



Contemplative Outreach of San Diego



Quarterly Newsletter

Winter 2009

Volume 1: Issue 2

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.

Gratefulness

Here it is already December 2009 with a brand new year just around the corner. Gratefulness, hope, joy, anticipation, caring, giving are words that come to my mind this time of year. Today I am thankful for Centering Prayer. Practicing this prayer every day helps me to reconnect with hope, joy, caring and giving. By consenting to God's presence and action in me, I am letting God change me, giving me a heart of gratefulness. There is much to be grateful for...

I am grateful for being able to go to Snowmass for the first time! What a wonder-filled gift of silence, beauty, friendship and prayer. I am grateful for the opportunity to attend the annual Conference of Contemplative Outreach. It was a time of community, sharing and learning. Plus, Centering Prayer twice a day with people from all over the world.

I am grateful for the wonderful events that have taken place the past couple of months in our COSD community. These were opportunities to come together for fellowship, and encouragement to continue our practice of Centering Prayer. I am grateful for everyone who gave of their time and talent, and especially themselves, to plan these events. And grateful for all who came.

As you look through this newsletter you will see that there are events already planned for next year. Everything we do is to support one another in our prayer and in living the contemplative dimension of the Gospel (as Fr. Keating tells us). We walk this spiritual journey together, and even when we pray by ourselves at home, we are not alone.

May you receive many blessings during this time of Advent and Christmas.
May the love of Christ grow in your heart.
May the New Year bring you peace, joy and heart full of gratefulness.

Kathy Di Fede, Chapter Coordinator

“Lord, we adore You present in our inmost being and among us. Draw us inwardly by the greatness of your love so that we might taste that peace that surpasses all understanding and that, little by little, we might understand what it means to be ‘lived in’ by God.
Heal the wounds of a life time – body, soul and spirit as we wait lovingly upon Your presence and healing action within us.” **Thomas Keating, Philippines 1989**

Silence -- God's First Language

By Irma Eichinger

On Saturday, October 3, over 50 spirit-filled people, seeking a deeper relationship with God, answered an invitation to attend an all-day workshop on Centering Prayer at Our Lady of Grace Church in El Cajon. It was a huge success.

Msgr. Gallagher introduced the group to the importance of praying in silence by citing references from Scripture. Fr. Lucas and Fr. Gerard, priests at Our Lady of Grace, were also in attendance, as well as two seminarian friends of Fr. Gerard's who came to further their knowledge of Centering Prayer, a practice they use regularly in the seminary.

Kathy DiFede, our Coordinator of Contemplative Outreach of San Diego (COSD), and Karen Downs from All Hallows Catholic Church in La Jolla did a marvelous job of providing background information, how Centering Prayer can reduce obstacles to an intimate relationship with God, and how the practice can result in PERSONAL HEALING and transformation. After learning the basic guidelines, all 50 attendees practiced the 20-minute silent prayer time. Most of them attended the 6 follow-up sessions, and now we have a Monday night group along with our Monday morning group at Our Lady of Grace Church.

Attendees' positive comments are filled with expressions of inner peace that have resulted from using this prayer practice. What a joy to realize the spiritual benefits of making the commitment to be with God in silence twice each day!

The next workshop will be held on Saturday morning, January 9, 2010, at Guardian Angels Catholic Church in Santee. If you have friends who would like to learn the basics of Centering Prayer, invite them to this workshop. If your group is ready for a workshop at your church, please call Kathy Di Fede at 619-749-4141.

*"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence...We need silence to be able to touch souls." **Mother Theresa of Calcutta***

Centering Prayer Introductory Workshop Registration

Saturday, January 9, 2010

Where **Guardian Angels, 9310 Dalehurst Rd., Santee, Parish Center**

Time..... **8:30 a.m. to 3:00 p.m.** Suggested donation.....\$25.00

Six continuing sessions begin Fri. Jan. 11th. Morning and evening sessions offered.

Tell your friends and family!

Your Name(s) _____ Phone _____

Address _____ City _____

State _____ Zip (+4) _____ E-Mail Address _____

Enclosed Amount \$ _____ Check _____

Make checks payable to: Contemplative Outreach of San Diego or COSD.

No credit cards accepted

“Be still and know that I am God.” Psalm 46:10



Prayer Groups of Contemplative Outreach of San Diego

	Area	Leader(s)	Telephone	Location	Meetings Day & Time
1	Chula Vista	Adela Detrinidad	619-216-2538	Saint Rose of Lima Catholic Church 293 H Street, Chula Vista	Mondays: 7:00 to 8:30 p.m. Business Office-Chapel
2	Del Cerro	Sue Gossman Rosemary McGeary	619-466-3150 619-582-9508	St. Therese Catholic Church 6016 Camino Rico, San Diego	Saturdays: 10:00 a.m. Adult Ministry Office
3	El Cajon (1)	Anne Clark Lisa Davis	619-444-9700 619-444-9700	1 st Presbyterian Church of El Cajon 500 Farragut Circle, El Cajon	Saturdays: 9:00 a.m.
4	El Cajon (2)	Anne Clark Lisa Davis	619-444-9700 619-444-9700	1 st Presbyterian Church of El Cajon 500 Farragut Circle, El Cajon	Tuesdays: 3:00 p.m.
5	El Cajon (3)	Irma Eichinger Crissa Campbell	619-449-8400 619-589-8583	Our Lady of Grace Catholic Church 2766 Navajo Road, El Cajon	Mondays: 9:00 a.m. Knights of Columbus Hall
6	El Cajon (4)	Carole Morales	619-303-2345	The Church of Saint Luke 1980 Hillsdale Road, El Cajon	Thursdays: 1:00 to 2:30 p.m.
7	La Jolla (1)	Karen Downs	858-488-1014	All Hallows Catholic Church 6601 La Jolla Scenic Drive South, La Jolla	Wednesdays: 5:00 p.m.
8	La Jolla (2) (Spanish Speaking)	Cristina Romero Antonia Villalpando	858-457-4120 858-454-8342	Mary, Star of the Sea Catholic Church 7669 Girard Avenue, La Jolla	Saturdays in the Library: 9:30 to 11:00 a.m.
9	La Mesa	Susan Jarboe	scj123@cox.net	Home of Veryl Snowhill 6335 Southern Road, La Mesa	Thursdays: 7:00 p.m.
10	Lemon Grove	Mary Kay Sieckman	619-588-4107	St. John of the Cross Catholic Church 8086 Broadway Avenue, Lemon Grove	Saturdays: 8:45 to 10:15 a.m.
11	Mission Valley	Ardy Woodmansee	858-279-7278	Mission Basilica San Diego de Alcalá 10818 San Diego Mission Road, Mission Valley	Mondays: 7:00 p.m. In the California Room
12	Old Town	Fr. Mark Campbell	619-295-4148 X32	Immaculate Conception Catholic Church 2540 San Diego Avenue, Old Town	Thursdays: 7:00 p.m. Fr. Junipero Serra Hall
13	Point Loma	C. J. Carlo Ginger Ramos-Dunn	619-226-4486 619-823-5075	All Souls' Episcopal Church 1475 Catalina Boulevard, Point Loma	Wednesdays: Library Annex: 5:15 to 6:00 p.m.
14	San Diego City (1)	Lucinda Parsons	619-282-1462	Saint Paul's Senior Homes & Services 328 Maple Street, San Diego	Thursdays: 5:30 p.m. Meets: St. Paul's CCC Chapel
15	San Diego City (2)	Bryan McNutt	619-540-6560	Saint Paul's Senior Homes & Services 328 Maple Street, San Diego	Mondays: 7:00 p.m. Meets: St. Paul's CCC Chapel
16	San Diego City (3)	Rev. Wilbert Miller	619-234-6149	First Lutheran Church 1420 3 rd Avenue, Downtown San Diego	Wednesdays: 7:00 p.m. Meets in the Church Sanctuary
17	Spring Valley (1)	Mary Jane Weismann	619-463-9743	Santa Sophia Catholic Church 9800 San Juan Street, Spring Valley	Mondays: 8:30 a.m. Bell Tower, Upper Room
18	University City	Michele Lambotte	858-558-9386	Our Mother of Confidence Catholic Church 3131 Governor Drive, San Diego 92122	Thursdays: 9:00 a.m. Katharine Drexel Room



Theological Principle # 1
*Contemplative Outreach is a community of individuals and Centering Prayer Groups
 committed to living the contemplative dimension of the Gospel in everyday life.*

LIVING FLAME PART I REFLECTIONS

By David and Cherie Herrera

The whole purpose of this life is to restore to health the eye of the heart by which God may be seen. St Augustine

The Living Flame series has created a sacred space and time for us and about forty other participants, offering us an opportunity to grow deeper in our prayer and to bond more closely together as a contemplative community. It was very enriching to have prayerful women and men from all over the country share with us their own growth, stories and experiences of their practices of Centering Prayer.

We liked the format of the sessions, which combine silence, instruction and interactions with each other in the group. The retreat-like style of the series provides ample time for four sits, silence, and learning about a selected theme from the presenter as well as the opportunity to share in small groups. Hearing comments from our companions at the end of the sessions such as “it was wonderful, awesome, deepening, grounding, spiritually enriching and a real blessing,” resonated with what we felt too.

The topics ranged from Lectio Divina, the False Self, Divine Therapy, the Welcoming Prayer and the Dark Night of the Soul. They were presented by people who were experienced practitioners of Centering Prayer that have been on the spiritual journey for many years and who know Fr. Thomas and his teachings well.

Some of the information we heard was not really new, but it we saw it from new perspectives and heard it with new ears since we had changed since we had heard it before. As examples, as we delved deeper into the practice of Lectio Divina, we understood what a valuable tool it is for us to grow in our relationship with God and one another and we have been doing it quite a bit ever since. We also understood the Welcome Prayer better as it was simplified and clarified, and we were motivated to use it often since it is a wonderful way to help us to heal and dismantle our emotional programs for happiness. Two very valuable insights we learned about the Welcome Prayer (called “Consent on the go”) are: the need to really focus and sink into what we’re feeling in our body when some event occurs that causes us pain or emotional disturbance and that *we have only a brief window of opportunity when we can decide if we want to react or respond to what’s happening and it is then that we can turn to God to love us and heal us into life.*

In the session about the Human Condition and Divine Therapy, we learned that the *spiritual journey is one from believing to knowing* since after a consistent practice of Centering Prayer we come to *interior knowing*. In the first year of the Living Flame program, the hope is that we grow in our ability to see our false self in action, embrace it and claim it as our own. Then we can see it as an opportunity for transformation by grace. We would like to end by sharing a reflection from one of the presenters that resonated with us and touched us deeply: *Transformation is not a spiritual experience but a restructuring of consciousness and becoming aware and awake to the action of our false self so we can act more and more out of the mind of Christ and not out of our false self system. One of the greatest gifts on the spiritual journey is awareness.*



Contemplative Outreach 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.

Fr. Thomas Keating in “Intimacy with God”

The Trinity is always present within us. Our focus on God is not just for the time of prayer but for the whole day. The presence of God is going to accompany us into daily life whether in other forms of prayer, in our relationships, or in our workplace. Without trying to, but just by being in God as you go about your daily functions, you exercise a kind of apostolate. In your very joking you may be pouring grace into the atmosphere and into other people. All of our activities need to come out of this center.



COSD Calendar of Upcoming Events

January 9, 2010

Introductory Centering Prayer Workshop
Guardian Angels Catholic Church, Santee
8:30am to 3:30pm

February 6, 2010

Introductory Centering Prayer Workshop in Spanish
St. John of the Cross, 8086 Broadway Ave.,
Lemon Grove
8:30am to 3:00pm

February 13, 2010

Silent Saturday Half Day of Prayer
1st Presbyterian Church of El Cajon
500 Farragut Circle
8:30am to 12:00pm
Hosted by the Centering Prayer Groups at 1st
Presbyterian

February 27, 2010

A Visioning Day for COSD
8:30am to 3:30pm
Place to be determined *
Given by Marie Howard, Regional Representative

March 20, 2010

United in Prayer Day
Time to be determined
Place to be determined

September 11, 2010

Beginning of The Living Flame Program
2nd Saturday of the month Sept. 2010 – April 2011
St. Paul's Episcopal Cathedral, 2728 6th Ave., San Diego
8:30am to 4:00pm

Regional Event

April 23-29, 2010 Regional Retreat in Orange, CA
Retreat with Fr. Carl Arico and Marie Howard
Center for Spiritual Development
Contact: Marie Howard, Regional Representative
(310) 823-5863 email: MRHfamlife@aol.com

*Change applies to page 7(Visioning Day) also.



SILENT SATURDAY

February 13, 2010

First Presbyterian Church, El Cajon
500 Farragut Circle

This day is the gift of the Centering Prayer Groups at First Presbyterian. We will gather at 8:45 AM and spend a few minutes in greeting. Once we enter the room for prayer we will be in silence for two 20 minute "sits", with a meditative walk in between. Those who have the time and the interest will be invited to remain and view the movie "Into the Great Silence". This is a beautiful chronicle of life in the French Alps with the Carthusian monks at the Grande Chartreuse monastery.

Please call or write Anne Clark at 619-444-9700, or cannec@cox.net, to let us know if you plan to attend. We will be meeting in the fellowship hall across the street from the sanctuary, which is in the middle of the Circle.

Reflections of The Living Flame Series Program

By Adela Detrinidad, Prayer Group Leader

I like the suggestion of reflecting on my experiences, especially if it was extraordinary. Something that is beyond my mind, and I cannot find words with the exact meaning to convey the experience. That was my feeling when I attended The Living Flame Series Program 2008/2009.

After six months practicing Centering Prayers, I heard about "The Living Flame Series Program". I read the topics that were going to be discussed each month. Some of them made some (minimum) sense to me, some others did not. I attended because I felt there was so much for me to learn, practice, and experience as part of my spiritual journey. The fact is most of the topics that were going to be presented, I knew nothing or very little about.

I went without expectations, but I was curious, motivated by the encounter with a new experience, searching for a new path, looking forward for the first session and then every month I was waiting for the last Saturday of the month.

I feel that every session was a discovery; every last Saturday of the month I had an Aha! moment. I was a listener during the presentations. I believe that I learn much more if I just listen. Besides, it was my first encounter with such experienced people and I wanted to make the most of it. I also experienced some new practices: Centering Prayer back to back sits twice a day, the process on Lectio Divina, and the Welcoming Prayer.

This series of talks meant to me an invitation to reflect on my growing up, my responses to every day life's issues, my ego, my inner self, how deep I have been relating with God, about my spirituality, my identification with the material world, and the significance of awareness/consciousness.

It was an invitation to monitor how I respond to situations in life as a reflection of my inner self, and to be more aware of my ego,

It was meaningful to feel that anyone could relate to each topic; I felt it was about situations any one was living or any one's past experiences. I felt that pains and sufferings can be healed through this practice, through this experience, by strengthening our relationship with God.

Two topics were significant to me: The "Welcoming Prayer", with the explanation of the emotional program. It was a very revealing and meaningful invitation to explore into my emotional program. How I feel that emotional program and how I can modify the feedback to my emotional program. With "The Formation of the Emotional Program for Happiness" I am still in need of exploring my feelings about the False Self and the True Self.

I feel The Living Flame Series Program is magnificent to enrich our spiritual journey and to deepen our relationship with God.



The Living Flame Program 1 Registration

2nd Saturday of the month from

Saturday, September 11, 2010 to Saturday, April 9, 2011

Where.....St. Paul's Episcopal Cathedral, Guild Room, 2728 6th Ave.

Time.....8:30 a.m. to 4:00 p.m.

Total cost for 7 sessions: \$200.00

◆\$50 Deposit due by May 1st, 2010. Balance due Aug. 1st, 2010◆

Your Name(s) _____ Phone _____

Address _____ City _____

State _____ Zip (+4) _____ E-Mail Address _____

Enclosed Amount \$ _____ Make checks payable to: Contemplative Outreach of San Diego or COSD. No credit cards accepted.

The Living Flame Series Program 1
(A seven month course, meeting one Saturday a month)
Presented by Contemplative Outreach Ltd. faculty

Purpose:

- To offer intelligibility needed to stay faithful to the practice
- To offer encouragement and support
- To heighten the awareness of the dynamic of the Centering Prayer practice
- To help discern when the experience of psychological skills can be helpful tools on the journey.
- To provide an opportunity to participate in a community committed to the Centering Prayer practice.

- **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*
- **Prerequisites:** *Making a Centering Prayer Introductory Workshop and having at twice daily prayer practice for at least 6 months, some familiarity of Fr. Keating's Spiritual Journey series, reading of Open Mind, Open Heart.*
- *This program consists of seven sessions, one session per month, from 9:00AM to 4:00PM*
- **A commitment to attend all seven sessions is essential.**
- **When:** *Begins September 11, 2010. Where: St. Paul's Cathedral, San Diego*
- **Cost:** *\$200 per person, paid in advance. \$50 deposit by May 1, 2010, balance by Aug. 1, 2010*
- **Registration information:** *Call Kathy (619) 749-4141 or CJ (619) 226-4486*

We need a minimum of 25 people to offer this program.



A Visioning Day for COSD

Mark this special day on your calendars!

Saturday, February 27, 2009, 8:30 am to 3:30 pm

Mission San Diego de Alcalá

California Room

10818 San Diego Mission Road

★Please bring a bag lunch★

Beverages will be provided

Our Visioning Day will be presented by Marie Howard, Regional Representative for the Pacific/West Coast Region of Contemplative Outreach Ltd. This Visioning Day is for everyone in Contemplative Outreach of San Diego. The day will include Centering Prayer, sharing of ideas, strengths, successes and needs. We will also explore where we, as a Chapter of Contemplative Outreach, want to go and how to bring the Vision and Mission of Contemplative Outreach into the lives of all our membership. Please encourage everyone in your prayer groups to attend this important day for Contemplative Outreach of San Diego.

✂*****

RSVP Form for A Visioning Day for COSD



Your Name(s) _____ Phone _____

Address _____ City _____

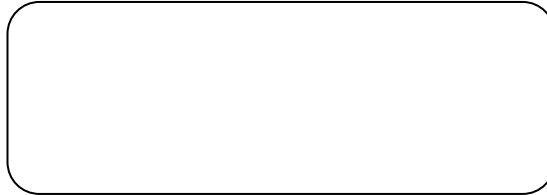
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 Prayer Group or Parish _____ Enclosed Amount \$ _____

I would like to offer a financial donation for someone in need of a scholarship. Enclosed Amount \$ _____

► **Please make checks payable to: *Contemplative Outreach of San Diego (or "COSD") and mail to:***

Contemplative Outreach of San Diego • 15420 Olde Highway 80, Sp. 98, El Cajon, Ca 92021

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Contemplative Outreach of San Diego is an all volunteer organization. We thank you for your support not only financially but with your time and presence at our gatherings. Kathy Di Fede, Coordinator

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