



CONSD News

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*Holy One beyond all names
Eternal Wellspring
May love rise in us again today
With food for every table
Shelter for every family
And reverence for every life.
Forgive us our failings in love
And free us from all falseness
That the light of our souls may shine
And the strength of our spirits endure
For Earth and all its people
This day, tonight, and forever.*

~John Philip Newell

Space For Grace

On August 9, eighteen people gathered at St. Thomas More Catholic Church in Oceanside for CONSD's "Space for Grace," a quiet morning of prayer, including hospitality, two periods of Centering Prayer, *Lectio Divina*, and contemplative sharing. Similar to the "Silent Saturdays" and "half-day retreats" that local prayer groups hosted prior to Covid, CONSD is offering these events in response to requests for more in-person gatherings. Currently, most of our weekly prayer groups meet via Zoom or conference call, and many contemplative presentations, courses, and retreats are now offered online. This is a good thing – technology gives people greater access to events that previously required commuting or long-distance travel. But, when circumstances allow, there is something special about communing in the same physical space. We enter a field of blessing when "two or more are gathered" in Christ. This field is always



present, actually, but it's more palpable in the physical presence of others. So, in the interest of providing these opportunities for local contemplatives, we are encouraging prayer groups to take turns hosting "spaces for grace."

Several participants provided feedback, expressing gratitude for the chance to meet in person. As Alan Javurek noted, "Saturday's Space for Grace program was a perfect complement to my weekly Centering Prayer Zoom experiences. Not only did I make personal face-to-face contact with my Zoom cohort and other CONSD friends, I had an opportunity to experience several hours in a sacred space where I could relax into a silence that seemed to transcend the activities around me. Even the breaks with coffee and conversation were supported by a deeper silence we all participated in."

Lynne Prechel—who drove down from Costa Mesa that Saturday—remarked that "Space for Grace was a lovely morning of silence, sharing, fellowship, and meditation. I met new people, and I also came face-to-face with some of the folks I've met on Zoom during our meditation gatherings online. This was fun! Hearing reflections of others spoken aloud after *Lectio Divina* is always rich, and I learned much from the sharings that morning. The array of food and beverages for attendees was welcome and inviting. I enjoyed the gathering and will attend another if offered."



Kathy Mendoza greets Martha Treutle at Space for Grace

Donald Coleman, a participant who has been practicing Centering Prayer for a little over a year, explained that he first learned about local Centering Prayer groups through the Centering Prayer App. He decided to join St. Thomas More's prayer group, facilitated by Mary Williams. "Not coming from a Catholic background, I was unsure what to expect from joining the group; however, I knew I needed to join, so I attended my first online meeting. The gift I received at that first meeting was that it wasn't about what I was expecting--it was about what I am willing

to let go and receive from God. I have been attending the weekly online group prayer meetings, whenever possible, ever since. Space for Grace was my first ever in-person Centering Prayer event, and I experienced in person the same love, peace, presence, and welcoming community that I had experienced online. However, I must say that there was a much greater tangible presence at the in-person event, which I cannot explain.”

Hearty thanks to our servant-leaders who made Space for Grace possible: Linda Dollins, Joan and Terry Thompson, Kathy Mendoza, and Mary Williams. And gratitude especially to each of you who joined us that morning – for beholding, praying, sharing, and blessing our Space for Grace!

~CONSD

Sitting without Sitting

Practice is both simple and simplifying. By sheer grace something precious opens up from within our practice itself. All of the joys and difficulties of life, be they cause for rejoicing, utterly mundane, or completely derailing are the prayer bench, the chair, the bed that illness has turned into a home, the prayer cushion themselves.

We are liberated from our impatience with the line of people before us at the grocery store. This is our prayer cushion. People doing the most curious things in traffic need not provoke ire, but can be met with calm abiding in the present moment in which all this potentially dangerous nonsense is occurring.

We are accustomed to practicing with thoughts that arise from within as we sit in silence. But because practice itself is inherently self-effacing, receptive, and generous, external situations that provoke impatience, fear, embarrassment are included in the wide embrace of practice itself. We are this practice whenever, wherever, and with whomever we are. This is what the phrase “sitting without sitting” refers to. Life itself has become a prayer bench, and invitation to practice, simply because we are.

~Martin Laird, from *An Ocean of Light*

CONSD Interview: Christ the King Prayer Group's Homeless Outreach

I recently attended a Wisdom School where a retreatant asked Cynthia Bourgeault this question: "Beyond our contemplative practices, what action can we take to diffuse collective evil in our politics and in our communities?" Her answer was: "Find a cause and hold it as a post, a commitment to better the world. Hold it as your work ... not as a big identification, but as a being-duty, a paying-it-forward." I took this initially to mean something that we as individuals do. But certainly groups can also share an intention and mutually commit to a cause. As an exploration of how a Centering Prayer group might be called to "hold a post," I interviewed Dennis Dawson, the prayer group facilitator at Christ the King Catholic Church in San Diego. This Centering Prayer group emerged in 2002 after an Introductory Workshop was held at the parish. I initially served as the prayer group's facilitator, then passed the mantle on to Dennis in 2006. Dennis is a retired Deputy Attorney General for the State of California; he is also a saxophonist who serves with the music ministry and choir at Christ the King.

After the CTK prayer group had been meeting for about three years, it began engaging in a simple outreach to the local homeless population....



Dennis Dawson, Prayer Group Facilitator at Christ the King

Mary Williams: *How did this idea for outreach to the homeless emerge?*

Dennis Dawson: Part of it was the proximity of homeless people to the church. I mean, there's no way you could go to mass, or come to the Centering Prayer group, and miss them. You'd drive right next to them or literally walk right past them. It's a very low-income area. Being so close to them and seeing them so often made them a part of our consciousness.

Mary: *I recall that we had also been practicing Lectio Divina after our time of Centering. And one day we read the passage from Matthew 25: 31-46: Lord, when did we see you hungry and feed you, or*

thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? *And Jesus' answer is insofar as you did this for one of the least of these, you did it for me. Then you brought up this idea: Why don't we as a group do something to act on what we're seeing in the Scriptures here? Why don't we go out there and actually see and feed the hungry? I felt a bit of resistance initially – inwardly thinking, "you mean ... actually get close to the homeless?" But your quiet invitation persuaded the group, and you came up with a plan for us to distribute bags of goods to the homeless.*

Dennis: I think the real impetus for the outreach came out of the Centering experience. I had heard that the Holy Spirit would be present among us as we centered. And the fact that social concern is one of the fruits of the practice --I found that fascinating. As our group continued to pray, the Holy Spirit inspired us to take some practical action, to do something to extend our spiritual experience into aiding God's most unfortunate creatures. And so the outreach was kind of a natural outgrowth of the prayer.

Mary: *Talk about the prayer group's first steps with this outreach.*

Dennis: In the early stages we thought about basic things: nutrition bars, toothpaste and toothbrushes, deodorant, hand sanitizer. Looking at how their feet seemed to be unkept and unclean, we also added crew socks. And because San Diego gets pretty hot sometimes, we would include bottled water. Then, every few months or so, in addition to our time of Centering Prayer, our group would organize an assembly line where each person dropped an item into a plastic grocery bag, with the person at the end tying it up. Each bag contained food, water, socks, and personal hygiene supplies.

Mary: *How did you procure the supplies?*

Dennis: We asked our parishioners for donations. They were very receptive after our pastor allowed me to make announcements after mass about our upcoming distribution to the



Mural across the street from Christ the King

homeless. They would generously give money for us to purchase the items for the bags, or they would drop off the needed items at the church office. We have never had a date coming up where we didn't have enough assistance from the congregation to fill those bags up.

Mary: *And on the designated day, a few members of the prayer group would go out and directly offer the bags to homeless individuals.*

Dennis: Yes. We'd load everything up in my van, and we'd drive down Commercial Avenue – not very far, maybe 12 blocks. And not everyone in the group participated in the distribution – only those who chose to. Usually around four of us. And eventually, from within the congregation itself, a family with whom I'd grown close consistently joined us to assist our efforts. So we always had more than enough helping hands.

Mary: *I recall that a few prayer group members chose only to donate the food, water, and socks for the bag distribution, and that was their way of participating in the group effort. And that was great – no one felt pressure to do more than what they felt called to do.*

Dennis: Yes. Every element of our outreach is voluntary. And doing it as a group kept it safe.

Mary: *And each volunteer in the distribution would simply go up to a homeless person and ask them if they wanted a bag of water, food, and socks.*

Dennis: Yes. We would always first ask them if they wanted the bag. And we felt well received – they always expressed gratitude. Everyone seemed to be thankful just that we were there and that we had taken the time out to give them something. Later we decided to distribute directly out of my van's windows, and the homeless simply walked up to the van when we told them that we were from Christ the King and had a gift for them.



Mary: *I remember how deeply grateful many of them were for those new socks, especially.*

Dennis: At one point, I started telling them that they were in our prayers. And I will never forget when one gentleman said, "I know you're not expecting this, especially coming from me, but we're also praying for you." That was a poignant moment.

Mary: *Wow...*

Dennis: Later we decided that the bags were basically handouts, and that we needed to do something more: offer them a hand up. So we contacted two or three social agencies that assist the homeless as part of their mission. One of them was Catholic Charities. I talked to their CEO, Vino Pajanor, and learned how they provided many social services for the homeless: Medical assistance, job counseling, housing, mental health services, alcohol and drug addiction recovery services – assisting them to recover from many of the same issues that had landed them on the streets. Catholic Charities was happy to send us pamphlets detailing these services, and we began to include that in the bags that we would hand out.

“The idea of getting the whole church involved was a Divine message received after prayer. The natural consequence of Centering is loving all humanity through social action or some kind of outward-reaching care.” ~Dennis Dawson

Mary: *Access to information and resources.*

Dennis: One thing that is still a big question is: how many of them actually called the number in the pamphlet? How many of them actually made an appointment to be seen, and how much of a difference did referring them to social services make in their lives? We haven't figured out how to assess what the impact has been. But even if one or two out of ten made the call, maybe we've made some dent.

Mary: *And it's like planting a seed. Sometimes you plant a seed, but you may never see the tree that sprouts from that.*

Dennis: That's true. And it's really nothing for us to be able to afford what we're giving them. I tell people that the most important item in the bag is probably that pamphlet from Catholic Charities. And the way that you offer it to them, I think, is important too. Many people just don't know about the social services that are available. Father Joe now has a “one-stop shop” down on 14th and Imperial where people can walk in and get those social services that I mentioned earlier.

Mary: So now, it's many years since you started doing this. Lots of things have changed. Covid descended in 2020. Some prayer groups stopped meeting for a while – or they went to meeting on Zoom or through conference calls. I understand that your prayer group's homeless outreach has actually expanded further. How did that come about?

Dennis: We expanded the outreach by inviting the congregation itself to take part in the bag distribution. After we get around 100 bags ready, we invite people, if they are so inclined, to pick up three or four bags on the patio after mass and keep them in their cars. Then, we say, "in your daily travels, when you see a homeless person and when it is safe to do so traffic-wise and situation-wise, you can offer one of these bags yourselves." And people come to the patio to pick up some bags, and we've had no problem giving away all those bags.

"I think the transition from the inner sanctuary of peaceful prayer to social outreach is very natural."

~Dennis Dawson

Mary: What a wonderful idea to involve the parishioners in this way.

Dennis: The idea of getting the whole church involved was a Divine message received after prayer. The natural consequence of Centering is loving all humanity through social action or some kind of outward-reaching care.

Mary: What you're doing started with just this simple idea, this prodding from the Holy Spirit, and now it's growing. More people have become involved. It encourages person-to-person contact, even if it's just momentary. Instead of avoiding and looking away, you look at people. You gently offer something. There is an exchange there, an outward flow, an act of mercy.

Dennis: I think this is important. We don't want to stay in the default stance of: "That's just another homeless person. I need to finish my grocery shopping. I got things to do." If I had my druthers, I would always have enough bags and pamphlets in everybody's car to always be able to reach out. You never know how much difference it might make. The effort spent to do it is so well worth it that I think we just have to keep going with it.

Mary: And now maybe some parishioners put together their own bags to distribute once they've handed out the ones they picked up at church. So that the default becomes: Let me always have something here to offer. It inspires more acts of mercy. And to keep moving in this direction of caring for our brothers and sisters in other ways as well, however small they may seem.



"I Have No Hands but Yours" statue at Christ the King

Dennis: I think the transition from the inner sanctuary of peaceful prayer to social outreach is very natural. And if a Centering group does decide to merge contemplation with action, it has a tendency, in my view, to gather momentum and sustain itself because it's all being fed by the Spirit.

Mary: *What words of advice can you offer to other Centering Prayer groups who wish to "take up a post?"*

Dennis: I would say tailor it to what you know and to what you feel called to do. What are the needs of your local community? Maybe you also have a significant number of homeless in your locale. Or maybe you are called to reach out to immigrants and refugees in some way. Or get involved with ministry to prisoners. Even forming a clean-up crew to pick up trash or wash off graffiti. Or addressing local ecological issues. We know that

the Holy Spirit is urging us -- not in a noisy commanding kind of way, but with a gentle prodding -- to stewardship and mutual care, and to let our prayer blossom and nourish a spirit of outreach to our brethren who Christ loves and cares for just as much as He loves and cares for us. How might we answer to what our statue outside Christ the King Church says: *I have no hands but yours?* Try to prioritize what you think is most important, and go for it.

Mary: *Amen!*

Q and A with Fr. Carl Arico

Q: I am an Episcopalian practicing Christian meditation, and find myself agonizing about technique, being somewhere between Father Keating and John Main. As I am disabled, I meditate lying down, assuming this is fine. I repeat “Jesus” as a mantra, silently sounding the syllable “Jee” on my inhale, and “sus” on my exhale. My, at this point, rather painful quandary is, am I using a valid technique, or does intent matter much more than any method. Please help, and God Bless.



A: Please be at peace. Thomas Merton penned this beautiful prayer, which supports your intuition about intention:

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And

I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

Thomas Keating also affirms that in Christianity, motivation is everything.

In teaching Centering Prayer, Contemplative Outreach avoids the use of the word technique because it has a judgmental connotation to it, setting a person on the potential path of wanting to do things right. Centering Prayer is called a method of prayer and does not have rules but guidelines. There is our intention to consent to God’s presence and action in our prayer, but there is also the awareness that if prayer is a relationship, then each person’s relationship may develop and evolve as they live out the essence of the prayer. Once aware of the guidelines, the Spirit, or the Spirit moving through life circumstances, may move people to adjust.

You have established that lying on your back is for you the proper posture for prayer. You set aside time each day to faithfully pray the prayer, and you are noticing changes in your life. Centering Prayer is both a relationship with God and a discipline in service of fostering that

relationship. As your relationship with God grows and deepens, you may feel called to move into a more receptive, non-conceptual level of relationship, beyond any focus on words or breath. Remember in Centering Prayer, our sacred word, breath or glance has no inherent meaning; it serves only as a symbol of our intention to consent to God's presence and action. Over time, many practitioners report that their sacred symbol disappears altogether as the relationship with God deepens and the unloading of the unconscious quiets.

~Fr. Carl Arico

“On Being Faithful”

**Let me not be faithful to the old stories
of people who used each other,
and claimed it was divine will.
Let it not be to the ways that only divide and exclude.
Let me be faithful to the tadpoles just born this morning,
moving in the water.
Let me be faithful to the birds who lift together in the sky,
and keep ascending.
Let me be faithful to the tomatoes that grow all summer,
then stop when they are done.
Let me be faithful to the ones who say
they do not believe in God,
but rise every day to feed hungry people.
Let me be faithful to those who play music
with windows open,
and to those who have been devastated,
yet love.**

~ Laura Martin, *from Breaking Into Light.*

CONSD presents . . .

**A Four-Day Silent Centering Prayer Retreat
At Prince of Peace Abbey,
October 16-19, 2025**

Join us in peaceful surroundings for a weekend of group Centering Prayer, *Lectio Divina*, worship, opportunities to pray the Divine Office, and silent free time.

- ***Check In: Thursday, October 16th after 3:00 pm.***
- ***Check Out: Sunday, October 19th 1:00 pm.***
- ***Location: Prince of Peace Abbey, Oceanside, CA.***
- ***Cost: \$450.00, includes single room and all meals. \$50.00 non-refundable deposit required.***
- ***Scholarships are available from CONSD.***
- ***See below for inquiries and pre-registration.***



Please email us at consdinfo@gmail.com to ask questions, to pre-register for this retreat, or to apply for a scholarship. **Pre-registration is due by September 30, 2025.**



SAVE THE DATE for **A Morning of Prayer with Elena Bertran** on Zoom, November 8, 9:00am to 12:00 Noon Pacific Time. More information will be forthcoming.

Ongoing: Contemplative Sung Prayer in the style of Taizé...

An offering to nourish your souls. Join us for these ecumenical, candlelit services of music, silence,



and prayer which includes music from Taizé and some newer sacred chants. **Led by the Rev. Susan J. Latimer**. Come to join in the singing or just listen. All are welcome! **Fall Dates are on two Thursdays: Oct. 23 and Dec. 11 at 6:30pm. All Saint's Episcopal Church, 651 Eucalyptus Ave., Vista, CA 92084.**

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 Summit, hosted by Spiritual Wanderlust. In bewildering times, our natural inclination is to constrict, fold in, protect, numb. But what if we could soften instead of shut down? What if there were a way—in safety—to stretch our hearts open to receive all of reality? What if we could make space in our hearts for joy and for pain; for our kinfolk of every persuasion, shape, and species; for stillness, for courage, for awe—for death, and for fullness of life? Guided by more than 40 contemplative voices from diverse traditions, we'll reflect on questions like: What can holy texts tell us about holding suffering with love? Where does the contemplative path meet the cry for justice? Why might

wonder and certainty be indicators of spiritual growth? What kinds of disciplines are we called to in this moment? Teachers will include: Greg Boyle, Kathleen Norris, Wil Hernandez, Felicia Murell, Peter Traben Haas, Carmen Acevedo Butcher, Simon de Voil, and many others. **Online, Sept. 25-28.** For more info and to register, please click [HERE](#).

God Is Love: The Heart of All Creation, with Contemplative Outreach of Colorado. This series continues and builds on the works of Thomas Keating over the past 30+ years. It offers a vision of hope and a view of reality that at once integrates the sciences, religion and humankind's place in the cosmos as divine in origin, unifying in purpose, unfolding in its grandeur. This nine-week God is Love video series is Fr. Thomas Keating's latest in the Spiritual Journey Series. It is a masterful overview of how we can grow and deepen our relationship with God and how God manifests through us. The presentations both motivate and inspire us to be faithful to the Centering Prayer practice. Thomas also shares how God invites us to draw closer to Him and to allow God to transform us through Centering Prayer. This is a "must attend" series, especially for those who have been doing the practice for some time. Sessions will begin with 20 minutes of Centering Prayer. This is a nine-week class, offered on Thursday evenings. **On Zoom, September 25 – November 20, 2025, 6:15 to 8:30pm Mountain Time.** For more info and to register, please click [HERE](#).

Nine-Day Intensive, Advanced Intensive and Post-Intensive Retreat, with Contemplative Outreach staff. Come rest in silence with other contemplative companions, away from the busyness of daily life, and allow the mind, body, and spirit to surrender to God's presence and action within. This retreat offers three tracks simultaneously. If this is your first Centering Prayer retreat of this length, we suggest you choose Intensive I. All tracks may be repeated. Pre-requisite: A daily Centering Prayer practice for six months or longer. **In person at the Mercy Center in Auburn, CA, October 8 to 16.** For more info and to register, please click [HERE](#).

Unchanging: Awakening in the Flow of Hope, with Rick Klein. We are living in turbulent times. In the churning, can you feel an anchor to something that is unchanging? Could it be a deep abiding hope? In this presentation, Rick Klein offers insight to a path out of the dualistic sociopolitical environments that keep us stuck. Building on teachings from Cynthia Bourgeault, Richard Rohr, Thomas

Keating and others, Rick believes the key to future spiritual growth—individually and collectively—begins with hope. Not the ordinary understanding of hope, but a deeper understanding: Contemplative Hope. As we awaken to the powerful presence of contemplative hope in our lives, we reveal the unchanging universal truths hidden in plain sight. Join us as we explore how to weave the threads of universal truth into the fabric of our lives and open to the potential of a quantum leap in spiritual “growing up.” This collective leap is essential if we are to show up in new ways that can diffuse the anger and fear in our world. **On Zoom and in person at the Center for Contemplative Living in Denver CO, October 18, 8:30am to 12:30pm Mountain Time.** For more info and to register, please click [HERE](#).

ReVision: What Do We Do with Christianity? In times of uncertainty, we are invited to see with new eyes. Look to the Christian contemplative tradition for wisdom to help meet this moment with clarity, courage, and compassion. Join us for this three-day gathering—in person in Albuquerque, New Mexico, and online—hosted by the Center for Action and Contemplation (CAC). An invitation to see with new eyes, ReVision is an opportunity to ask honest questions and engage Christianity as a living tradition still unfolding. As the first in a new annual series, ReVision welcomes seekers, skeptics, and faithful questioners to explore how ancient contemplative wisdom might help us reimagine the institutions, stories, and spiritual practices that shape us. Together, we’ll courageously reimagine a spirituality rooted in love and spacious enough for the complexity of our world today. Shaped by empire and by mystics, by resistance and renewal— what if Christianity could become something more alive and transformative through us? Presenters will include **Richard Rohr, Brian McLaren, Carmen Acevedo Butcher, James Finley, Diana Butler Bass, Jacqui Lewis, Greg Boyle, and more.** In person and online, **October 24-26.** For more info and to register, click [HERE](#).

The Living Flame One-Day "Taster Event," with Contemplative Outreach, Ltd. Hold the date for this chance to get a taste of the Living Flame program. **Online, October 25, 11:00am to 4:00pm Eastern Time.** For more info and to register, please click [HERE](#).

The Science of Transformation: An Experiential Integration and Day of Hope-Filled Practice, with Jonathan Steele. These times are calling for us to unify the seeds of contemplative practice—to return to our fundamental essence and realize our shared human purpose as conscious transmitters of faith, hope and love. In the words of Bede Griffiths, we can learn to “join the growing Christ.” Jonathan’s presentation style includes teaching, practice and unifying the power of gathered intention. His themes focus on the importance of surrender, community, service, silence and the practice of learning to directly sense the inner body, or inner-man as St. Paul calls it. Learning to sense the inner body gives us a physiological rootedness where we can stand in a strong, compassionate witnessing presence amid polarization. Together we will engage prayer exercises that imprint both Jesus’ recollected presence and self-emptying nature more deeply into our being. We offer this day of experiential integration and hope-filled practice on behalf of all beings throughout creation and to bring spiritual healing to our lives and, by God’s grace, to this precious planet. The day will include a session of Centering Prayer. **Online and in person at the Center for Contemplative Living in Denver, CO, November 8, 9:00am to 3:00pm Mountain Time.** For more info and to register, please click [HERE](#).

Guard of the Heart, with Bob Mischke and Shawn Dehne. “One practice to bring the effects of contemplative prayer into daily life is traditionally known as “Guard of the Heart.” This consists of letting go of every emotional disturbance as it arises and before we start thinking about it. This method is more sophisticated than dismantling the emotional programs for happiness because it deals with the whole of life. It expresses our ongoing intention to be with God in the present moment and sustains it.” (Fr. Thomas Keating, 2017) This class will teach the practice of “Guard of the Heart” (Also referred to as “Watchfulness” or “Presence Practice”) and how it compliments our Centering Prayer and the practices of the Welcoming Prayer and the Active Prayer Phrase. We will learn the three ways any afflictive thought or emotional disturbance can be instantly released as it arises. Join us for this enriching and deepening complementary practice. This class will include one 20-minute Centering Prayer session. **On Zoom, November 15, 9:00am to 12:00 noon Mountain Time.** For more info and to register, please click [HERE](#).

From the Heart of Yeshua: Following the Path of the Aramaic Jesus, with Rev. Henry Shoenfield. Neil Douglas-Klotz, a renowned Aramaic Jesus scholar and teacher, dedicated over 40 years uncovering the original meanings of Jesus's teachings and their modern relevance. His studies reveal deeper meanings and nuances grounded in the Aramaic language and worldview. This retreat, informed by Douglas-Klotz's work, invites us to explore the living words of Jesus. We will journey from a deeper understanding of the heart of Jesus' native language to experiencing his teachings with renewed depth, exploring how we might embody these teachings in our daily lives. **This program will be offered on Zoom and in person at the Holy Family Passionist Retreat Center in Hartford, CT, December 6, 8:30am to 4:30pm Eastern Time.** Information on how to access the program on Zoom will be sent to participants in advance. For more info and to register, please click [HERE](#).

Advent Silent Saturday, with Holy Spirit Center retreat staff. As we enter the season of Advent, join us for a quiet morning of Centering Prayer and silence. The day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal Centering Prayer, contemplative walks, private journaling and reflection, and ends with a period of Lectio Divina. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice. In person at the Holy Spirit Retreat Center in Encino, CA on December 13. Please arrive at 8:45am Pacific Time. A free will offering is gratefully appreciated. Registration online at www.hsrcenter.com is appreciated but not required. For more information, please email Sr. Chris at centeringprayer@hsrcenter.com.

“When you consent, you’re giving away ... control over the results of what you are doing, allowing that consent to be purified by the Spirit, who will send us, inwardly and outwardly The people or teaching or books or trials that we need....

Receiving the compassion of divine mercy and letting it flow onto others and doing this uninterruptedly is the transformation that is substantial.”

~ Fr. Thomas Keating, *God is Love: The Heart of All Creation*

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)	Judith Pruess-Mellow; Ann & Mike King	650-823-0559; 760-753-1575	San Dieguito United Methodist Church, Encinitas	Mondays, 11:30 AM
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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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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