

MN Contemplative Outreach Retreat
Christ the King Retreat Center
November 8-10, 2019

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 Wednesday 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:

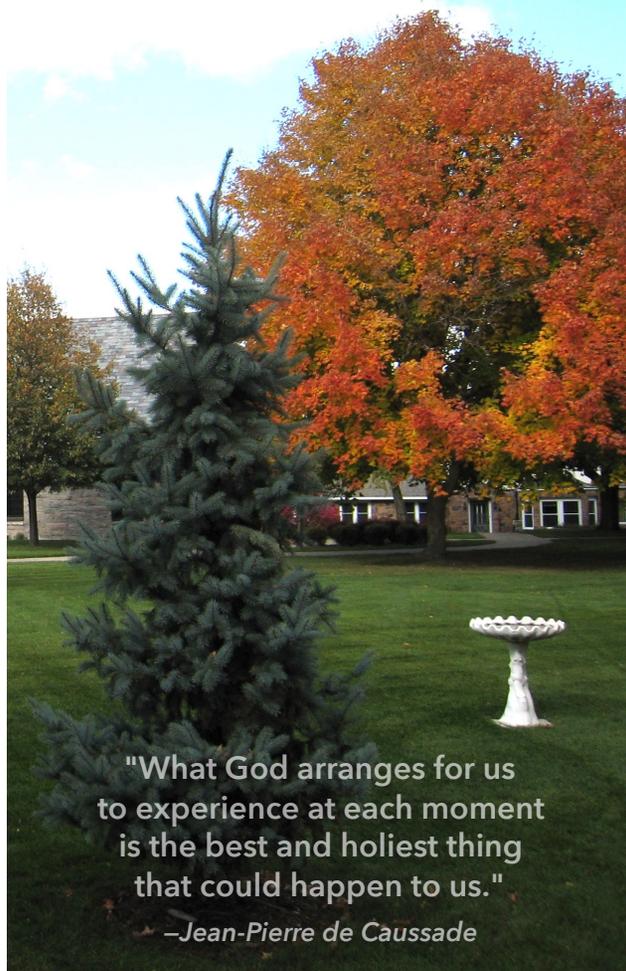
LaurieBErickson@msn.com

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
2019 Fall Retreat**

*The Four Consents
with Pamela Begeman*

[Christ the King Retreat Center](#)

621 First Avenue South,

Buffalo MN 55313

On the shore of Buffalo Lake

**Friday, November 8 - 3:00 pm to
Sunday, November 10 - 1:00 p.m.**

The Four Consents

The **Four Consents Retreat** will be guided by Pamela Begeman, a national and international presenter of Centering Prayer, and Director of Communications for Contemplative Outreach.

The **Four Consents** are an invitation to welcome all of life - birth, growth, suffering, dying and death - as God's precious gift, and to appreciate the universe with all its beauty and potentiality.

Our exploration and practice of the Four Consents will include 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.



Pamela Begeman

co-creates and facilitates many of the Contemplative Outreach worldwide online retreats, programs and publications. She is also one of the creators and editors of The Contemplative Life Program, a series of 40-day booklets on contemplative practices and dispositions.

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: **First Consent**

+++

Saturday

6:45-7:00 am: Gentle Movement
7:00 am: Centering Prayer
8 am: Breakfast
9:30-10:45 am: **Second Consent**
11-12: Centering Prayer*
Noon: Lunch
1-3:30 pm: Open Time
3:30-4:45 pm: **Third Consent**
5-6 pm: Centering Prayer*
6 pm: Dinner
7-8:15 pm: **Fourth Consent**

Between sessions:

Open time in silence for walks, reflection, rest, writing....

+++

Sunday

6:45-7:00 am: Gentle Movement
7:00 am: Centering Prayer
8:00 am: Breakfast
9:45-11:30 am: **Closing Session**
11:30 am: Centering Prayer
12: Lunch in conversation
1:00-: Enjoy walking the grounds and visit with friends as long as you want

* includes a 5 minute meditative walk between the two sittings for CP.

The Four Consents

First: Affirmation of Our Basic Goodness
Second: Activation of Our Talents and Creative Energies
Third: Acceptance of the Diminution of Self
Fourth: Transformation in Christ



"The spiritual journey is a training in consent to God's presence and to all reality. Basically this is what true humility is. The divine action invites us to make the consents that we were unable to make in childhood and growing up because of the circumstances that surrounded our early lives. [The four consents are] a paradigm for the spiritual journey that shed a great deal of light on the positive aspects of grace, which not only heals the emotional damage of a lifetime, but also empowers us to enter on the path of unconditional love ... "

—Fr. Thomas Keating, *Invitation to Love*

Take time to:

Pause.

Pray.

Rest.

Listen.

Consent.

Let go into God's presence.
Thank God for blessings received.