



BECOMING REAL: Unpacking True~False Self

*A retreat providing space and structure
to reflect on your own journey of
transformation with God*

A weekend retreat experience . . .

**Fri eve, March 16 (6 pm)
to Sun, March 18 (2 pm), 2012**

**Benedictine Retreat Center
of St. Paul's Monastery, St. Paul, MN**

Led by LISA HARRELL,
Licensed Professional Clinical Counselor
and Spiritual Director



ABOUT the RETREAT

Come away and listen to your life. God is always calling our truest self into life and vibrancy, to join the Trinity in the present moment. This invitation is exciting, hopeful, and can be deeply satisfying. However, aspects of our lesser selves often resist and hold back from this costly journey of transformation. We are afraid, tired, angry, confused, hurt, or lonely. Even in these darker places, God's merciful invitation draws us further into the mystery of becoming all we were created to be.

During this retreat, we will review how our true self and false self develop, how our identities are shaped by the rhythms of attachment and detachment, and how we move from living out of the isolated self to the integrated, Christ-companioned self. You will be invited to reflect on your own journey, questions, and points of growth and struggle. This directed, silent retreat will include: brief presentations, prayer with scripture & song, and spiritual reflection exercises. Free time will be given for personal reflection, silence, rest and nature walks.

BEFORE the RETREAT

In order to ensure ample opportunity for reflection while on this retreat, materials will be distributed to participants beforehand that will provide foundational concepts that will be built upon throughout the weekend. Participants should allow time in the days or weeks before the retreat to review these materials. Those who attended the 2011 True Self/False Self Workshop will find these materials to be a review. It is not necessary to have attended the workshop to enjoy and benefit from the retreat.

ABOUT LISA: As a Licensed Professional Clinical Counselor and Spiritual Director, Lisa Harrell enjoys integrating insights from human development theory, spiritual formation, the Enneagram, and her firsthand work with individuals in exploration of a deeper understanding of the personal transformation process. Lisa serves on the teaching faculty at Christos Center for Spiritual Formation. She is in private practice in Vadnais Heights, MN.

**DIRECTIONS to:
Benedictine Retreat Center in St. Paul:**

St Paul's Monastery www.stpaulsmonastery.org
2675 Benet Road
St. Paul, MN 55109 651-777-7251

There are four sets of bldgs. On the campus near the corner of Larpenteur and Century Ave. Online maps may be unreliable.

PLEASE USE DIRECTIONS PROVIDED . .



QUESTIONS??

**Christos Center for
Spiritual Formation**

651-653-8207
www.christoscenter.org

From I-94

Take Century Ave (also called Division) exit.
 Go North 3 miles to Larpenteur Avenue E. Turn left. Monastery Way is the first right. Go straight to get to St. Paul's Monastery, take an immediate left to reach the Tubman building

From I-694

Take Century Avenue (Hwy 120) exit.
 Go South 4 miles to Benet Road, just before the light at Larpenteur Avenue. Turn right. St. Paul's Monastery is visible on the right. Turn left onto Monastery Way for the Tubman building. Take the second right off of Monastery Way to enter the Tubman parking lot.

From Hwy 36

Take Century Avenue (Hwy 120) exit.
 Go South 1 mile to Benet Road.
 Turn right. St. Paul's Monastery is on the right. Turn left onto Monastery Way for Tubman. Take the last right on Monastery Way to enter the Tubman parking lot.

PARKING: Parking is visible from Benet Road on the south side of the monastery. Enter the doors under the canopy and check in at the reception desk.

Only 12 rooms available

Register Early !!!

(15-20 people may commute)

Registration Form: BECOMING REAL Retreat w/ Lisa Harrell

NAME: _____ **Roomate's Name:** _____

(if double occupancy)

E-mail: _____ **Phone:** _____

RETREAT ACCOMODATION OPTIONS:

Please check ONE *TOTAL RETREAT COST*

Single occupancy room: _____ **\$275** per person

Double occupancy room: _____ **\$235** per person

Commuter (NO lodging included) _____ **\$165** per person

All guest rooms include private bath/shower, towels & linens.

ALL retreat fees include meals: Friday appetizers, plus 5 meals (Sat breakfast—Sun lunch). Other snacks & beverages are available OR you may bring things from home.

NOTE: \$100 Deposit (or Full payment) **MUST accompany registration to hold your spot**

MAIL FORM and CHECK TO: CHRISTOS CENTER, 1212 Holly Drive, Lino Lakes, MN 55038

For CREDIT CARD Payments: Call Christos Center: 651-653-8207

E-MAIL registrations (pending receipt of payment): Contact joyce@christoscenter.org