

CONTEMPLATIVE OUTREACH OF SOUTH EAST WISCONSIN

8-day Advanced/ and Post Intensive Retreat

July 12-19, 2020

St Benedict's Abbey & Retreat Center

Benet Lake, WI

Centering Prayer retreats immerse participants in the practice of Centering Prayer as taught by Contemplative Outreach, Ltd. The Advanced/Post Intensive retreats will allow the participants to come together for centering prayer, Lectio Divina, DVDs, and meal times. The retreat will provide an atmosphere of silence, solitude and community. **The Advanced Retreat and Post Intensive prerequisite is an experience of an Intensive Retreat or the equivalent.** Please call if you have questions.

Staff:

**Kathryn Ann Kobelinski, SSND**  
Commissioned presenter of Centering Prayer and Lectio Divina  
Staffed retreats in WI, IA, and MI  
Past COSEW Coordinator  
Member of COSEW Leadership Team

**Ann Koerner, CSA**  
Commissioned presenter of Centering Prayer  
Staffed retreats in WI  
Experienced spiritual director  
COSEW Coordinator

**Jill Nowlen**  
Commissioned presenter of Centering Prayer  
Staffed retreats in WI  
Experienced spiritual director  
Member of COSEW Leadership Team

Registration begins at 2:00 pm. Retreat begins at 4:00 pm on Sunday July 12 and ends with lunch on Sunday July 19, 2020.

Cost of the retreat includes a private bedroom, meals, snacks and materials.

Registration Fee: \$725

A non-refundable deposit of \$75 must be included with the registration form.

The remaining balance is due on July 1.

Partial scholarships are available upon written request. Please explain your need for a scholarship.

For questions or additional information please contact Ann Koerner at 262-282-8622 or e-mail [admin@contemplativeoutreachwisconsin.org](mailto:admin@contemplativeoutreachwisconsin.org)

**Retreat Registration**

**I would like to attend:**

\_\_\_\_\_ **Advanced Retreat**

\_\_\_\_\_ **Post Intensive Retreat**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Telephone** \_\_\_\_\_ **E-mail Address** \_\_\_\_\_

\_\_\_\_\_ **Enclosed is my \$75 non-refundable check** \_\_\_\_\_ **Enclosed is full payment for retreat**

**Please indicate any special dietary/physical needs** \_\_\_\_\_

Make checks payable to **COSEW** and mail to:

**Center for Contemplative Living**

**890 Elm Grove Rd., The Village Court, Building 1, #105, Elm Grove, WI 53122**

Or Register Online at [www.contemplativeoutreachwisconsin.org](http://www.contemplativeoutreachwisconsin.org)

## **Eight Day Retreat at Benet Lake – Important details!**

### **Advanced and Post-Intensive Tracts**

Several of you have called and inquired about the 8-Day Retreat, July 12-19, 2020, at Benet Lake with specific questions about the safety precautions being taken related to Covid-19. Here is what the retreat facilitators and the retreat center are doing to protect you:

1. Sleeping rooms have private baths. Bed linens and towels are provided.
2. Everyone is required to wear a mask when outside of their room.
3. There is plenty of walking space, in the building and outside, to require the social distancing at the recommended six feet apart.
4. The chairs for the prayer periods will be in a large room where they will be placed five to six feet apart. We will not have a contemplative walk.

### **This came from the Director of the Retreat Center in Benet Lake:**

As of right now, because restrictions are so fluid and constantly changing, we are implementing the following items currently:

1. All common areas and when interacting with staff, all retreatants will be required to wear masks. (hallways, meeting rooms, dining room, elevator, etc.) Please bring your own mask.
2. All retreatants will be assigned a number for dining. They will fill out an order form, and their meal will be prepared based on that form. This will correspond with the number that they will be assigned by the retreat leader.
3. Only (5) retreatants will be allowed in the dining room at a time, and they will enter by numbers assigned. For example, numbers 1-5 come get their meals, sit down at their assigned tables, and then 6-11, will be allowed in and so forth. All tables will allow a maximum of (2) people at a table, sitting 6 feet apart. Masks are not required while eating, however, if anyone gets up from their seat for any reason, they will need to put a mask on.
4. We are asking that any retreatant that has been in contact with anyone with Covid-19 symptoms, or is feeling ill, running a fever, coughing, or sneezing, to please stay home.
5. Social distancing, 6 feet, will be required from the moment of arrival through the duration of the retreat and until time of departure.
6. Upon arrival, there will be strict limits on what parts of the facility will be available for access.
7. Additional guidelines may change or also be in place by the time of your retreat.

I hope this helps. As time gets closer, I will reach out to you again if things have changed. We want everyone to be healthy and safe while on retreat, and I appreciate your understanding and support as we move through this! *Tracie Young, Retreat Center Director, Benet Lake*

**We hope you will consider attending this retreat. COSEW can offer scholarships upon request. We would like to have at least 15 persons attend to form the community for the week.**

If you have attended only one long retreat of 5-8 days, we recommend you sign up for the Advanced tract which includes a 30-40-minute video daily with discussion.

If you have participated in more than one long retreat, you may choose the Post-Intensive tract which instead of videos, retreatants have two extra prayer periods daily.

You can download the flyer [HERE](#).

You can register online [HERE](#).

Please contact Ann Koerner if you have questions about the retreat. ([akoerner45@gmail.com](mailto:akoerner45@gmail.com); 414-477-8430)