

## Schedule for MN Contemplative Outreach 2021 Fall Retreat

*\*Activities highlighted in blue will be led by Fr. Vincent Pizzuto*

### Friday October 15

5:00 Opening session and welcome.

Suggestions for maintaining the spirit of retreat while at home.

5:20 **Vincent – Brief Welcome – Lead into Centering Prayer**

5:30 **Centering Prayer** (*one 25-minute sit*)

6:00 Dinner

7:00 **Portraits of Christ: The Gospels as Literature**

8:30 Close

### Saturday October 16

7:00 Centering Prayer (*and optional Lectio Divina, led by MNCO*)

8:00 Breakfast

8:30 Open/Reflective Time

9:30 **Literary Brushstrokes: One Gospel, Four Versions**

11:00 **Centering Prayer** (*two 25 min sits, with walk*)

12:00 Lunch

1:00 Open/Reflective Time

2:00 **Peering Through the Slatted Fence: Gospels as Pointers to the Indwelling Christ**

3:30 **Centering Prayer** (*one 25-minute sit*)

4:00 Open/Reflective Time

6:00 Dinner Break

7:00 **Small Group Activity (online and in-person): Emmaus Walk**

### Sunday October 17

7:00 Centering Prayer (*and optional Lectio Divina, led by MNCO*)

8:00 Breakfast

8:30 Open/Reflective Time

9:00 **Embodied Readings: The Gospels Made Flesh in Us & Closing Activity/Reflections**

11:30 **Centering Prayer** (*one 25-minute sit*)

12:00 Lunch

1:00 Community time; Walk the grounds; Continued time to reflect and explore; Return home