

MN Contemplative Outreach Retreat
Christ the King Retreat Center
October 12-14, 2018

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 Sunday July 31*

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

Space is limited.

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

Adam Gordon

1116 Raymond Avenue

Saint Paul, MN 55108

make check payable to:

MN Contemplative Outreach

Any questions, please email:

LaurieBErickson@msn.com

Or call 952-457-6396

Partial scholarships available.

Please send request prior to July 31st.

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



"What God arranges for us to
experience at each moment is
the best and holiest thing that
could happen to us."

—Jean-Pierre de Caussade

Go to
minnesotacontemplativeoutreach.org
for more details and directions,
and to register online.



**MN Contemplative Outreach
2018 Fall Retreat**

*Welcoming Prayer
Silent Retreat
with Mary Dwyer*

[Christ the King Retreat Center](#)

621 First Avenue South,

Buffalo MN 55313

On the shore of Buffalo Lake

**Friday, October 12 - 3:00 pm to
Sunday, October 14 - 1:00 p.m.**

Welcoming Prayer

The **Welcoming Prayer Retreat** will be guided by Mary Dwyer, a national and international presenter of Centering Prayer who led our Spring Workshop in April 2015.

Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. Through the practice, we will deepen our relationship with God through consenting in the ordinary activities of our day. Welcoming Prayer contributes to the process of transformation in Christ initiated in Centering Prayer.

Our exploration and practice of Welcoming Prayer will include five enrichment sessions, personal reflection time, group Centering Prayer sessions, and wisdom circle sharing.

We will be upheld in our journey by the restful quiet and beauty of Christ the King Retreat Center in Buffalo, MN.



Mary Dwyer, a long-time student of Thomas Keating, has been practicing Centering Prayer for almost thirty years. Her experience living in contemplative community in the 90's revealed to her that a life of prayer, consent and practice is the real work of life.

Flow of the Silent 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

6:45-7:00 am: Gentle Movement
7:00 am: Centering Prayer
8 am: Breakfast
9-10:30 am: **Session Two**
11-12: Centering Prayer*
Noon: Lunch
1-3 pm: Open Time
3-4:30 pm: **Session Three**
5-6 pm: Centering Prayer*
6 pm: Dinner
7-8:30 pm: **Session Four**
Between sessions:
Silent time for walks, reflection, writing....

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Sunday

6:45-7:00 am: Gentle Movement
7:00 am: Centering Prayer
8:00 am: Breakfast
9:30-11:30 am: **Session Five & Closing**
11:30 am: Centering Prayer
12: Lunch 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.*

"To welcome and to let go is one of the most radically loving, faith-filled gestures we can make in each moment of each day. It is an open-hearted embrace of all that is in ourselves and in the world."

—Mary Mrozowski



"Welcoming Prayer is the practice that actively lets go of thoughts and feelings that support the false-self system. It embraces painful emotions experienced in the body rather than avoiding them or trying to suppress them. It does not embrace the suffering as such but the presence of the Holy Spirit in the particular pain, whether physical, emotional, or mental. Thus, it is the full acceptance of the content of the present moment. [In] giving the experience over to the Holy Spirit, the false-self system is gradually undermined and the true self liberated."

—Fr. Thomas Keating

Take time to:

Pause.

Pray.

Rest.

Listen.

Welcome.

Let go into God's presence.

Thank God for blessings received.