reality in our lives. By manifesting the fruits in daily life, we bear witness to the resurrection of Christ in a most profound manner. It is not so much preaching or teaching, but our rootedness in the Spirit that communicates Christ’s life to the people around us—to our family, friends, and those with whom we work. If we are rooted in the Spirit, these fruits inevitably begin to appear.”

I invite you to spend some time pondering how these fruits are active in your life now? How each gift you were given has benefited not only you but your communities. This is not to be taken as an exercise of the falsity of our egoic self but as a true pondering of how Christ is coming alive within you through your relationship with God.

I hope this offers you hope and encouragement for you journey to Love. If you have any questions, please email me back.

Peace and love,
Leslee Terpay

And the questioner replied to Leslee: “Thanks so much for your reply. I really appreciate it. I have never been able to afford a 10-day retreat, or been able to take the time off work, so I just stick to my daily sits. You’re right, the change happens. I can definitely see how God has been at work. God works with each of us whether we can manage a retreat or not! ‘Rootedness in the Spirit’ ... I really like that phrase. Thanks again. I really appreciate your reply.”

Local Happenings

CENTERING PRAYER AND THE 40 DAYS OF LENT, with Contemplative Outreach of San Diego. Beginning March 5 (Ash Wednesday) to April 16, from 9:00am to 9:30am Pacific Time daily on Zoom. **We are called, as contemplatives,** to be a sign of love and hope to those who are most vulnerable. In these 40 days of Lent, **we ask during our prayer time for mercy and compassion** in a world where millions of people suffer from the wages of war, famine, displacement, and disease. **If you are new to Centering Prayer or you have known the practice for years,** joining in group prayer during this time of day might be a good way to strengthen your practice. **Join us each morning of Lent from 9:00am to 9:30am. We will not meet on the Sundays of Lent.** There is no cost, and no registration needed. To receive the Zoom link, contact Ardy at ardywoodmansee@gmail.com.

Simply Prayer Continues!

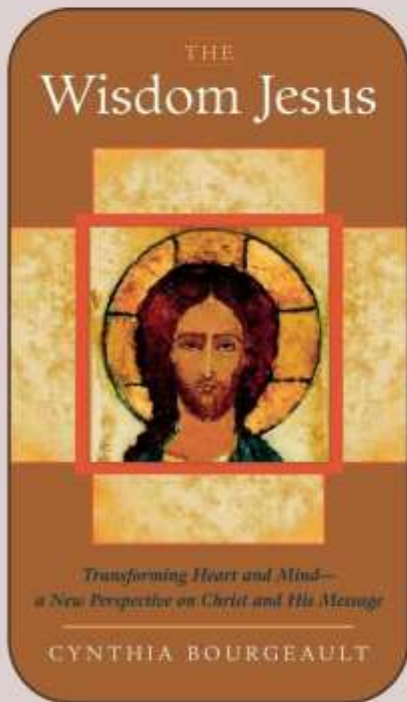
With CONSD's **Simply Prayer Zoom group**, our intention is to offer a way to gently touch base across the miles—praying together and mutually blessing our solidarity-at-a-distance. We begin with an opening prayer or chant, followed by 20 minutes of Centering Prayer. Afterwards, we read (twice) a brief reading from scripture or a contemplative teacher, then end with a closing prayer. Our rotating list of facilitators includes: Kathy Mendoza, Mary Williams, and Elena Andrews. These sessions last 30 to 45 minutes and do not include a time of sharing or discussion. **We meet each Thursday (excepting Thanksgiving or Christmas) at 9:00 AM Pacific Time.**

Simply Prayer Zoom Link: Click [HERE](#)

MARCH 29TH, 9AM-3PM @ ALL SAINTS, VISTA



LENTEN WISDOM RETREAT



Drawing on Cynthia Bourgeault's teaching, this experiential wisdom retreat will offer spiritual practices to deepen your experience of Holy Week. Together we will explore Jesus as a teacher of transformation, particularly in relation to his Passion, and provide time for individual work and group sharing.



Delving into the book, "The Wisdom Jesus" by Cynthia Bourgeault, though not required, will enhance your experience of this retreat.

- Cost is \$40, cash or check at the door, (free for ASV members)
- Bring a sack lunch and snacks to share if you are able.

Facilitated by The Rev. Susan J. Latimer



The Rev. Susan J. 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 of Wisdom Practice Circles through Wisdomwaypoints, and as a retreat leader locally. Susan writes sacred chants in the Wisdom tradition and leads chanting as spiritual practice through Stillpoint and Wisdomwaypoints.



Scan to Register

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Deadline
March 25th



Contemplative Outreach of North San Diego Presents:

“An Introduction to Centering Prayer”

April 26, 2025, 8:30 am to 12:30 pm

St. Bartholomew’s Episcopal Church

16275 Pomerado Rd., Poway, CA 92064

Do you have questions about the practice of Centering Prayer? Would you like 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 April 30, May 7, 14, and 21 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, please e-mail us at consdinfo@gmail.com.

Prayers For the Human Family

God who died,
We are heavy with grief. We've been promised freedom in the divine, but this wilderness reeks of death. The landscape is so thorny that we're beginning to feel nothing at all. We feel betrayed and confused and tired, God. Please, not one more thing. Just let us live. Let us heal. This Lent, instill among us rituals of remembrance that allow space for rest and wailing. Relieve any pressure we feel to resolve our pain before we've truly felt it. And as we're healing, grant us a wisdom to know we don't have to carry every sadness all at once. Walk with us as we protect our mind and bodies from despair. *Amen.*

--Cole Arthur Riley, Black Liturgies

God on the move, accompany the travelers. Whoever they are, whatever their reasons, watch over the goings and comings of people in transition.

Let those who enter the desert unready for merciless terrain and unrelenting heat get to the other side of desolation to find shelter, water, and compassion. Let them find you, Lord, in your mercy. Let all your beloved people find you. Lead us to the new life toward which Lent, This sacred desert season, points. Amen.

--Rachel M. Srubas, The Desert of Compassion

O Lord,
open my eyes that I may see the needs of others;
open my ears that I may hear their cries;
open my heart so that they need not be without succor.
Let me not be afraid to defend the weak because of the anger of the strong,
nor afraid to defend the poor because of the anger of the rich.
Show me where love and hope and faith are needed,
and use me to bring them to those places.
And so open my eyes and my ears
that I may this coming day be able to do some work of peace for thee.
Amen.

--Alan Paton

OTHER 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.

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](#).

What Do I Do With My Anger? with the Center for Action and Contemplation.

Many of us feel growing anger about politics, economic opportunities, persistent racism, our threatened environment, and broken institutions. What do we do with our anger—and can ancient wisdom from the contemplative Christian tradition offer guidance for us in these times? Join us in a shared online space to explore these important questions alongside CAC founder Fr. Richard Rohr, author of the new book, [“The Tears of Things,”](#) and CAC Dean of Faculty, Brian McLaren. **Online, March 14, 10:00am to 11:30am Pacific Time.** 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. **Come join CONSD's hosted hour at 11:00pm Pacific Time on March 14! 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](#).**

Blessed Are the Clean of Heart: Living with Spiritual Integrity in an Age of Fragmentation, with Mark Kutolowski. We will explore Jesus’ invitation to live from an undivided heart and strategies to live in the world with deeper spiritual integrity in an age of fragmentation. We’ll look at the challenge and promise of living fully in God, and the wisdom to be gleaned from countercultural Christian movements, including the early Church, the Desert Fathers and Mothers, the Franciscan movement, and the first Jesuits. Mark will draw from his experience living at Metanoia of Vermont, a lay contemplative homestead in the Benedictine tradition. 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. This program will include a morning and an afternoon session of

Centering Prayer. **In person and on Zoom, March 15, 8:30am to 4:30pm Eastern Time.** For more info and to register, 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](#).

Faith and Healing Bereavement Weekend Retreat, with Cathy Narvaez, MA. Are you struggling with the death of a loved one? Are you having trouble finding healing in your grief? Are you angry, lost or confused? Do you need help letting go? Grief is a process. It is the hardest job you'll ever do. The only way to deal with grief is to grieve. Are you ready to do the necessary work to heal and learn to move on with life again? Through prayer, the arts, meditation, journaling, and private time, we will journey through the life, death, and resurrection of our loved ones in the loving hands of our Lord and the support of each other. This weekend retreat is not recommended for those grieving less than 3 months (January 2025) from the retreat. **In person at the Holy Spirit Retreat Center in Encino, CA., March 28-30. Register by March 14.** For more information, please call Sr. Marie at 818-815-4496.

The Wisdom Way of Christian Spirituality, with Rev. Henry Shoenfield. Wisdom is at the contemplative headwaters of every major religious tradition, including Christianity. Wisdom takes many shapes and focuses on human transformation more than on a set of beliefs. The Christian Wisdom path is about learning to listen to the Divine within – attending to our interconnectedness with a larger whole. This kind of listening requires that we know ourselves deeply. This retreat will explore the core tenets of the Christian Wisdom Tradition and Jesus as our Wisdom Teacher through the lineage of Cynthia Bourgeault. 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. This program will include a morning and an afternoon session of Centering Prayer. **In person and on Zoom, April 5, 8:30am to 4:30pm Eastern Time.** For more info and to register, click [HERE](#).

Centering Prayer in the Treatment of Mental Illnesses, with Dr. Bob Hesse. Dr. Hesse will report the results of neuroscientific studies on improvement in quality of life using Centering Prayer in the treatment of: PTSD, Bipolar Disorder, Parkinson's Disease, and excessive fear of death (NDE). He will discuss using the results of these studies to establish ministries in medical treatment facilities. The studies were published in scientific journals and summarized in Dr. Hesse's book: *Faith and Science: A Journey into God's Mystical Love*. Its chapter titles are the agenda of the first Faith and Science Conference in Rome on 17-20 June 2025, see www.faith-science.org. Dr. Hesse will review these findings and then there will be time to submit questions via the chat. **On Zoom, April 29, 2:00 to 3:00 pm [unsure of time zone].** For more info and to register, please click [HERE](#).

Five-Day Intensive Centering Prayer Retreat, with Brian Curry & COSD. 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 is not a 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 leader,s 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. **In person, April 28 to May 2, at Prince of Peace Abbey in Oceanside, CA.** For more info and to register, please click [HERE](#).

An Ancient Flowing Stream: How African Origins, Heritage, Culture, and Music Power the Christian Contemplative Spirit, with Rev. Michael Battle and Julian Davis Reid. The instinct to search for and find a path to God flows like an ancient river through every human heart. It is universal, and like the human race itself, it has its source in Africa. Over time, the river of contemplation has been fed by streams from every continent, and experiencing this diversity of influences has great transformative power. Here in the West, one stream of influence – white and European – has been the dominant approach to Christian contemplation, while alternative worldviews have tended to be neglected and silenced. But this is changing.... Let us seek the grace to extend a warmer and more authentic welcome to people of all backgrounds, and to be transformed by what they can teach us. We invite you to swim in an ancient stream toward sacred Communal Contemplative Spirituality. This workshop will invite you into transformation as much as it invites you to learn about the African underpinnings of all contemplative practices, and Black American contemplative practices in particular. **On Zoom, May 3, Noon to 3:00pm Pacific Time.** 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

(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 8:00 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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