



**MN Contemplative Outreach Retreat  
Welcoming Prayer  
October 12-14, 2018**

**FRIDAY**

3:00-5:00 Arrive, walk the grounds, set intentions, begin silence or gather to talk to new and old friends

5:00-5:30 Retreat Welcome and logistics, Brief intro for each participant

**5:30-6:00 Centering Prayer (25 min sit)**

6:00-7:00 Dinner in Conversation

7:00-8:00 **Session 1: Opening and Welcome**

8:00 Retreat for the night – Begin Silence

**SATURDAY**

6:45-7:00 Gentle Movement (optional)

**7:00-8:00 Centering Prayer (25 min sits with walk)**

8:00-8:30 Breakfast

8:30-9:00 Open/Reflective time

9:00-10:30 **Session 2: Human Condition and Welcoming Prayer**

10:30-11:00 Open/Reflective time

**11:00-12:00 Centering Prayer (25 min sits with walk)**

12:00-1:00 Lunch

1:00-3:00 Open time/Reflective (Soulfriending 15 minute times available)

3:00-4:30 **Session 3: More Welcoming**

**5:00-6:00 Centering Prayer (25 min sits with walk)**

6:00-7:00 Dinner

7:00-8:30 **Session 4: Welcoming Prayer Recap**

8:30 Retreat for the night – Continue Silence

**SUNDAY**

6:45-7:00 Gentle Movement (optional)

**7:00-8:00 Centering Prayer (25 min sits with walk)**

8:00-8:30 Breakfast in silence

8:30-9:30 Open/Reflective time in silence

9:30-11:00 **Session 5: Fruits of Welcoming Prayer**

Closing Reflections, Love offering for future programs

11:00-11:30 Meet others from Centering prayer in your area

**11:30-12:00 Centering Prayer (30 Minute sit)**

12:00-1:00 Lunch in conversation

1:00 + Community time, Walk the grounds, continued time to reflect and explore, Return to your home