

Christos Center for Spiritual Formation . . .

Building Use:

Christos Center is available for group day retreats, private retreats, seminars, and meetings. Our 51 acres of land offers private quiet areas for hiking, ponds, abundant birds and animals to view and enjoy.

Facilities Include:

Chapel: seats 40

Classroom/dining room: seats 20

Lounge: seats 10

Two small rooms which can be used for quiet prayer or small group discussion. Kitchen with refrigerator, stove, microwave. Coffee and tea provided. Bring your own food and utensils

- Individual Retreats: Take a day of retreat at Christos. Spend time in the quiet. Rest..Pray..Walk..Read...
- Group Retreats or Meetings: Take the staff or the board away for a day to Reflect..Pray..Rest..Vision..Plan...

Rates:

\$16.00 per person

Phone or email to reserve a date.

Speakers/Retreat Leaders/ Consultants:

- Christos Formation Network: Helping Churches with Spiritual Formation
- Prayer and Retreat Days/Workshops
- Trained Speakers and Group Facilitators
- Teaching on Prayer, Meditation, and Christian Spirituality
- Continuing Education for the Graduates of Our Programs

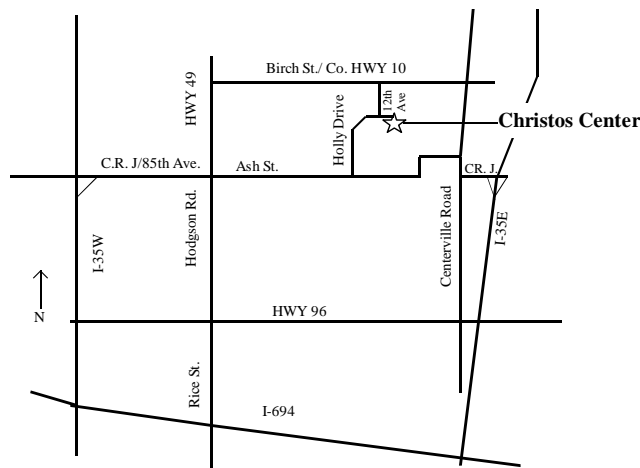
Christos Center's Staff

Patricia Hendricks:	Executive Director
Janet Palmer:	Coordinator/ Spiritual Deepening & Website Admin.
Joan Frazerhurst:	Administrator/Publications
LaVonne Hite:	Coordinator/Tending the Holy
Joyce Finch:	Outreach/Continuing Ed/ Events/Retreats/Workshops

Teaching Faculty

Jeannette Bakke	Brad Holt
Dwayne Beidelman	Debbi Horton
Mark Gardner	Dan Johnson
Janet Hagberg	Joann Nesser
Lisa Harrell	Janet Palmer
Patricia Hendricks	David Strootman
LaVonne Hite	

Christos Center is a great place to come for staff, board, or other group meetings. We are only 25 minutes from either downtown Minneapolis or St. Paul. **Christos Center is a fragrance free and smoke free facility.**



Encouraging the Spiritual Quest

through historic Christian traditions
of prayer, meditation and spiritual
direction

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christoscenter@msn.com
www.christoscenter.org

Christos Center for Spiritual Formation is an ecumenical Christian ministry that encourages the spiritual life through the historic contemplative traditions of prayer, discernment, spiritual direction, silence and solitude.

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**About Christos Center:**

Christos Center for Spiritual Formation was founded in 1978 as Praise of His Glory Ministries. Joann Nesser, a Lutheran lay woman, created the ministry for the purpose of presenting retreats on prayer. The non-profit ministry grew to encompass a wide range of spiritual formation activities such as spiritual direction, formation of congregational leaders, personal spiritual deepening through the Ignatian Spiritual Exercises, and workshops. The current building was built in 1990, and the ministry name was changed to Christos Center in 1992.

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The Active Contemplative

Our inspirational online publication; is an expression of our deep desire for solitude, silence and prayer in which we can nurture our love relationship with God. It contains various articles on the unfolding mystery of who we are becoming as God transforms us into the image of Christ. It can be accessed at www.christoscenter.org

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**Spiritual Direction**

A spiritual director is a listener and a guide who can help one to notice, discern, and respond to God's invitations. Our trained and experienced directors are available in various locations in the Twin Cities and beyond. The brochure is at [www.christoscenter.org](http://www.christoscenter.org) Call or email for an application. Suggested fee is \$60 for a one hour session.

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Individual brochures are available for each of our programs at www.christoscenter.org

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*Please speak to us if you need financial assistance.*

**Christos Center offers educational programs for personal and ministry growth**

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Deepening Truth:

The practice of living in the Spirit

A four-session introductory series on contemplative prayer. This class provides an opportunity for intentional listening, exploring prayer practices and a deeper awareness of God's presence in our lives. Each gathering includes an opening prayer experience, a topic-related teaching and small group discussion. Instructor and facilitators are Christos spiritual directors.

This series is held once each year at Christos Center. Others have found it beneficial to "host" this series at their church or facility. The registration fees are reasonable and vary with respective arrangements.



Pilgrimage Local and Abroad

"Walking retreats" to enhance spiritual insight and understanding. Most "pilgrims" seek to encounter God at a deeper level through the people, places and circumstances encountered during their pilgrimage.

Local pilgrimages have been made to St. Anthony Park MN, Northfield MN, the Inner Cities of Mpls/St. Paul, and to Twin City Metro Gardens and other Sacred Spaces.

Christos has also sponsored pilgrimages to Spain and Italy, Ireland and Iona.



Personal Spiritual Deepening through the Ignatian Spiritual Exercises

Ignatius of Loyola helped people on their journey with God through exercises and conversation. The core dynamic of this spiritual formational tradition is prayer, friendship, sharing, and conversation.

Participants in this nine month experience are asked to commit to daily prayer, meditation on the scriptures, and journal entries. Participants meet in groups, at Christos, to share experiences, bi-weekly September thru May on Monday evenings from 6:45 to 9:00. Joseph Tetlow's "Choosing Christ in the World" handbook is used. The total cost is \$675 for the nine months which includes all materials, facilitation by a group leader, administrative costs. This experience is also offered for distance/online participants.

Christos Ignatian Exercises Staff are available to companion people through the Exercises on an individual basis. Flexible times and locations are available. Contact janetchristoscenter@msn.com for information.



Tending the Holy: Preparation for the Ministry of Spiritual Direction

This two year program prepares people for the ministry of spiritual direction or other like ministries. Topics include: history and tradition of spiritual direction, prayer, the spiritual direction relationship, scripture and theology, human development, discernment, and retreat ministry.

Local and distance programs are offered. The local class is held two Thursday evenings a month (7:00-9:30) at Christos Center. People who choose the distance learning option receive their presentations via the Internet and regular communication with Christos Staff. Cost of the program: \$2260 per year payable monthly; \$100 application fee.