

MN Contemplative Outreach Retreat

Villa Maria Retreat Center
October 9-11, 3 pm to noon

Name _____

Address _____

City, State, Zip _____

Email _____

Phone _____

Any specific food restrictions:

Other comments _____

Single occupancy cost: \$250

Double occupancy cost: \$220

*Less \$20 discount if total payment
received by Fri. July 31*

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

[Registration online begins June 1](#)

or send registration to:

Laurie Erickson

2400 Interlachen Road, # 403

Spring Park, MN 55384

make check payable to:

MN Contemplative Outreach

Any questions, please email:

LaurieBErickson@msn.com

Or call 952-457-6396



Villa Maria Retreat Center is nestled within
beautiful Frontenac State Park,
providing a spectacular autumn sanctuary
for our time together.

Go to [Villa Maria Retreat Center](#)
to see pictures and map directions.



"For I know the plans I have for you,"
declares the LORD,
"plans to prosper you and not to harm you,
plans to give you hope and a future.
Then you will call upon me and come and
pray to me, and I will listen to you.
You will seek me and find me when
you seek me with all your heart. "
Jeremiah 29:11-13



MN Contemplative Outreach 2015 Contemplative Retreat

*Being drawn towards
contemplative daily living
with Sister Mary White*

[Villa Maria Retreat Center](#)

29847 Co. 2 Blvd. • Frontenac, MN 55026
Near the shores of Lake Pepin
between Red Wing and Lake City

Friday, October 9 at 3 pm to
Sunday, October 11 at noon

*Being drawn toward
contemplative daily living*

This retreat is for all who seek to deepen their life in the Spirit. We will explore our connection to a contemplative and active life with God in this world.

We will reflect upon the daily life of a contemplative person, in action and non-action. We will learn healthy ways that support our daily contemplative living.

We will include qualities and practices that assist in sustaining a discipline of meditative prayer, such as: humility, creativity, and service.

Mary's five sessions will include some teaching, some experiential exercises and time for small group discussion.



S. Mary White OSB is both a licensed psychotherapist and a skilled teacher of Christian meditation. Her work draws on the wisdom of the world's great spiritual traditions as well as her extensive background in psychology and sociology.

**Join us for a silent Contemplative retreat
featuring Sister Mary White OSB**

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

5:00 Retreat intro and **Centering Prayer**

6:00 Dinner in conversation

7-8 pm Session 1

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Saturday: 7 am- Gentle Movement

7:30 Centering Prayer

8 Breakfast

9-10 Morning session 2

11-12 Centering Prayer*

Noon Lunch

1-3 pm Afternoon session 3

5-6 Centering Prayer*

6 Dinner

7-8 Evening session 4

**After each session: Silent time for walks,
reflection, writing ...**

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Sunday: 7:30 am Continental breakfast

8 Gentle Movement

8:30-9:30 Centering Prayer*

9:30-10:30 Closing Session 5

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 Centering Prayer.

Quote from Thomas Merton

“To be grateful is to recognize the Love of God in everything He has given us and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference.”



Take time to:

Pause,

Pray,

Remember God's active presence,

Notice your responses

Let go into God's presence

Thank God for the blessings received

***Enjoy time in silence with God in the
company of others and nature.***