



**MN Contemplative Outreach Retreat
The Four Consents
November 8-10, 2019**

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: Introduction & First Consent**

8:00 Retreat for the night – Begin Silence

SATURDAY

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

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

8:00-8:30 Breakfast

8:30-9:30 Open/Reflective time

9:30-10:45 **Session 2: Second Consent**

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

12:00-1:00 Lunch

1:00-3:30 Open time/Reflective (Soul-friending: 15 minute times available)

3:30-4:45 **Session 3: Third Consent**

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

6:00-7:00 Dinner

7:00-8:15 **Session 4: Fourth Consent**

8:15 Retreat for the night – Continue Silence

SUNDAY

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

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

8:00-8:30 Breakfast in silence

8:30-9:45 Open/Reflective time in silence

9:45-11:00 **Session 5: Musica & Lectio Divina with sharing**

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 home