

**MN Contemplative Outreach Retreat**  
**Christ the King Retreat Center**  
**November 10-12, 3 pm to 1 pm**

Name\_\_\_\_\_

Address\_\_\_\_\_

City, State, Zip\_\_\_\_\_

Email\_\_\_\_\_

Phone\_\_\_\_\_

Food restrictions\_\_\_\_\_

Other comments\_\_\_\_\_

Single occupancy: \$250

Double occupancy: \$220

Less \$20 discount if total payment  
received by Thursday August 31

\$75 due by Aug 31 to reserve your room.

Space is limited.

[Register online](#) or send registration to:

Adam Gordon

1116 Raymond Avenue

Saint Paul, MN 55108

make checks payable to:

**MN Contemplative Outreach**

Any questions, please email:

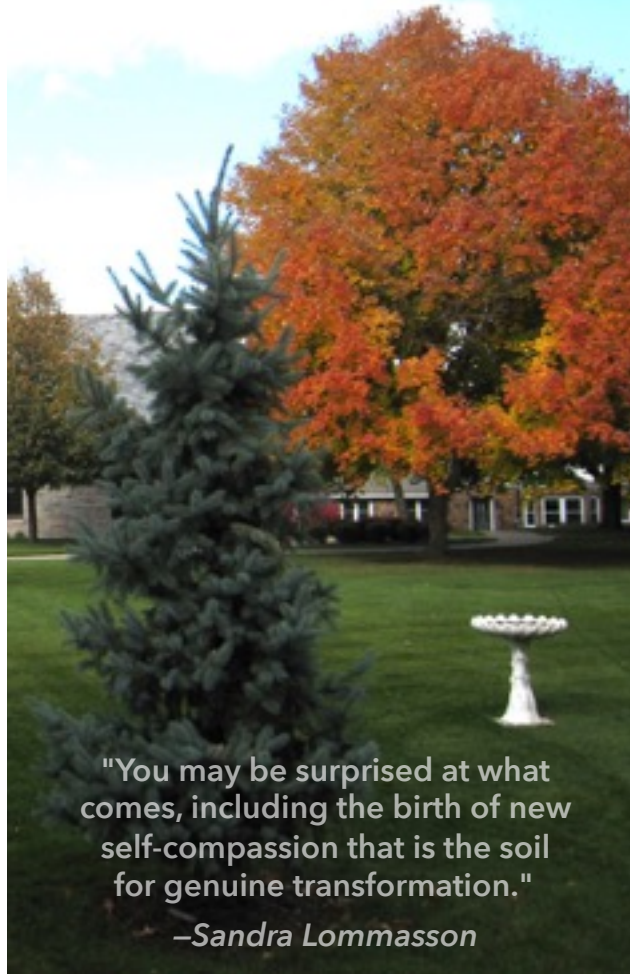
[agordon@minnesotacontemplativeoutreach.org](mailto:agordon@minnesotacontemplativeoutreach.org)

Or call 612-719-2636

*Partial scholarships available.*

*Please send request prior to Aug 31st.*

Christ the King Retreat Center  
provides a place of peace, quiet  
and solitude ... a sacred space for  
meditation and contemplation.



"You may be surprised at what  
comes, including the birth of new  
self-compassion that is the soil  
for genuine transformation."

*—Sandra Lommasson*

Go to  
[minnesotacontemplativeoutreach.org](http://minnesotacontemplativeoutreach.org)  
for more details and directions,  
and to register online.



**MN Contemplative Outreach**  
**2017 Fall Retreat**

*Deepening Compassion*  
with **Ellie Hyatt**  
& **Jody Reis Johnson**

[Christ the King Retreat Center](#)

621 First Avenue South,

Buffalo MN 55313

On the shore of Buffalo Lake

**Friday, November 10 - 3:00 pm to**  
**Sunday, November 12 - 1:00 p.m.**

## Deepening Compassion

To deepen compassion for others and for the world, we must begin with ourselves. Indeed, self-compassion is built into the practice of Centering prayer; we are encouraged to return to the sacred word "ever so gently," without judgment or self-criticism when engaged with thoughts.

Yet why do we find it so difficult to place ourselves within the circle of divine compassion? One reason is that most people believe self-criticism is an effective motivator, as it provides the illusion of being in control. Self-compassion instead emphasizes self-acceptance and allows us to hold ourselves with love exactly as we are in this moment. It opens us to the Spirit's direction.

In this retreat we will alternate between periods of silent prayer and sessions that explore the concept of compassion in contemplative thought and practice. We will identify obstacles to self-compassion and offer experiential exercises that can help open us to the outpouring of God's love for all creation.

Take time to:

Pause.

Pray.

Rest.

Listen.

Notice.

Let go into God's presence.

## The Flow of the Retreat

### Friday

3 pm: Arrive to walk the grounds, set intentions, begin in silence or gather to talk with new and old friends

5 pm: Retreat Welcome, Centering Prayer

6 pm: Dinner in conversation

7-8 pm: **Session One**

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### Saturday

7 am: Gentle Movement

7:30 am: Centering Prayer

8 am: Breakfast

9-10 am: **Session Two**

11-12: Centering Prayer\*

Noon: Lunch

1-3 pm: **Session Three**

5-6 pm: Centering Prayer\*

6 pm: Dinner

7-8 pm: **Session Four**

Between sessions:

Silent time for walks, reflection, writing....

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### Sunday

7:30 am: Continental breakfast

8 am: Gentle Movement

8:30-9:30 am: Centering Prayer\*

9:30-10:30 am: **Closing Session**

10:30-12: Brunch in conversation

Noon: Enjoy walking the grounds and visit with friends as long as you want

\* includes a 10 minute meditative walk between the two sittings for CP.

Ellie Hyatt is the Former Director of Family & Spiritual Recovery at The Retreat in Wayzata, MN. She is a Certified Spiritual Director, and has led numerous retreats and conferences.



"Spiritual strength is the capacity to respond to events from the center of compassion and genuine concern, to relate to people where they are, and to accept ourselves and our weaknesses..."

—Father Thomas Keating



Jody Reis Johnson, a longtime practitioner of Centering Prayer, received her commissioning as a Presenter/Facilitator through Contemplative Outreach in 2013 and now teaches contemplative theology and practice.