



# CONSD News

The Newsletter of Contemplative  
Outreach of North San Diego,  
Volume 21, Number 1, February 2026

## *In This Issue*

The Vision of  
Contemplative Outreach  
....page 1

An Announcement  
....page 2

Coming Home to the  
Present  
.... page 3

Q and A on Seeking  
Justice & Loving Mercy  
.... pages 4-5

Local Happenings  
• Intro Workshops  
• Women's Retreat  
• Wisdom Retreat  
• Intensive Retreat  
.... pages 6-10

Other Events  
.... pages 11-13

Prayer Groups  
.... pages 14-17

## Excerpts from "The Vision of Contemplative Outreach"

**Contemplative Outreach is a network of communities and individuals seeking the inspiration and guidance of the Holy Spirit and to contribute to the renewal of the Christian contemplative tradition through the practice of Centering Prayer.**

*The fundamental purpose of Centering Prayer and of Contemplative Outreach is to further the knowledge and experience of God's love in the consciousness of the human family. Contemplative Outreach provides basic instruction in Centering Prayer and additional programs to sustain the development in contemplation and the process of transformation.*

**Consenting to the Divine Presence and action within us is the heart and soul of Centering Prayer.**

*To respond to the call of the Spirit is to consent to God's presence and action within us and to the transformative process initiated by the Spirit, which enables us to participate in the divine nature and to become one family in Christ.*

**We believe that the Christian contemplative tradition and its expression in service is the common ground for Christian unity.**

*Christian contemplation is rooted in scripture and the principal mystics of the Christian tradition. Our contemplative heritage unites the members of the Christian denominations who share the same Baptism, faith in the living Christ, and trust in God.*

**While formed by our respective denominations, we are bonded through the experience of Christ in Centering Prayer and in daily life.**

*Centering Prayer transcends denominational differences, bonding us in silence through our growing experience of union with Christ.*

# ***To all of COSD and CONSD:***

## **We have an announcement!**

The servant-leadership teams of COSD and CONSD have arrived at a consensus: our two chapters will merge to become one chapter encompassing all of San Diego County. **Our name will be Contemplative Outreach of San Diego County: COSDC.**

As many of the members in our chapters age, and with the advent of Zoom and other online venues for contemplative gatherings, we have recognized that re-forming as one chapter will give us the opportunity to 1) pool our resources; 2) move towards a more collaborative style of servant-leadership, 3) simplify our chapter structure, and 4) streamline communications with our local contemplative communities.

To this end, we will be hosting a Visioning Day on Zoom later this year, probably in early summer. This is a day of discernment in which we will prayerfully consider how the Holy Spirit is inviting our expanded chapter to foster and support the gift of Centering Prayer going forward. Everyone in COSD and CONSD is invited. Stay tuned for updates; we will be in touch with a Visioning Day date soon.

In the meantime, please hold our Centering Prayer groups and our contemplative communities in prayer during this time of transition.

We are living in tumultuous days, and it's easy to understand why so many are feeling overwhelmed or discouraged. The gift of Centering Prayer, with its invitation to let go, be present, and undergo the transformation that releases love, forbearance, and joy into the world, is as valuable as ever. Keep practicing. Keep going. Keep surrendering to the presence and action of God in daily life. And may the Heart of our hearts accompany us as our chapters merge into one.

## **Grace and All Good,**

**The Visioning Day Service Team: Mary Williams, Kathy Mendoza, Parth Domke, Nichola Riggle, Ardy Woodmansee, Brian Curry**

We are indeed all interconnected: your suffering is my suffering, and your joy is my joy. We are responsible to one another and to our planet. And the more we learn about opening to the vast, interwoven luminous field that shines throughout the cosmos, the more we can become a light. Our smallest actions can shine and reverberate and effect powerful change starting from within, tapping into a great cosmic heart, honoring our ultimate connection...

As we offer our consent in Centering Prayer... [and] as we turn in any given moment and embrace and welcome what is happening within us, there is an alchemical effect: the world is changed. Our own moves toward integration help to integrate our world, and every little bit we do in the direction of wholeness makes a difference.

**~Joy Andrews Hayter, "Thomas Keating's Call to Wisdom," Oct. 18, 2023.**

## **Coming Home to the Present, with Elena Bertran**

On November 8, 2025, Elena Bertran presented "Coming Home to the Present," a Zoom retreat featuring Centering Prayer, chanting (courtesy of Avril Bland), readings, an examination of conscience, guided meditations, and time for sharing and reflection. Thirty participants joined this morning of prayer, presence, and contemplative solidarity. Carrie Govan Skelly offers her reflective response below.



*Retreat Leader Elena Bertran*

"What do I know, but live as though I do not know?"  
"Is there anyone, including myself, whom I need to forgive?"  
"When did I experience my heart opening wide today?"  
"What is the one thing in my life that is standing on tiptoes crying, 'May I have your attention please!'"

These questions and others were part of a pre-Advent morning retreat led by Elena Bertran entitled "Coming Home to the Present." Elena quoted Mother Teresa: "You pray and meditate every day so that you know that you are loved, so that you feel the presence of God's love in your life. This is the only way you can truly help others. Before we give freely, we have to know that we are loved."

Our openness to the above questions flowed from the silence of Centering Prayer, from chanting with Avril Bland, "Be Right Here in the Heart of God" and from Mary Williams' rendition of a Wisdom embodiment prayer. Mary had us practice "I," breathing into the mercy of God, and the "Am," breathing out those finer energies that go beyond our being.

Elena's reading about the Indus dolphin, aided by a language of continuous presence and offering, inspired us to link together and repeat: *Here, here, here...* And to share our own personal experiences of the examen questions and the breathing exercises. "Here. Here I am with you. Here is all of me. And here we are humbly listing towards home. Here. Here. Here."

What an illuminating, strengthening morning. Please watch the video (click on the following link): <https://youtu.be/GCDKm0-uQkU?si=bTCJ-Mn7X04i6S48>

**~Carrie Govan Skelly**



## **Q & A: How do we "seek justice, love mercy, and walk humbly with our God?"**

**Q: Theravada monks from Thailand [have been] marching for peace from Texas to Washington DC. Where are our own spiritual and faith leaders during this [chaotic] time? Where are the members of Contemplative Outreach? Time is not waiting.**

**A: The first response to the questioner was offered by Mary Dwyer:**

Thanks for reaching out. Please know that many of us are deeply engaged in standing up for what we believe in our own cities/towns. I believe a fruit of our practice is learning to speak truth to power in love. Personally, my husband and I are very active in the local activist community and on the phones with elected officials.

But one of Contemplative Outreach administrative principles states the following:

***"Guideline 9: To remain accessible to everyone, Contemplative Outreach does not endorse particular causes or take part in public controversies, whether religious, political, or social. As private individuals, we act according to our conscience. We avoid taking part in particular causes or engaging in public controversies because these might alienate from Contemplative Outreach persons committed to one side or the other. Our purpose is to make Centering Prayer available to everyone without taking sides. As private individuals, we act according to our conscience."***

[Our vision and service guidelines](#) are Fr. Thomas' parting gift to us. He worked so diligently for almost two years wordsmithing each one. It parallels the Tradition within 12-Step programs stating, "we take no position on outside issues."

Again, this does NOT mean "we" aren't actively involved as individuals. However, it does mean that we attempt to keep the teachings of Contemplative Outreach free of political partisanship.

So I salute your clarity in seeing and naming what is happening in Washington, and I encourage you to get involved locally. Who knows -- we may be side to side at the next march. As the old saying goes, "Think globally and act locally."

In peace,  
Mary Dwyer

[continued on next page]

## **A2: The second response was offered by Carol Quest:**

You raise a question that has come up again and again in my Centering Prayer journey. How do we “seek justice, love mercy, and walk humbly with our God”? When the answer to a particular situation is not starkly clear, I return to the Contemplative Outreach vision statement for a discernment starting point.

In this question, Guideline for Service #9 is helpful:  
(see the text of this guideline on the previous page).

As I prayerfully consider this guideline, three ideas speak to me:

1. Remain accessible to everyone seeking intimacy with God
2. Contemplative Outreach avoids taking part in particular causes or public controversies
3. As individuals, we act according to our conscience.

Since I live in Minnesota, this guideline helped me face the dilemma of the violent death of George Floyd [on May 25, 2020]. My heart broke that such an incident could happen in my city. As I fell down in prayer, I remembered Thomas Keating’s response to the 9/11 tragedy. When asked what we should do, he said, “Add five minutes to your prayer.” I stood up and contacted the leadership of Minnesota Contemplative Outreach (MNCO). I asked permission to use MNCO’s Zoom site to host Centering Prayer at 7 AM every morning for one week. I asked MNCO to email the community inviting people to gather for Centering Prayer with the intention of pleading for justice and peace in our city. The leadership responded by making that request permanent. Today, more than five years later, up to 55 people gather every morning at 7 AM with the intention of praying for peace and justice, not just in our city, but throughout all human society.

That foundation of coming together in silence with open hearts and seeking grace to get up and take action has been a blessing for me. I have marched in demonstrations on freezing cold days. I have sent petitions to government representatives at all levels; I have called my friends and relatives to join me in these endeavors. At one demonstration, I ran into another person from the 7 AM Centering Prayer group—this time we were face-to-face in person. We had never met each other in person before, but with great joy we gave each other a hug and kept on demonstrating. The Holy Spirit has ways of guiding us beyond our expectations. For me the first step was to pray. Then from this prayer, I discerned my next step.

I am grateful to Father Thomas for the wisdom he has given us in our vision statement. It helps me decide what is Contemplative Outreach’s role and what is my role as an individual. In our chapter in Minnesota Contemplative Outreach, we continue to have discussions. We do not always agree on how to implement this wisdom. At the same time, we do agree to begin in prayer and to work step-by-step toward consensus.

I invite you to join other members of our Contemplative Outreach community as we continue to pray for discernment not only for this particular question, but also for discernment of how the Holy Spirit is prompting Contemplative Outreach to evolve in its presence throughout the world. Also, let us join together as individuals in speaking out for justice, mercy, and the reign of God.

Come Holy Spirit, guide us according to your unimaginable wisdom,

Carol Quest



San Diego's Contemplative Outreach Presents:  
*"An Introduction to Centering Prayer"*  
*Saturday, February 28, 2026*  
*8:30am to 12:30pm*

**at Solana Beach Presbyterian Church**  
**120 Stevens Ave., Solana Beach, CA 92075**

*Do you feel pulled in all directions?*  
*Have you yearned for more depth in your spiritual journey?*  
*Do you wish to 'do justice, love mercy, and walk humbly' with God?*  
**Centering Prayer may be for you!**

Centering Prayer is a receptive method of Christian silent prayer which deepens our relationship with God--a prayer in which we can experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

Let praying without words, in deep silence and openness, draw you closer to God. Come and taste the beauty of what modern contemplative teacher 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 weekly follow-up sessions will offer further practice, discussion, community, and additional teachings from Thomas Keating and other contemplative guides.

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

**Pre-Registration is required.**  
**See registration link below.**  
**Questions? Email Contemplative Outreach at**  
[consdinfo@gmail.com](mailto:consdinfo@gmail.com).

**Please use this link to register:**

<https://sbpc.churchcenter.com/registrations/events/3364321>

COSD and CONSD are also offering a **Bilingual Introductory Program** at **St. Mark's Lutheran Church in Chula Vista** on Saturday, March 21. This Intro program will include 6 follow-up sessions on the following Mondays at noon in the church sanctuary: March 23, March 30, April 6, April 13, April 20, and April 27. Register at [consdinfo@gmail.com](mailto:consdinfo@gmail.com)



San Diego's Contemplative Outreach Presents:  
Contemplative Outreach de San Diego presenta:

*"An Introduction to Centering Prayer"*  
*"Una Introducción a la Oración Centrante"*

*Saturday, March 21, 2026*

*Sábado, 21 de marzo de 2026*

*8:30am to 2:00 pm*

**St. Mark's Lutheran Church**  
**580 Hilltop Drive, Chula Vista, CA 91910**

**Pre-Registration is required. Questions? Email Contemplative Outreach at [consdinfo@gmail.com](mailto:consdinfo@gmail.com).**

**Se requiere preinscripción. ¿Preguntas? Escribe a Contemplative Outreach a [consdinfo@gmail.com](mailto:consdinfo@gmail.com).**

*This event will be in both English and Spanish. Please bring a sack lunch. Morning refreshments and beverages will be provided.*

*Este evento será en inglés y en español. Por favor, traiga un almuerzo para llevar. Se ofrecerán refrigerios y bebidas por la mañana.*

**Questions/ preguntas Pastor Karla Halvorson 858-442-6761**

# **Women's Lenten Retreat: Journey From Lent to Pentecost**

**Transforming our desert experiences into new life**

**Saturday, March 7, 8:30 am - 12:00pm in Roetter Hall**

Drawing on biblical stories, St. Francis' Canticle of the Creatures, and a dramatic reading of a short narrative essay, attendees explore how times of struggle or suffering can be the compost for new growth.

The retreat includes simple body-based practices, journaling, guided meditation, and small and large group discussions. Through storytelling and reflection, we'll help one another experience a shift—from feeling stuck or wounded to sensing possibility and God's presence even in difficult seasons.

Our hope is that participants leave feeling less alone, carrying both renewed inspiration and practical tools to navigate life's challenges with more ease and openness.

*Doors open at 8:30AM, program starts at 9AM. Coffee, tea, and snacks will be provided. Register using QR code or at the door. Pay ahead of time or at the door. Students are free.*



**Cost \$25.00 (Students Free)**

Pay by cash, check to Newman Center at UCSD with Lenten Retreat 2026 as memo, or online with QR Code

**Location:** Good Samaritan Episcopal Church, Roetter Hall, 4321 Eastgate Mall, San Diego, CA For more information: Contact Paula McMahon at [womensministry@catholicucsd.org](mailto:womensministry@catholicucsd.org).

## **About our Retreat Leader**



Natalie Gould is a coach, storyteller, and retreat leader. After a post-viral condition left her disabled, Natalie recovered using somatic and mind-body approaches. This journey transformed her work. After over a decade in corporate leadership—she now helps people make change in their lives—particularly learning to live more sustainably and with greater purpose. Natalie was a student minister, lector, and member of the UCSD Catholic Community from fall 1994 to spring 2000. She received a B.A. in Theatre from UCSD in 1997. More about her work: <https://www.sparrowcrowfarm.com/>

*Presented by the Women's Ministry at the Newman Center Catholic Community at UC San Diego*

*with the ongoing support of the Good Samaritan Episcopal Church*

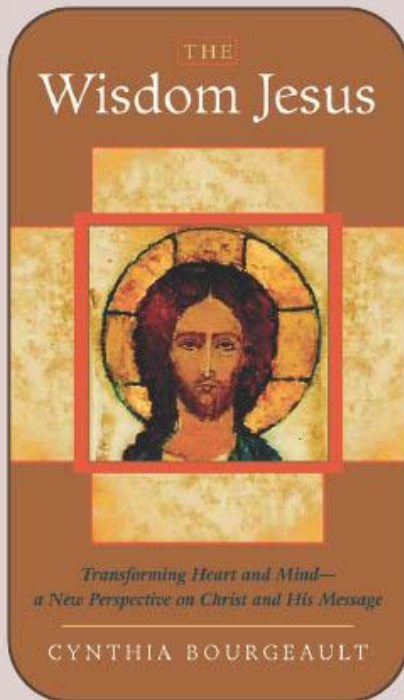




MARCH 21ST, 9AM-2:30PM @ TRINITY, ESCONDIDO



# 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 Trinity 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 19th

**April 2026 Five-Day Intensive Retreat  
Prince of Peace Abbey  
650 Benet Hill Rd. Oceanside, CA  
April 13th to April 17, 2026  
Offered by Contemplative Outreach San Diego  
Hosted at Prince of Peace Abbey, Oceanside**



This five-day 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 \$550 includes a single room with private bath and meals. We are limiting the number of registrations to 25 people including retreat leaders, so each has their own room for solitude. The cost of this retreat has been lowered by \$200 per person due to a grant from Contemplative Outreach LTD.'s 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 two miles east of the Pacific Ocean and offers a serene haven for contemplation and spiritual growth. The grounds include walking paths, Stations of the Cross, and a prayer chapel.

There is a \$100 non-refundable deposit to secure your reservation. The balance of \$450 is due no later than March 23, 2026 (non-refundable after March 23, 2026. Registrations are limited and taken in the order they are received (see registration information below.)

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. A refrigerator and microwave are in the dining room.

To register for this event, click here [link](#)

Send your Checks to:  
COSD  
PO Box 9121  
San Diego, CA.  
Contact Brian J. Curry  
[brian.curry77@gmail.com](mailto:brian.curry77@gmail.com)  
**(619) 517-1520**

## 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](mailto:consdinfo@gmail.com).

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

### **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.

**Twelfth Step Spirituality: Weekly Meeting via Zoom.** [12StepSpirituality.org](https://www.12StepSpirituality.org) hosts a weekly zoom meeting (11th Step) using the practices of Centering Prayer and Welcoming Prayer. The meeting starts with Welcoming Prayer, a speaker sharing briefly on how Centering Prayer has impacted their life, a 20-minute sit of Centering Prayer (with teaching Centering Prayer to newcomers as needed), small group breakouts, and the practice of Grateful Heart. **Online on Saturdays, 9:30am to 10:45am Central Time.** For more info and for the Zoom link, click [HERE](#).

**Black Contemplative Prayer Virtual Summit: Deepening the Well of Black Contemplative Wisdom, in partnership with Awakenings, Inc.** Join us for the Second Black Contemplative Prayer Virtual Summit, a gathering of Black spiritual teachers and thought leaders who will guide us into deeper waters of contemplative prayer and practice. This summit is designed for everyone, led by Black voices, and dedicated to deepening the well of contemplative wisdom within community. Building on the foundation of last year's inaugural summit, this year turns

inward and downward, into the rich wisdom of Black contemplative voices and focuses on healing, wholeness, and cultivating inner sanctuary for ourselves and our communities. Presenters and facilitators include: Jasmine Bellamy, E. Trey Clark, Drew Jackson, Josue Perea, Gigi Ross, Rev. Lisha Epperson, Cameron Johnson, Mary Williams, keynote speaker Rev. Dr. Mark Bozzuti-Jones, and more. **Online, February 21-22.** For more information, scholarship information, and to register, please click [HERE](#).

**Nine-Day Intensive I, Intensive II, and Post Intensive Retreat, with Susan Turpin.** 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: I, II, and Post-Intensive. If this is your first Centering Prayer retreat of this length, we suggest Intensive I. All tracks may be repeated. Lectio Divina and a contemplative Eucharist will be offered daily for everyone, as well as optional soul-friending with staff. **In person at the Mercy Center in Auburn, CA, March 4 to March 12.** For more info and to register, click [HERE](#).

**United in Prayer Day Global Zoom Gathering, with Contemplative Outreach, Ltd. On Zoom, March 6 @7:00pm to March 7 @3:00pm.** Click [HERE](#) for updates.

**How Do We Find Hope in Hard Times? A Contemplative Response to Uncertainty, Loss, and Change.** Sponsored by the Center for Action and Contemplation. At this live 90-minute online gathering, CAC staff member Drew Jackson, CAC Dean of Faculty Carmen Acevedo Butcher, and guests Cole Arthur Riley and Jon Batiste will guide attendees through teachings and practices for finding hope amid personal loss, social unrest, and collective uncertainty. Whether you join live or watch the replay, you'll uncover a contemplative approach to daily living that helps you tap into the deep well of God's grace that sustains us all. **Online, March 13, 10:00am Pacific Time.** For more info and to register, please click [HERE](#).

**Flowing Oneness: The Contemplative Vision of Thomas Keating.** In this eagerly awaited Centering Prayer teaching retreat, Centering Prayer master teachers **David Frenette** and **Cynthia Bourgeault** once again team up to explore the late teachings of Fr. Thomas Keating and what they have to offer our own continuing spiritual evolution today. As Thomas more and more fully embraced his nondual awakening, he began to write and see from a perspective rarely attained in the Christian mystical tradition, significantly "growing" the Christian spiritual roadmap in the direction of his signature brand of "flowing oneness."

Through teaching, dialogue, guided meditations — and mostly through the practice of Centering Prayer itself — David and Cynthia will jointly explore how he charts this new course —and more important, how he has planted practical seeds to bring our practice of Centering Prayer to the next level. Practicing Centering Prayer in light of the God of unity consciousness grounds us, more and more, in a reality that cannot be shaken by the crises of separation, disruption, and disintegration we are living through. From greater oneness through Centering Prayer flows the subtlety of contemplative service: God in us serving God in others. **In person, March 18 to 22 at the Garrison Institute in Garrison, New York.** For more info and to register, please click [HERE](#).

## *Blessed Lent to All!*

**In those days Jesus came from Nazareth... and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.” And the Spirit immediately drove him out into the wilderness. He was in the wilderness 40 days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. —Mark 1: 9-13**

*My Spirit breaks free of the ripped-open heavens and dives down into your life. Precise and fearless in her descent, she is not violent, but neither is she delicate. With an elegant economy of wing beats, she alights to make you know I’m pleased to call you my beloved child. Yet she also sends you far from your customary comforts into wild places. She is the reason you’ll dare to face your fears and endure the trials of your desert season. She will see you through to your new, true self, now burgeoning.*

**~Rachel M. Srubas: *The Desert of Compassion: Devotions for the Lenten Journey*, Westminster John Knox Press, 2023.**

<b>PRAYER GROUPS (CONSD)</b>				
<b>AREA</b>	<b>FACILITATOR(S)</b>	<b>PHONE</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
1. Carlsbad	Rev. Madison Shockley	760-729-6311, ext. 207	Pilgrim United Church of Christ, 2020 Chestnut Ave., Carlsbad CA	Wednesdays 6:30 to 7:30 PM
2. Del Mar (1)	Barbara Hamilton	480-236-7319	St. Peter's Episcopal Church, 334 14th St., Del Mar, CA	Thursdays, 4:00 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

(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

**More Prayer Groups on next page.....**

## COSD 26 Centering Prayer Group Communities- 2026

Shepherd of The Valley Lutheran Church  
10842 Fury Lane, La Mesa, CA  
Friday: 9:00am-10:00am—**In Person Meeting**  
Nancy Harrelson: [nharrelson50@gmail.com](mailto:nharrelson50@gmail.com)  
Ann Whitely: [AnnWhitelygg@gmail.com](mailto:AnnWhitelygg@gmail.com)

Guardian Angels Catholic Church  
9310 Dalehurst Rd. Santee Ca.  
Friday: 7:00pm --- **Meeting on Zoom**  
Fred Scholz and Kathy DiFede  
[kathyjoannemarie@gmail.com](mailto:kathyjoannemarie@gmail.com)

Beatrice Doblado  
702 Carlow Way  
6:30pm -7:45pm ---**In Person Meeting**  
El Cajon, CA 92020  
619-905-6279

Our Lady of Grace Catholic Church  
2766 Navajo Rd. El Cajon  
Monday 9:00am-10:30am ---**Meeting on Zoom**  
Irma Eichinger [godisinnerrpeace@cox.net](mailto:godisinnerrpeace@cox.net)  
Janet Hagen [janethagen@cox.net](mailto:janethagen@cox.net)  
Kathy Di Fede [kathyjoannemarie@gmail.com](mailto:kathyjoannemarie@gmail.com)

Our Lady of Grace Catholic Church  
2766 Navajo Rd. El Cajon 92020  
Saturday 9:00 am- 10:00 am—**In Person**  
Irma Eichinger [godisinnerrpeace@cox.net](mailto:godisinnerrpeace@cox.net)

First Presbyterian Church El Cajon  
500 Farragut Circle, El Cajon Ca  
Saturday: 8:30am –**In Person Meeting**  
Susan Jarboe [scjarboe333@gmail.com](mailto:scjarboe333@gmail.com)

Monday Night Centering Prayer Group  
Monday: 7:00pm-8:00pm –**Meeting on Zoom**  
Ardy Woodmansee [aew92123@aol.com](mailto:aew92123@aol.com)

St. Paul's Cathedral  
2728 6<sup>th</sup> Ave.  
Monday: 7:00pm-8:00pm –**Meeting on Zoom** Lucinda Parsons:  
[lulu2parsons@gmail.com](mailto:lulu2parsons@gmail.com)

Thursday Night Centering Prayer Group  
Thursday: 9:30-11:00am –**Meeting on Zoom**  
Christina Romero: [cgr2002@gmail.com](mailto:cgr2002@gmail.com)  
Cherrie Herrera [cherieherrera@gmail.com](mailto:cherieherrera@gmail.com)

Centering Prayer in Spanish  
Christina Romero [cgr2002@gmail.com](mailto:cgr2002@gmail.com)  
Monday: 6:30pm-8:00pm---**Meeting on Zoom**

Saint David's Episcopal Church  
5050 Milton Street, San Diego (Library)  
Tuesday: 10:30am **In Person Meeting**  
Janet Shaw: [janetshaw42@gmail.com](mailto:janetshaw42@gmail.com)

United Church of Christ La Mesa  
5940 Kelton Avenue, La Mesa  
Gwenn Olive: [gwennethol@cox.net](mailto:gwennethol@cox.net)

Metropolitan Community Church of San Diego  
2633 Denver St. San Diego Ca  
Monday: 1:00pm-2:00pm – **Zoom Meeting**  
Tom Rummel: [greenthumbsd@gmail.com](mailto:greenthumbsd@gmail.com)

Mary Magdelene Apostle Catholic Community  
@ Gethsemane Lutheran Church  
2966 Melbourne Drive  
Tuesday: 11:00am- 12:30pm –**Hybrid Zoom/ In Person**  
Diane Langworthy: [langworthy4@cox.net](mailto:langworthy4@cox.net)

St. Terese Centering Prayer Group  
Saturday: 9:30am --- **In Person**  
St. Theresa Catholic Church, 6400 St. Teresa Way, SD. Lilliana Maestas:  
[Maestas.ll@gmail.com](mailto:Maestas.ll@gmail.com)

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St. James by the Sea Episcopal Church  
743 Prospect Street, La Jolla  
Monday: 11:00am ---**Hybrid Zoom/In-person.**  
Chris Berggren: [Berggren.Chris@gmail.com](mailto:Berggren.Chris@gmail.com)

St. James by the Sea Episcopal Church  
743 Prospect Street, La Jolla  
Thursday: 10:00am --- **Zoom Meeting**  
Chris Berggren: [Berggren.Chris@gmail.com](mailto:Berggren.Chris@gmail.com)

All Hallows Catholic Church  
6601 La Jolla Scenic Dr. South  
Fireside Room  
Wednesday: 4:00pm- 5:00pm ---**Zoom Meeting** Karen Downs:  
[kdowns2@san.rr.com](mailto:kdowns2@san.rr.com)

St Brigid Catholic Church  
4735 Cass Street, Pacific Beach  
Tuesday: 4:00pm-5:00pm-- **Zoom Meeting**  
Karen Downs: [kdowns2@san.rr.com](mailto:kdowns2@san.rr.com)

St. Brigid Catholic Church  
4735 Cass, Street, Pacific Beach  
Monday: 6:00pm-7:00pm ---**In Person Meeting** Brian Curry:  
[brian.curry77@gmail.com](mailto:brian.curry77@gmail.com)

All Soul's Episcopal Church  
1475 Catalina Blvd. Sherman Room **In the church** Wednesday: 4:30pm-5:30pm ---**In Person Meeting**

All Soul's Episcopal Church  
1475 Catalina Blvd. **In the Church**  
Saturday: 4:00pm ---**In Person Meeting**  
Linda Cobb: [we4cobbs@gmail.com](mailto:we4cobbs@gmail.com)

Point Loma Community Presbyterian Church  
2128 Chatsworth, San Diego  
Thursday: 6:30pm ---**Meeting on Zoom**  
Thomas Baker: [tbakerusa@gmail.com](mailto:tbakerusa@gmail.com)

Sacred Heart Catholic Church  
655 C Avenue, Coronado Ca.  
Tuesday: 6:30pm-7:00pm ---**In Person Meeting** Kevin Murray:  
[kevin.m.murray@gmail.com](mailto:kevin.m.murray@gmail.com)

Christ The King Catholic Church,  
29 N 32<sup>nd</sup> Street, San Diego—**In Person Meeting** Tuesday: 5:00pm Dennis Dawson -  
-- **619-262-0158**

St. Mark's Lutheran Church (Bilingual English/Spanish)—**In Person Meeting**  
580 Hilltop Drive, Chula Vista  
Monday 1200 pm (sanctuary)  
Pastor Karla Halvarson,  
[pastor.Stmarkscv@gmail.com](mailto:pastor.Stmarkscv@gmail.com)



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

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

**Layout and Design:** M. Williams