

Christ the King Retreat Center

A Ministry of the Missionary Oblates of Mary Immaculate

"He has sent me to bring Good News to the Poor. . . The Poor have heard the Good News"

The spirit of St. Eugene is inspired by Isaiah 61:1.

St. Eugene DeMazenod, Pray for Us!

763-682-1394 • 621 First Ave S • Buffalo MN 55313-1399 • www.kingshouse.com

Spring/Easter 2024

Dear Friends,

Being an Oblate of Mary Immaculate means I have moved around quite a bit. Most of my time since ordination has been spent in the south.

For 17 years I was in the Miami area and there were some nice things about Miami-more time to play golf and not worrying about winter coats top the list. But what I really missed during my time in Miami was springtime. In Miami it is warm, warmer, and hot. And it is always green. Living in Minnesota one really gets in touch with the miracle of spring and new life. We look outside and see that everything is barren but we know with the gifts of sunlight and warmth, new life will burst forth. New life is waiting to be set free.

In many ways that is the mission of Christ the King Retreat Center. People come here often feeling barren and lifeless. They often are wrestling with personal issues or face family challenges. They may feel torn by the divisions in our land. But they know that new life is waiting to be set free. They come to the silence-**Dabinawa**-and know that God is speaking to them in the silence. This year they are reminded that Jesus calls upon them to **"Do This in Memory of Me"**. They see more deeply the gift of the Eucharist. They are reminded of the life to which Jesus calls us as disciples. They come barren but leave filled with hope. And as St. Paul says-**HOPE DOES NOT DISAPPOINT.**

We are grateful for the generous support we have received to continue this ministry. In the past year, we were faced with two large projects-the reworking of our drainage system and bringing our fire alarm system up to code. Each project cost over \$100,000.00. Our operating expenses have continued to increase. So as always we continue to look to you to assist us in continuing this important ministry of providing a place of silence to become filled with hope. We trust the words of Saint Paul, *"You will be enriched in every way so that you can be generous in every occasion and through us your generosity will result in thanksgiving to God"*. 2 Corinthians 9:11

Please continue to send your prayer requests that we place in front of the altar and remember at Mass. Entrusting us to pray for your life situations, relatives and friends and their needs is a part of our ministry that we are dedicated to and hold close to our hearts. During this Easter season, Saint Paul also tells us, *"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit"*. Romans 15:13

In the Joy, Peace and Hope of Christ the King,

Fr. Richard M. Sudlik, OMI



Relic of the Holy Cross

Upon his retirement, among the many things which Fr. Lon passed on to Fr. Hank, was a relic of the true cross. Recently, Fr. Hank received a beautiful reliquary from one of his friends. This relic, now in the reliquary, is in the main chapel near the statues of the Holy Family. The original Latin Certificate of Authenticity, with an English translation is near the relic. Relics are reminders of saints and the actions of God. Gazing upon this relic of the true cross should evoke a prayer of thankfulness for Jesus' death and resurrection by which we have been saved.

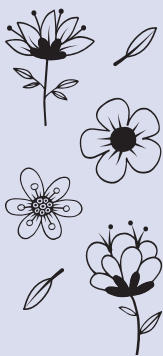


You're Invited!

You're invited to attend the Spring Fundraiser at Malmborg's Garden Centers from **Sunday, May 19 to Saturday May 25, 2024**. Print the form from their Fundraiser website and bring it to their location in Blaine or Rogers and present it to the cashier at checkout. **Christ the King Retreat Center will receive 10% of your pre-tax purchase.**

Malmborg's website is:

<https://malmborgsinc.com/fundraising/spring-fundraiser/>
You can also contact us at 763-682-1394 and we will send you a form by email or snail mail.



Holy Water in Chapel

Through your generosity, we now have a Holy Water Receptacle in the Main Chapel that can be used to fill Holy Water bottles. Many people have holy water on hand to bless their cars for travel, their homes, children and family and a daily blessing of themselves.

Some use this prayer, *"By this holy water and by Your Precious Blood, wash away all my sins, O Lord. Amen."*

Holy water is one of the beautiful gifts from the church to keep us and the things we regularly use sanctified and holy in our daily lives. Recognizing what a generous gift holy water is, we should use it more frequently, thoughtfully, and gratefully!

Saint Eugene Wish List

Donations for Shower Enclosure Replacements

The sleeping rooms in Mary Hall have the best views of Buffalo Lake that the retreat center can offer. Time and again, we have requests for a "room in Mary Hall because of the view". I have sat in a room in Mary Hall and even with the window closed, can hear the waves on the shore and be at peace.

It has become time to fix the showers that have served so many over the last 60 years. We have connected with a local glass company who can manufacture the doors and side panels needed to repair/replace these showers.

There are 4 rooms that need both side panels and the door at a cost of \$1330 per room. There are 2 rooms that need the shower door at \$630 per room. There is 1 room that needs one side panel and the door at \$1,110. There are 12 rooms that need 1 side panel at \$480 each. It is fortunate that we will be able to do a few at a time and not have to close off the wing for an extended period. It will be through your generosity that we will be able to accomplish this task.

(NEW) "A Day Away" for Men and Women

April 27, 2024

Do you need some "ME" time? Time away from your normal all-too busy life, to be in solitude with the Lord? We are offering you a day away to be on the "HOLY GROUND" of King's House, a peaceful spot to "walk humbly with your God". Time for private prayer and lunch. Optional: guided mediation, Holy Hour and 2 conferences. Suggested donation \$30.

Retreats for 2024

"DO THIS IN MEMORY OF ME"

Presented by King's House Retreat Staff

Jesus shared The Last Supper with his disciples on the night before his death and gave them the gift of His presence as He becomes the Bread of Life and the Cup of Salvation. In this time of Eucharistic renewal, we will remember that Jesus is truly present in the Eucharist as the eternal sacrifice and the manna for the journey of life. On that sacred night, the disciples remembered many things. They remembered that they were to be one as Jesus and the Father are one; that they were the branches connected to Jesus, The Vine; that whatever they did or didn't do for the least of them, they did or didn't do for the Lord; and that they were to forgive as the Lord has forgiven them. It is these memories that guide our retreat.

Registration Fee \$50.00 **

**A non-refundable, non-transferable registration fee of \$50.00 per person is required and needs to be received in order to reserve a room.

The value of this retreat at King's House is \$245. During the retreat, we will ask each retreatant to prayerfully discern and make a donation to cover retreat costs. Any amount given above the value helps to cover the cost for those unable to contribute the full donation. If you want to attend a retreat and are hesitant due to cost, please contact our office to complete your registration.

King's House Retreat Staff for "Do This in Memory of Me"
Fr. Richard Sudlik, OMI • Fr. Hank Lemoncelli, OMI
Br. Craig Bonham, OMI • Deacon Steve Dupay
Sister Carol Hanus, FSPA

Women's Silent Retreats

MIDWEEK

Apr. 23-25

July 9-11

Sep. 24-26

Oct. 8-10

Nov. 5-7

WEEKEND

Apr. 5-7

May 10-12

Sep. 20-22

Men's Silent Weekend Retreats

Sep. 27-29 / Nov. 1-3 / Dec. 6-8

Married Couples Weekend Retreats Oct. 18-20

Retiro en español para hombres y mujeres

Julio 5-7 "Haz esto en memoria mía"

Women's 4-day Midweek June 3-6 (\$375)

Weekend Retreats: Start at 8pm; Check-in is between 4 and 8pm

*Midweek Retreats: Start at 3pm; Check-in is between 1 and 3pm

Both Midweek & Weekend Retreats end at 12:45pm on the Last Day of the Retreat

Sister's Intercommunity Retreat June 11-17 (\$700)

Update – Thermal Window Coverings

Through the generosity of several donors, we have received \$2,200 toward the thermal coverings for the windows in the Reconciliation Hallway in Mary Hall. If you are able to help, we are in need of an additional \$1,800 in order to install the coverings before the heat of summer and reduce our cooling costs. Thank you in advance for your generous support in helping to make the retreat center more cost efficient. Peace and blessings to you.

2024 Retreats

Day Retreats for Men and Women:

“A Day Away” - Saturday, April 27 (\$30)

Preparation for Pentecost - May 16 (\$60)

Holiness of the Saints - Oct. 16 (\$60)

Advent Day of Prayer - Dec. 4 (\$60)

Silent Weekend Retreat for Men & Women

July 19-21 - Fr. Matt Linn (\$300)

“Healing Life’s Hurts So We Don’t Forgive Too Soon”

Just as we have a natural process to stop the bleeding and heal our physical wounds, we too have a natural grieving process to heal emotional hurts. This retreat will slowly walk through the healing of a hurt with its five stages of denial, anger, bargaining, depression (shame and guilt) and acceptance (discovering our gifts). Each session will end with an exercise for healing life’s hurts. As the emotions of anger, shame and guilt are allowed to be felt and loved, they are no longer compulsive drives but gift us to give and receive deep life with God and others. Come to not just be healed of your hurts but to go forth with new gifts.

Silent Weekend Retreat for Men & Women

Aug. 2-4 - Fr. Ron Rolheiser, OMI (\$350)

“Wrestling With God”

To wrestle with God is to take God seriously. We think our relationship to God should be tranquil, but sometimes it is not. And this can be healthy. Jacob wrestled an entire night with God; the great prophets often said to God, Thy will be changed; Jesus himself sweated blood in Gethsemane, asking God to change his will; and even in our most intimate relationships we struggle to not give up our independence. Our journey in faith and in love is a constant struggle between resistance and surrender. What drives this? What is healthy and what is not?

Silent Weekend Retreat for Men & Women

Aug. 23-25 – Fr. Charles Lachowitz (\$300)

“Unwrapped Presents”

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and Fear of the Lord. We studied them in our youth and received them as the gifts of the Holy Spirit at Confirmation. Chances are that one or more of these gifts are still unwrapped. This is an inspiring weekend to unwrap, open and receive anew the seven-fold gifts of the Holy Spirit and the Church of Pentecost.

11th Step Retreat for Men & Women (NOT SILENT)

Oct. 4-6 – Fr. Bill Sheehan, OMI (\$300)

Step 11: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

One of the underlying principles of 12-Step programs is that nothing happens by mistake. Members are encouraged to recognize their Higher Power, to listen to that Higher Power, and allow their self to be inspired by this Higher Power in their journey of recovery. This is achieved through prayer and meditation. Fr. Bill will offer retreatants the practice of centering prayer as an expression of the 11th Step. He will present what he describes as the Welcoming Prayer Practice which is a way of dealing with afflictive emotions and discuss Bill W’s letter regarding Emotional Sobriety. If time permits, he will offer tips on the practice of forgiveness.

Silent Weekend Retreat Men & Women

Nov. 8-10 – Fr. Joseph Nassal (\$300)

“Living Inside Our Hope”

We often view hope as something that lies at the end of the rainbow. But hope is what allows us to get through the storms of life. Hope lives at the very center of our soul, a reservoir of resolve that gives us the courage to feel the stream of mercy that flows out to touch others with compassion and care. This weekend retreat offers us an opportunity to explore the depths of our experiences to see how we live inside our hope.

Serra International Retreat

Serra Members Only - Nov. 22-24 (\$300)

NW Deanery Council of Catholic Women Advent Day Retreat

Dec. 5 (register through CCW)

Advent Silent Weekend Retreat for Men & Women

Dec. 13-15 – Susan Stabile (\$300)

“Advent: A Season of Darkness and Light”

Whether we think of Advent in terms of the Israelites awaiting the birth of the Messiah, our own awaiting for Christmas, or our waiting for Christ to come again, Advent is a time of both darkness and hope. In the silence and darkness that can feel like absence, we wait in joyful hope for what we know will come. It is not a passive waiting, but one that asks us to engage in active preparation to welcome the Light of Christ into our hearts and our world. This retreat offers the opportunity to experience and learn from the place of silence and absence, and reflect on what it means to actively participate in birthing Christ the Light into the world. Our reflections will provide lasting meaning and joy throughout the new year.

Donating is simple and easy!

Go to www.kingshouse.com and click “Donate” in the top tool bar or scan this QR code!



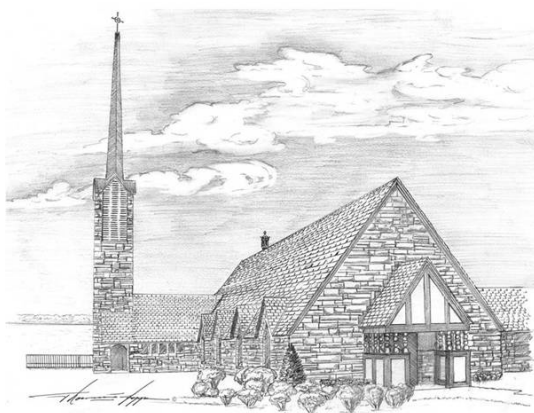
You can also register for Retreats online at
<https://www.kingshouse.com/events>

Christ the King Retreat Center
621 First Ave S
Buffalo MN 55313

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SPRING/EASTER 2024 NEWSLETTER



Christ The King Retreat Center

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Email: christtheking@kingshouse.com

Oblate Shrines & Renewal Centers d.b.a. Christ the King Retreat Center is a 501(c) charitable organization. Donations made to Christ the King are tax deductible.

Find us online at www.kingshouse.com.

Register for upcoming retreats
Information on Spiritual Direction
Private retreats and hosted group information
Picture tour of our grounds and facility
Checkout our Facebook page



Have you MOVED? Please send any address changes and updates to christtheking@kingshouse.com or call us at 763-682-1394.

RETREAT REGISTRATION FORM

Retreat and dates you are attending _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Deposit of \$50 per person enclosed **Regular meal** **Gluten free meal** **Vegetarian meal**

Emergency Contact Name _____ Phone _____

Make checks payable and send to: Christ the King Retreat Center, 621 First Ave S, Buffalo, MN 55313-1399

REGISTER ONLINE at www.kingshouse.com