

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

Fall 2024

Dear Friends of Christ the King,

While we are busy here in the summer, it's not as busy as September, October and November. As we prepare to receive our retreatants for the remaining **Do This In Memory of Me** retreats, we are also preparing for next year's theme **Pilgrims of Hope**, which coincides with Pope Francis' Jubilee Year of Hope. **Romans 15:16 – May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**

If you have not been with us on retreat during 2024 we hope that you will take the time to come away to this peaceful place. We also hope that you will make our retreat house known at your local parish and that you might bring a friend or two or maybe three. You who come to our retreats are always our best advertisement to get the word out and continue the tradition of an annual retreat.

We continue to hold the intentions we receive in the prayer basket and remember these daily at our Mass. Your continued offering of prayers and intentions are a

"As each one has received a gift, use it to serve one another as good stewards of God's varied grace." 1 Peter 4:10

Over the past few years, with the help of the Missionary Oblates of Mary Immaculate, we have been evaluating all aspects of the retreat center to determine how to become better stewards of the retreat center campus in all areas. Processes and procedures in the offices, kitchen and food service, maintenance and housekeeping were reviewed. Taking a close look at what we were doing and carefully and prudently reviewing ways to reduce costs and yet maintain the quality and high standard of services we provide. Some things have changed, and we believe we have found ways to provide the same excellent retreat experience that was provided many years ago.

Reviewing the last 70 years, many, many things have changed and yet, the one thing that has remained the

sign of hope in the world amidst the struggles of daily life. You can send us your intentions by mail, email or from our website.

As always, we pray that those who have been blessed with the ability to help us financially might be moved to do so. To run and keep a retreat house is always a challenge. I am always so pleased when I hear people who come for the first time comment on the beauty of this place. It is all because of people like you who are friends of Christ the King. Please know that ***"you are being enriched in every way for all generosity, which through us produces thanksgiving to God," (2 Corinthians 9:11).***

May the Lord bless you and keep you and may He let his face shine upon you and give you the gift of peace.

Fr. Richard Sudlik OMI

same is that our retreatants experience a greater understanding of God and a new strength in their relationship with Him. It is our goal that each person leave here with their heart and mind lifted to God in praise and thanksgiving of the time they were able to spend with Him. All our staff doing the behind the scenes work of preparing meals, doing laundry, cleaning rooms, taking care of the grounds, and answering the phones serves the purpose of providing you with a worry-free, quiet, grace-filled retreat experience. We provide good, nutritious meals, comfortable and private sleeping rooms and beautiful public spaces and grounds for you to grow in your relationship with God. Being true stewards of the gifts we are given, means we are always reviewing areas for how we can make things better with wise and planned spending.

So, something might look or feel different the next time you are here, but rest assured, God is always here, waiting for you to spend time with Him.

REGISTER EARLY – Here’s why:

There are so many things that go into making the retreat experience a positive one, and believe it or not, one of those things is how many people come to a retreat. When we have very few people, under 12, the interactive dynamic for the group really falls short of what the experience should be. Also, when we have very few people it is not cost effective for us to have kitchen and housekeeping staff come in for small groups. It is for these reasons that, from time to time, we feel it necessary to cancel a retreat. We never want to cancel retreats, but we hope you understand when we do have to make that call. One way to help us to not have to make that decision is to **register early - at least one week in advance - for retreats**. Also, this helps us plan staffing needs for each retreat. Going forward we will be cancelling any retreat that doesn’t have at least 12 people signed up for it a week in advance. Again, we don’t like to do this, but for many practical reasons we must do so. Thanks for your understanding regarding this policy.

2024 Retreats “Do This in Memory of Me”

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 (Men’s & Married Couples)
Sister Carol Hanus, FSPA (Women’s)

There are several retreats remaining for you to explore these words of Jesus that he said to the disciples at The Last Supper. Join us as we discuss what it means to “Do This”, whatever it may be, in memory of Jesus and how it can impact how we serve others and grow in the ministry of our individual lives.

Women’s Silent Retreats

WEEKEND	MIDWEEK*
Sep. 20-22	Sep. 24-26
	Oct. 8-10
	Nov. 5-7

Men’s Silent Weekend Retreats

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

Married Couples Weekend Retreat Oct. 18-20

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 \$250.

2024 Day Retreats for Men and Women

Nov. 9, Saturday - Spanish Day of Prayer with Fr. Hank (\$40)
Nov. 16, Saturday - “A Day Away” (\$30)
Dec. 4, Wednesday - “An Advent Day Retreat” (\$60)

NW Deanery Council of Catholic Women Advent Day of Prayer – Dec. 5 (register through CCW)

UPDATE MAIL AND EMAIL CONTACT INFORMATION

As good stewards of our resources, we continue to update our database for both monthly email newsletters and our quarterly mail-out newsletters. When we send our Monthly newsletters by email, we get almost 300 that are bounced back due to a failed address or the recipient has rejected. Please let us know if you want to receive our Monthly EMAIL newsletters and add us as a SAFE SENDER. We can remove your name from our email roster at your request. Please email Anita at agoth@omiusa.org to update your email preferences.

Please call at 763-682-1394, ext. 115, to update your mailing address. We send our newsletter to over 4000 homes and typically get about 200 returned due to wrong addresses.

Please also let us know if you want to be removed from our database or opt out of mailings. By sending us your updates and preferences, we can help to reduce the amount of unwanted and returned mail. Thank you for your assistance with this.

All of our retreats are posted on our website. You can also call us at any time to get a brochure for upcoming retreats.

Serenity - 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, listen to and allow their self to be inspired by their Higher Power in their recovery journey, which can be achieved through prayer and meditation. Fr. Bill offers retreatants the practice of centering prayer as an expression of the 11th Step, presenting what he describes as the Welcoming Prayer Practice as a way of dealing with afflictive emotions. 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

November 22-24 (\$300)

Presenter: Deacon Joseph Michalak, Director of the Office of Discipleship and Evangelization

Register through local Serra Club

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

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.

2025 Retreats Pilgrims of Hope

The year 2025 has been proclaimed to be a Jubilee Year-a Holy Year. The theme of this year is a call to remember that we are Pilgrims of Hope. We at Christ the King follow the lead of Pope Francis, the chief shepherd of the flock. Our preaching theme for 2025 will be Pilgrims of Hope.

For many, when they hear the word Hope they think of a fond wish. When Christians hear the word Hope we think of a firm promise. As St. Paul proclaims in his letter to the Romans, **Hope does not disappoint**. Our hope is in the person of Jesus Christ who has laid down his life and conquered sin and death. This hope is poured into our hearts through the gift of the Holy Spirit.

We invite you to come to Christ the King during this time of grace to affirm your belief in the hope that can make sense of a hopeless world.

Men's Silent Weekends Jan. 10-12 / Jan. 31-Feb. 2
Mar. 14-16 / Sep. 26-28 / Oct. 31-Nov. 2 / Dec. 5-7

Women's Silent Weekends Jan. 17-19 / Feb. 21-23
Mar. 28-30 / May 9-11 / Sep. 12-14

Women's Silent Midweeks

Feb. 11-13 / Mar. 4-6 Lenten Midweek (*Ash Wednesday*)
June 9-12 (4-day/\$375) / July 15-17
Sep. 16-18 / Oct. 7-9 / Nov. 11-13

Men and Women's Silent Lenten Midweek Apr. 1-3

Married Couples Weekends (not silent)

Mar. 7-9 / Oct. 17-19

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 \$275. 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.

2025 Retreats Continued

Day Retreat

March 15 Women's Day Retreat with Susan Stabile

A Day Away with Fr. Hank (Saturday)

\$30 per person, includes lunch

Feb. 8 / May 3 / Aug. 9

SPECIAL "Pilgrims of Hope" Retreats

Jan. 3-5 Men & Women's Cursillo Retreat
Register through CURSILLO (www.tc-cursillo.org)
May 30-June 1 Men & Women's SPANISH Weekend
June 2-7 Sisters' Intercommunity Retreat (\$700)

2025 SPECIAL RETREATS with Guest Presenters

July 18-20 Men & Women's Silent Weekend
Fr. Matt Linn
Aug. 1-3 Men & Women's Silent Weekend
Fr. Ronald Rolheiser (\$375)
Aug. 22-24 Men & Women's Silent Weekend
Fr. Charles Lachowitz
Oct. 3-5 Men & Women's Serenity (12-Step) Retreat
Ruth Hoenick
Nov. 7-9 Men & Women's Silent Weekend
Fr. Joseph Nassal
Nov. 14-16 Men & Women's Retreat
Fr. Greg Paffel
Nov. 21-23 Men & Women's Serra International Retreat
Presenter: TBD
Dec. 12-14 Men & Women's Silent Advent Weekend
Susan Stabile

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 a special retreat at King's House is \$325. 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.

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

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

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

Donating is simple and easy!

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

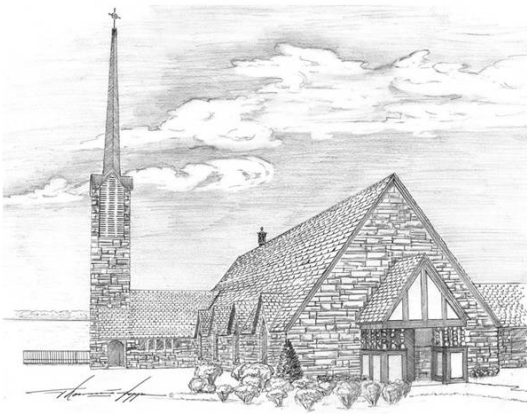


Christ the King Retreat Center
621 First Ave S
Buffalo MN 55313

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FALL 2024 NEWSLETTER



Christ The King Retreat Center

621 First Ave S; Buffalo, MN 55313 • Phone: 763-682-1394
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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
- Check out 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