



Centering Prayer Newsletter

CONTEMPLATIVE OUTREACH OF SAN DIEGO

SPRING 2010
VOLUME 1, ISSUE 1

The Vision of Contemplative Outreach

The intent of Contemplative Outreach is to foster the process of transformation in Christ in one another through the practice of Centering Prayer.

Theological Principle # 4

The source of Centering Prayer is the Indwelling Trinity. Its practice consists of responding to the call of the Holy Spirit to consent to the Divine presence and action within.

The Living Flame Comes to San Diego

Purpose of Living Flame Program

The Living Flame Program was designed to be experiential as well as informational giving participants the opportunity to evaluate, validate and share their own experience of prayer in the context of community. It was also designed:

- To heighten the awareness of the dynamic of contemplative prayer in the context of the Spiritual Journey.
- To offer the understanding needed to stay faithful to the Centering Prayer Practice.
- To help discern when the support of psychological skills may be helpful tools on the journey.

- To access deeper understanding of the purification process in Contemplative Prayer.



Prerequisites for Attendance

Making a Centering Prayer Introductory Workshop and having a daily prayer practice for at least 6 months is a minimal requirement for participating in the Living Flame Program. Some knowledge of Fr. Thomas Keating's Spiritual Journey tapes and the reading of his book, OPEN MIND OPEN HEART are also required.

Topics include:

- Lectio Divina
- Refinement of the Centering Prayer Practice
- Formation of Emotional Programs for Happiness
- False Self in Action
- Divine Therapy
- Night of Sense
- Welcoming Prayer Practice

Total cost for 7 sessions: \$200
\$50 deposit due by June 1st.
Balance due August 1st.
For more information contact:
Kathy 619-749-4141
CJ 619-226-4486

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United in Prayer Day: The Divine Economy

Save the date of March 20, 2010 as Contemplative Outreach Ltd. presents the 18th annual United in Prayer Day. Chapters all over the world will be praying together on this day. COSD and CONSD, the two chapters of San Diego County, are celebrating this day at the

Mission San Diego de Acala, 10181 San Diego Mission Road. The theme this year is "The Divine Economy". A DVD of Fr. Thomas Keating, from the Unity in Contemplation talk originally recorded in Austin, Texas will be shown.

Our morning together will also include 2 periods of Centering Prayer and sharing our responses to Fr. Keating's talk. A free will offering will be taken which will be shared with the chapters of CONSD and COSD, and also Contemplative Outreach Ltd.

Visioning Day



Administrative Principle #7

All who provide Contemplative Outreach services do so in consideration of, and in balance with their personal, family and professional responsibilities.

Contemplative Outreach of San Diego is a non-profit ecumenical spiritual organization.
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On Saturday, February 27, 31 members of Contemplative Outreach of San Diego met for a Visioning Day. Marie Howard, the Contemplative Outreach Ltd. Regional Representative for California, Arizona, Nevada and Hawaii, was our facilitator.

Of the 35 people present, some have been part of COSD from the beginning, other for 5-10 years and some who have been practicing Centering Prayer for 2 years or less.

As the whole group, we were asked to think about and name our strengths. Some of the strengths that were brought out included: a strong history and dedicated leadership, the large number of prayer groups in our Chapter, support for the spiritual journey, and hospitality for both the Intro Workshops and community events.

Next, we separated into small groups, first discussing our strengths and then looking at our challenges and needs for the Chapter right now. When we came back to the large group we were asked to share these challenges with everyone.

Some of the challenges voiced in the small groups were: outreach to COSD community, relationship and education about Centering Prayer to the greater community, a need for trained presenters and facilitators of the Centering Prayer program, communications—especially using computer/online resources, and administrative support. We were then asked to narrow down the many challenges to the top five. These were: 1. Administrative support; 2. Trained presenters and

facilitators; 3. Communications/resources; 4. Outreach/education. 5. & 6. (tied) were Finances and Spiritual direction/soulfriending/mentoring.

It was difficult to keep to only five! Of course, this is really the beginning, or maybe I should say the continuing process of growth for Contemplative Outreach of San Diego. This is our consent to God's presence and action in our lives. Our daily practice of Centering Prayer calls us to change, to grow, to be transformed. As the community of COSD we are on the spiritual journey together. We are all called to service.

Let us keep each in prayer as we continue to grow.

Kathy Di Fede, Coordinator

“There are different gifts but the same Spirit...it is one and the same Spirit who produces all these gifts.....” Cor. 12:4 & 11

Jesus Nos Mira Con Amor

By Cristina G. Romero

Reflexión sobre el Evangelio de San Marcos 10, 17-30. Cuando un joven se le acercó a Jesús y le preguntó: “Maestro bueno, ¿qué tengo que hacer para conseguir la vida eterna?” Jesús le respondió: Cumple los mandamientos. El joven le contestó: “Maestro, todo esto lo he practicado siempre. Jesús se le quedó mirando con amor y le dijo: “Sólo te falta una cosa: vende todo lo que tienes y dáselo a los pobres y

después, ven y sígueme.” Al oír esto el joven entristeció porque era muy rico y se fue. Mi reflexión se centra en que Jesús se le queda mirando con amor y pienso: ¿En donde es que Jesús nos mira con amor?

Cuando nosotros practicamos la Oración Centrante y entramos a nuestro cuarto secreto, cerramos la puerta y consentimos a su presencia y acción, es aquí en donde Jesús nos mira con amor y en donde nosotros podemos corresponder a su amor.

Santa Margarita María Alacoque, una monja francesa de la Orden de la Visitación a la que en 1673 se le aparecía el Sagrado Corazón de Jesús, nos cuenta que Jesús se quejaba con ella diciéndole que los hombres no se dejaban amar por El y que a pesar de que su corazón ardía por amor a ellos de la mayoría recibía solamente ingratitud.

Los invito a que dos veces al día por 20 minutos entren a su cuarto secreto y en esa intimidad se dejen amar por Jesús.

SILENCE
SOLITUDE
SIMPLICITY
SERVICE

COSD Centering Prayer Groups

Monday

Saint Rose of Lima, Chula Vista
7:00 to 8:30 p.m., Office-Chapel
Adela Detrinidad 619-216-2538

Our Lady of Grace, El Cajon
9:00 to 10:30 a.m., K of C Hall
Irma Eichinger 619-449-8400
Crissa Campbell 619-589-8583

Our Lady of Grace, El Cajon
7:00 to 8:30 p.m., K of C Hall
Bea Doblado 619-463-7459

Mission San Diego de Acala,
California Room
7:00 to 8:30 p.m.
Ardy Woodmansee 858-279-7278

Saint Paul's Senior Homes and Services
San Diego
7:00 p.m. in the CCC Chapel
Bryan McNutt 619-540-6560

Tuesday

1st Presbyterian Church of El Cajon
3:00 p.m.
Anne Clark 619-444-9700

Wednesday

All Hallows Catholic Church
5pm
Karen Downs 858-488-1014

All Soul's Episcopal Church
Point Loma, Library Annex
5:15 to 6:00 p.m.
C.J. Carlo 619-226-4486
Ginger Ramos-Dunn 619-823-5075

First Lutheran Church, San Diego
7:00 p.m., Church Sanctuary
Rev. Wilbert Miller 619-234-614

Thursday

The Church of St. Luke, El Cajon
1:00 to 2:30 p.m.
Carole Morales 619-303-2345

Home of Veryl Snowhill
7:00 p.m.
Susan Jarboe scj123@cox.net

Immaculate Conception, Old Town
7:00 p.m., Fr. Junipero Serra Hall
Fr. Mark Campbell 619-295-4148x32

Our Mother of Confidence
9:00 a.m., Katherine Drexel Room
Michele Lambotte 858-558-9386

St. Paul's Senior Homes and Services
San Diego
5:30 p.m., CCC Chapel
Lucinda Parsons 619-282-1462

Friday

Guardian Angels Catholic Church
7:00 p.m. to 8:30 p.m.
Fred Scholz 619-448-3752

Saturday

St. Therese Catholic Church
10:00 a.m., Adult Ministry Office
Rosemary McGeary 619-582-9508
Kathleen Pierce (619) 281-3062

1st Presbyterian Church of El Cajon
9:00 a.m.
Anne Clark 619-444-9700

Mary, Star of the Sea, La Jolla
Spanish speaking
9:30 to 11:00 a.m., Library
Christina Romero 858-457-4120
Antonia Villalpando 858-454-8342

Centering Prayer Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word.
3. When engaged with your thoughts, return ever-so-gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.



**“Be Still and Know that I AM
God.”**

Be still and know that I AM.

Be still and know.

Be still.

Be.

Psalm 46:10

“...But when you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you.” Matt. 6:6

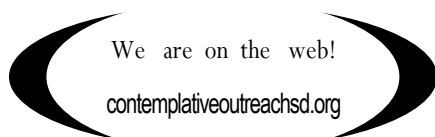


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We are on the web!

contemplativeoutreachsd.org

EVENTS FOR 2010

COSD

March 20, 2010

United in Prayer Day
Hosted by COSD
9:00am to 12:30pm
Mission San Diego de Alcalá
California Room
10818 San Diego Mission Rd.

September 11, 2010

The Living Flame Program 1
2nd Saturday of the month
Sept. 11, 2010—April 9, 2011
8:30 a.m. to 4:00 p.m.
St. Paul's Episcopal Cathedral
2728 6th Ave., San Diego
Contact: Kathy (619)749-4141
Or CJ (619)226-4486

The Living Flame Program 1

2nd Saturday of the month from

Saturday, Sept. 11, 2010 to Saturday, April 9, 2011

St. Paul's Episcopal Cathedral, 8:30am-4:00pm

Cost: \$200 Deposit: \$50 due by June 1st

Balance due by Aug. 1st

Name _____

Address _____

Phone _____

Email _____

Enclosed amount \$ _____

Make checks payable to: Contemplative Outreach of
San Diego or COSD. No credit cards accepted.

Some scholarships available

CONSD

May 22, 2010

Half-Day Retreat
9:00 a.m. to 12:30 p.m.
San Dieguito United Methodist
170 Calle Magdalena, Encinitas
Free will offering.

August 14

Half-Day Retreat
9:00 a.m. to 12:00 p.m.
Location TBD

October 15-16

Fr. William Meninger
The Enneagram
Fri. 7:00-9:00 p.m.
Sat. 9:00 a.m. - 3:00 p.m.
St Bartholomew's, Poway