

**MN Contemplative Outreach Retreat**  
**Christ the King Retreat Center**  
**October 14-16, 3 pm to 1 pm**

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 Sunday July 31

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

Space is limited.

[Register online](#) 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](mailto: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.



"The complementary movement  
towards divine love  
is growth in humility..."

—Father Thomas Keating

Go to  
[minnesotacontemplativeoutreach.org](http://minnesotacontemplativeoutreach.org)  
for more details and directions,  
and to register online.



**MN Contemplative Outreach**  
**2016 Fall Retreat**

*Humility and*  
*Our Basic Core of Goodness*  
with Shawn Kafader

[Christ the King Retreat Center](#)

621 First Avenue South,  
Buffalo MN 55313

On the shore of Buffalo Lake

**Friday, October 14 - 3:00 pm to**  
**Sunday, October 16 - 1:00 p.m.**

## Humility and Our Basic Core of Goodness

The Humility Retreat, guided by nationally acclaimed presenter Shawn Kafader and rooted in the practice of Centering Prayer, will deepen your awareness of the Divine Indwelling, and strengthen your connection to your Basic Core of Goodness.

Shawn grounds his presentation on the 1500-year-old Rule of St. Benedict's Ladder of Humility, which he sees as "a guideline for living in monastic communities, for living out a spiritual life. It's largely about living in humility."

Our study and exploration of humility will include five conferences, 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.



**Shawn Kafader** is a 25-year practitioner and facilitator of Centering Prayer, and has served on the Chicago chapter leadership team, and the Nat'l Contemplative Outreach Chapter Program and Service team. Shawn is an ordained minister.

## 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 pm: Retreat Welcome, Centering Prayer

6 pm: Dinner in conversation

7-8 pm: **Conference One**

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### Saturday

7 am: Gentle Movement

7:30 am: Centering Prayer

8 am: Breakfast

9-10 am: **Conference Two**

11-12: Centering Prayer\*

Noon: Lunch

1-3 pm: **Conference Three**

5-6 pm: Centering Prayer\*

6 pm: Dinner

7-8 pm: **Conference Four**

Between sessions:

Silent time for walks,  
reflection, writing....

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### Sunday

7:30 am: Continental breakfast

8 am: Gentle Movement

8:30-9:30 am: Centering Prayer\*

9:30-10:30 am: **Closing Ritual**

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 CP.

God created humanity in the Divine Image,  
in the Divine Image God created humanity,  
male and female God created them ...  
And God saw everything He had made,  
and found it very good.

—Genesis 1:27



"Humility, the Rule of Benedict teaches, requires first and foremost what the ancients called the *memoria dei*, the 'awareness of God,' at all times, in all places, at the center of all things.... Becoming aware of the presence of God within us, then, ranks clearly as the first characteristic of humility."

—Sister Joan Chittister



"At the core of your being is the light of the very presence and reality of God. You are God's child. You are one with God in your inmost being. If that becomes real to you, you will, as Thomas Keating says, make a quantum leap in your spiritual journey."

—Rev. Lowell E. Grisham

Take time to:

Pause.

Pray.

Rest.

Listen.

Notice.

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