



Centering Prayer Newsletter

CONTEMPLATIVE OUTREACH OF SAN DIEGO

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.

WINTER 2012

Theological Principle #5

“The Divine presence affirms our basic core of goodness made in the image of God.”

Administrative Principle # 5

“We reach decisions through discernment and consensus.”

“So that they may all be one; just as You, Father, are in me, and I in You, may they also be in us.” John 17:21

Happy New Year!!!

EVENTS 2012

Living Flame (<i>for those registered in the Fall</i>)	1/21, 2/18, 3/10, 4/21
Father William Meninger <i>Our Mother of Confidence</i> <i>Centering Prayer according to the Cloud of Unknowing</i>	February 11
Father William Meninger <i>Our Mother of Confidence</i> <i>Parish Mission—The Process of Forgiveness</i>	February 13-16
Father William Meninger <i>Mystics: Models of Contemplation (CONSD)</i>	February 17-18
United in Prayer Day	March 17
Weekend Centering Prayer Retreat Orange CA	April 20 –22
Weekend Centering Prayer Silent Retreat (CONSD)	July 27-29

The Process of Forgiveness

Father William Meninger, OCSO

Inside this issue:

<i>Events</i>	
<i>The Process of Forgiveness</i>	1
<i>Welcome 2012</i>	2
<i>Fr Meninger OMC</i>	3
<i>Prayer Day</i>	
<i>Fr. Meninger CONSD</i>	4
<i>Retreat s:</i>	
<i>Orange CA</i>	5
<i>Prince of Peace</i>	6
<i>Prayer Groups</i>	7
<i>COSD Donation Form</i>	8

In this book, Father Meninger, one of the leading figures in the Centering Prayer movement, explores the most complex but necessary facet of spiritual life: forgiveness. In simple, compelling language he describes the fivefold Stages of Forgiveness - claiming the hurt, guilt, victim, anger, and finally wholeness - and the various time-tested Tools for Forgiveness- scriptural meditation, compassion meditation, centering meditation, focusing, and vulnerability. Throughout the book, we encounter captivating, real-life stories of persons who have learned the healing message of the process of forgiveness. Christianbook.com (product description)



Contemplative Outreach of San Diego is a non-profit ecumenical spiritual organization.

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COSD Newsletter

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“When you pray, enter into your inner room, close the door and pray to your Abba in secret.”

Matthew 6:6

SILENCE SOLITUDE SIMPLICITY SERVICE

Welcome 2012

It's hard to believe we are beginning another year; another opportunity to renew our commitment to a daily practice of Centering Prayer. It's also an opportunity to let go (again!) of what is past and welcome, welcome, welcome whatever is to come, even if I don't know what that will be! Already this year there are opportunities for growth on the spiritual journey and time to be together as a community.

Fr. Mark Campbell, pastor of Our Mother of Confidence, has invited Fr. William Meninger, who started teaching Centering Prayer with Fr. Thomas Keating and Fr. Basil Pennington, to give a weekend Introduction to Centering Prayer and a week long mission on Forgiveness. This will take place from Feb. 10th – Feb. 16th at Our Mother of Confidence. Save these dates! Following his presentations at Our Mother of Confidence, Fr. Meninger will be hosted by COSD for the weekend of Feb. 17th & 18th. He will be speaking on Mystics: Models of Contemplation. Save these dates! You will be greatly enriched if you attended only a few of these talks.

Then in March COSD will host Contemplative Outreach's Annual United in Prayer Day. On March 17th we will gather in prayer with Chapters of Contemplative Outreach all over the world. We will have a half day, 8:30 – 12:30, for Centering Prayer, a DVD presentation of Fr. Keating, sharing and hospitality. Our gathering place is All Hallows Catholic Church in La Jolla. Come join us!

Everyone who helps with our events, workshops, days of prayer, gatherings are volunteers. Everyone is welcome to volunteer any time, one time, once a month or once a year. As I have mentioned before, another much needed way to help is to donate to COSD. Any amount is greatly appreciated. A donation form is included in this newsletter. We do need regular donations for such things as: the Introductory Workshops, hospitality for our programs, maintaining our website, giving donations to the churches who allow us to use their facilities.

All of this would not be possible without the daily practice of Centering Prayer and the recognition that “any good accomplished by Contemplative Outreach is the work of the Holy Spirit” (Theological Principle #16).

When we know we are loved by God, we want others to experience it too.

Happy New Year!

Kathy Di Fede, Coordinator

*Love the Lord your God with all your heart, and with all your soul,
and with your strength, and with all your mind;
and your neighbor as yourself. Luke 10:27*

From the desk of [Fr. Mark Campbell](#), pastor of Our Mother of Confidence

The schedule for [Father William Meninger, OCSO](#)

at Our Mother of Confidence

3131 Governor Dr., San Diego.

Saturday, February 11th : Gathering time is 8:30AM.

Workshop— [Centering Prayer according to the Cloud of Unknowing](#)

(for beginners and others - 6 hours including lunch and 2 periods of Centering.)

Sunday, February 12th: *Father William will celebrate and preach at one Mass*

Monday thru Thursday -February 13 -16th Gathering time is 7 P.M.

[The Parish Mission](#), *(all are invited)*

45 minutes each night on [The Process of Forgiveness](#)

With a brief Penitential Service at the end of each night

Note: He will celebrate/preach briefly at morning Mass on *forgiveness*

for those who cannot come in the evening.

Contemplative Outreach, Ltd.

Annual

United in Prayer Day

All Hallows Catholic Church

6601 La Jolla Scenic Drive South, La Jolla

Saturday, March 17th, 2012

Gathering/Hospitality 8:30 – 8:50 a.m.

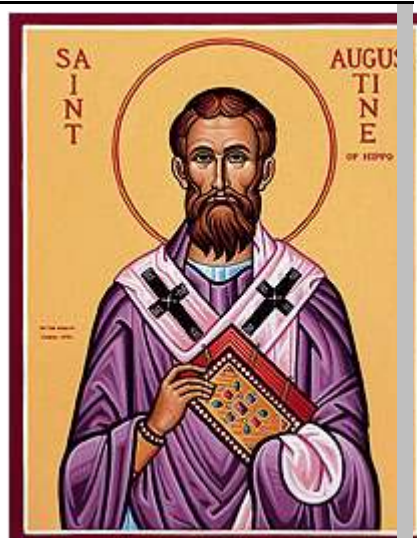
Program: 9:00 a.m. – 12:30 p.m.

We will have 2 periods of Centering Prayer
with a DVD talk by Fr. Keating and discussion/sharing.

Free-will offering to be shared with COSD, CONSD and Contemplative Outreach, Ltd.



A Journey with the
Mystics:
Models of Contemplation
 a weekend retreat with
 Fr. Meninger



Dates:	February 17–18, 2012
Times:	Friday ** 7:00 PM – 9:00 PM
	Saturday ** 9:00 AM – 3:00 PM Please plan to provide your own lunch
Place:	<i>St. Bartholomew's Episcopal Church</i>
Suggested	16275 Pomerado Road ** Poway, CA 92064
Donation:	\$35.00

** *Mark your calendars now so you will not miss this wonderful opportunity to be with Fr. Meninger and partake of his knowledge and wisdom. His presentation will take you on a journey with the mystics from the time of St. Augustine through those of the 14th century to those of our own age.*

** Fr. Meninger states, "No two models are alike, yet they all demonstrate the way to unmediated union with God in love."

Although walk-ins are always welcome, consider helping us prepare for Hospitality by filling out the form below & mailing it in by **Feb. 1, 2012**. For more information, contact the CONSD Office at:

** 760.745.8860 ** consd-news@cox.net ** 908 Via Linda ** Escondido, CA 92029 **

Pre-registration

A Journey with the Mystics: Models of Contemplation

Name: _____ Phone: _____

Email: _____

Address: _____

City/State: _____ Zip: _____

Please make checks out to: **CONSD** (Contemplative Outreach North San Diego)

Weekend Centering Prayer Retreat, April 20-22, 2012

"Deepening Your Spiritual Journey: Centering Prayer and the Unloading of the Unconscious"

With Fr. Carl J. Arico

Center for Spiritual Development, Orange, CA

This retreat will provide an opportunity to deepen your practice of Centering Prayer in an atmosphere of profound silence and community support. The prayer is supported with presentations by Fr. Carl, a Diocesan priest for the Archdiocese of Newark, NJ, and since 1987 he has been full time with Contemplative Outreach serving as Vice President, Service team leader for the Gift Committee charged with maintaining the works of Fr. Thomas Keating and a monthly contributor to the CLP e-news bulletin.

Fr. Carl is the author of [A Taste of Silence-Centering Prayer and the Contemplative Journey](#). He is also an international speaker, retreat director and continues to share his wisdom on how to live out the contemplative life in a down to earth practical manner.

Marie Howard, Regional Representative for the Pacific/West Coast Region and experienced retreat staff leader will be a member of the retreat staff and registrar for this retreat.

Retreat begins Friday 7:30 PM and concludes Sunday 4:00 PM.

Cost: \$265.00 Single room with private bath (only 8 rooms available)

\$240.00 Single room with community bath (11 rooms available)

.. \$220.00 Double room with community bath (20 rooms available)

Checks payable to: Contemplative Outreach South Bay and include with registration.

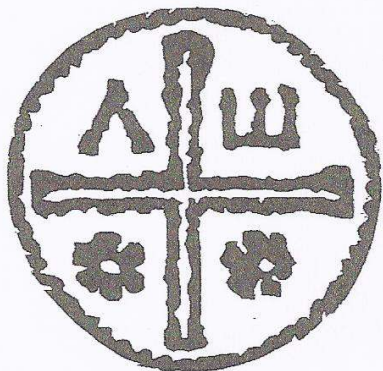
Registration: Marie Howard, 835 Hopkins Way, Apt. 205, Redondo Beach, CA 90277

Information/Questions: Email: MRHfamlife@aol.com or call Marie at: 424-206-1224.

More information, including directions will be sent in March. Early registrations are advised to be assured of a space. Payment in full due with registration.

Sponsored by: Pacific Coast/West Region of Contemplative Outreach

Contemplative Outreach North San Diego presents ♦



Weekend Centering Prayer Silent Retreat July 27–29, 2012

Silence will be observed from the end of the opening gathering until the Sunday service

Theme: Silence, Solitude, and Simplicity

Check In: Friday, July 27 ♦ after 3:00 PM

Check Out: Sunday, July 29 ♦ 1:00 PM

Location: Prince of Peace Abbey ♦ Oceanside, CA

Cost: \$170.00 ♦ includes single or double room and all meals

Deposit: \$50.00 (check) by **April 1, 2012**

Checks (payable to Prince of Peace Abbey) will be cashed April 25

Balance: Due upon arrival at retreat

Rooms: 13 double rooms & 18 single rooms ♦ each room with private bath

To reserve your space: Fill out form below ♦

Enclose \$50.00 (checks payable to Prince of Peace Abbey)

Mail to CONSD Office by **April 1, 2012**

For more information contact the CONSD Office at:

♦ 760.745.8860 ♦ consd-news@cox.net ♦ 908 Via Linda ♦ Escondido, CA 92029 ♦

CONSD weekend silent retreat registration form ♦

One form per person ♦ if sharing double room, please include name of roommate

Name:

Phone:

Roommate:

Email:

Address:

City/State:

Zip:

COSD Centering Prayer Groups

Monday

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

Our Lady of Grace, El Cajon
2766 Navajo Rd., El Cajon
9:00 to 10:30 a.m., K of C Hall
Irma Eichinger (619) 449-8400

Our Lady of Grace, El Cajon
2766 Navajo Rd., El Cajon
7:00 to 8:30 p.m., K of C Hall
Bea Doblado (619)463-7459

Mission San Diego de Acala,
10818 San Diego Mission Rd., San Diego
California Room
7:00 to 8:30 p.m.
Ardy Woodmansee (858) 279-7278

St. Paul's Cathedral
2728 6th Ave.
7:00 p.m. parlor (off 5th Ave.)
Barbara Palan (858) 231-1598

Tuesday

1st Presbyterian Church of El Cajon
500 Farragut Circle, El Cajon
3:15 p.m.
Anne Clark (619) 444-9700

St. Martin of Tours
7710 El Cajon Blvd., La Mesa
5:30 p.m.
Larry Smith (619) 462-0482

Wednesday

All Hallows Catholic Church
6601 La Jolla Scenic Dr. South, La Jolla
4:30 p.m.
Karen Downs (858) 488-1014

All Soul's Episcopal Church
1475 Catalina Blvd., Point Loma
Library Annex
5:15 to 6:00 p.m.
C.J. Carlo (619) 226-4486

The Church of St. Luke, El Cajon
1980 Hillside Rd, El Cajon
8:30 a.m.
Carole Morales (619) 303-2345

Thursday

The Church of St. Luke
1980 Hillside Rd., El Cajon
5:30 p.m.
Carole Morales (619) 303-2345

Our Mother of Confidence
3131 Governor Drive, San Diego
9:00 a.m., Katherine Drexel Room
Michele Lambotte (858) 558-9386

St. Paul's Manor--Chapel
2535 2nd Ave.
5:30pm
Lucinda Parsons (619) 282-1462

Immaculate Conception, Old Town
2540 San Diego Ave., San Diego
7:00 p.m., Fr. Junipero Serra Hall
Jim Faris (619) 295-3183

Friday

Guardian Angels Catholic Church
9310 Dalehurst Rd., Santee
7:00 p.m. to 8:30 p.m.
Fred Scholz (619) 448-3752

Saturday

St. Richard Catholic Church
611 Church Lane, Borrego Springs
Spanish speaking
6:00 p.m., Parish Hall

St. Therese Catholic Church
6016 Camino Rico, San Diego
10:00 a.m., Adult Ministry Office
Rosemary McGeary (619)-582-9508
Kathleen Pierce (619) 281-3062

Mary, Star of the Sea
7669 Girard Ave., La Jolla
Spanish speaking
9:30 to 11:00 a.m., Library
Christina Romero (858) 457-4120
Antonia Villalpando (858) 454-8342

1st Presbyterian Church of El Cajon
500 Farragut Circle, El Cajon
9:00 a.m.
Anne Clark (619) 444-9700

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.

*There are different kinds of spiritual gifts
but the same Spirit;*

*There are different forms of service
but the same Lord;*

*There are different workings
but the same God*

Who produces all of them in everyone.

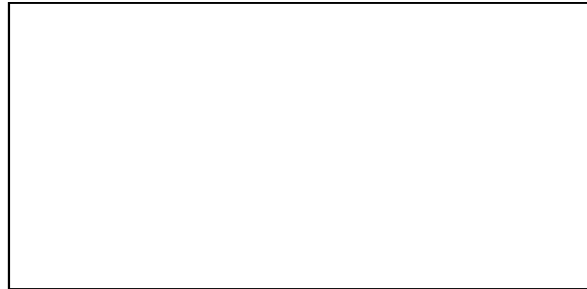
I Corinthians 12:4-7



CONTEMPLATIVE OUTREACH
OF SAN DIEGO

15420 Olde Highway 80, Sp. 98
El Cajon, CA 92021-2419

ADDRESS SERVICE REQUESTED



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COSD Donation Form

Name _____ Phone _____

Address _____ City _____

State _____ Zip code _____ Email _____

Prayer Group or Parish _____

Donation amount \$ _____ monthly _____ quarterly _____ yearly _____ one time gift _____ (check one)

No credit cards accepted.

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

Mail to: COSD, 15420 Olde Highway 80, Sp. 98, El Cajon, CA 92021.

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