

# 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](http://www.kingshouse.com)

December 2024

## Dear Friends of Christ the King,

**BC-AD. At the acceptable time I listened to you, and on the day of salvation I helped you. Behold, now is the acceptable time, now is the day of salvation. 2 Cor. 6:2**

Did you ever stop and think how miraculous these letters are? They are the way we count time. BC means Before Christ. **AD** means **Year of the Lord** (Anno Domini). We are about to close the Year of the Lord 2024. We eagerly await 2025. Those with no faith still mark time with **AD**. Those of faith not only mark time but seek to make those two letters- **AD**-a reality. Through prayer, worship and works of mercy, we seek as believers to make 2025 a sign of God's kingdom. This **Year of the Lord** has special significance for it has been proclaimed a Jubilee Year by Pope Francis. He calls us to be **Pilgrims of Hope**.

For many, celebrating this **Year of the Lord** will mean attending a Christ the King retreat. One of the best ways to support the retreat center is by being **BOLD** and **CREATIVE** in inviting others to experience the peace, joy and encouragement that comes from making a retreat. When we go out of our way and seek the Lord with our whole heart, we are never disappointed. We take this opportunity to give thanks and pray for all of you who have helped make Christ the King Retreat Center a place of beauty, peace and spiritual growth, hoping that you will make a retreat in this Jubilee Year and also bring a relative or friend. It is our hope that the retreat experience will help to make us true **Pilgrims of Hope**.

Every year at this time we send a letter humbly asking your assistance to sustain our retreat ministry. I have

spoken often, and you can well imagine, the cost of maintaining this beautiful facility. We cannot take care of all aspects of this ministry with the offerings we receive from our retreatants. Your extra gifts balance the picture!

Many of the donations we receive are small, and we have come to realize that "small gifts given in faith make a big difference." Everything helps. We have very few "wealthy" retreatants, but we do have a faithful core of "everyday folks" who give what they can and this makes all the difference. Over the last few years we have had some urgent needs and this continues to be the case. We only list a few of the items on our St Eugene Wish List. We are filled with gratitude that we can meet these expenses through your generosity.

Your prayer intentions are very important to us. We will be remembering the intentions on your return envelope in our daily Masses and prayers through Ash Wednesday. Your intentions will remain in our prayer basket before the Blessed Sacrament through the Christmas season and the Ordinary time before Lent begins.

Fr. Hank, Brother Craig, Deacon Steve, Sr. Carol and I look forward to walking with you on our **Pilgrimage of Hope** during 2025 **AD**.

In the Peace of Christ, the King, and Mary Immaculate,

Fr. Richard Sudlik OMI

**Christ The King Retreat Center** 621 First Ave S; Buffalo, MN 55313 • 763-682-1394 • [christtheking@kingshouse.com](mailto: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](http://www.kingshouse.com).

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

Like us!

Have you **MOVED**? Please send any address changes and updates to [christtheking@kingshouse.com](mailto:christtheking@kingshouse.com) or call us at 763-682-1394.

## STILL IN 2024

**Dec. 3 - Advent Wine & The Word** (More info. on last page.)  
**Dec. 4 - Midweek Advent Day Away** (More info. on last page.)

### Dec. 6-8 / King's House Retreat Team

*"Do This in Memory of Me" / Men's Silent Weekend*

In this time of Eucharistic renewal and revival, we will remember that Jesus is truly present in the Eucharist as the eternal sacrifice and the manna for the journey of life. The disciples remembered many things from The Last Supper with the Lord. 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 will guide our retreat.

### Dec. 13-15 / Susan Stabile

*"Advent: A Season of Darkness and Light"*

*Advent Silent Weekend Retreat for Men & Women*

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

*...and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us. Romans 5:5*

The year 2025 has been proclaimed a Jubilee Year by Pope Francis, the chief shepherd of the flock. This will be a Holy Year, a time of special grace for the church. Following the lead of our shepherd, the theme of our retreats is the same as the theme for this Jubilee Year, when we are called to 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 / Nov. 7-9 / 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 (Ash Wednesday)  
June 9-12 (4-day/\$375) / July 15-17  
Sep. 16-18 / Oct. 7-9 / Nov. 11-13

### Married Couples Weekends (not silent)

Mar. 7-9 / Oct. 17-19

### 2025 LENTEN RETREATS

Mar. 4-6 Women's Silent Midweek (Ash Wednesday)  
Mar. 7-9 Married Couples Weekend (Not silent)  
Mar. 14-16 Men's Silent Weekend  
Mar. 28-30 Women's Silent Weekend  
Apr. 1-3 Men & Women's Silent Midweek

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.

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

### SPECIAL "Pilgrims of Hope" Retreats

Jan. 3-5 Men & Women's Cursillo Retreat; register through CURSILLO ([www.tc-cursillo.org](http://www.tc-cursillo.org))

May 30-June 1 Men & Women's SPANISH Weekend

June 2-7 Sisters' Intercommunity Retreat (\$750)

### February 8 • August 9 / "A Saturday Day Away"

Take some time away from your daily routine to be in solitude with the Lord. Come away to a peaceful spot to "walk humbly with your God". Our "A Day Away" is YOUR time with the Lord. optional guided meditation and Holy Hour. Includes Mass and Lunch. 8:30 am to 4:00 pm; Suggested Donation \$30-\$60.

## 2025 Retreats with Special Presenters

### March 15 – Women’s Day Retreat / Susan Stabile (\$75)

*“The Women Who Came Before Us”*

Although we don’t read about them very often, women played significant roles in the narratives of both the Old and the New Testaments. Women are among the greatest mystics of the Catholic Church and are included in the ranks of those recognized by the Church as saints, some who were incredibly strong and courageous women of faith. Many others have not given the recognition as “saint,” but have modeled lives of holiness. On this retreat we will value the lives and stories of these women who came before us, celebrating the genius they displayed, especially because so many of them lived in times when contributions by women were not encouraged or valued. These women of our past have a lot to say to women of today. We walk in their footsteps (indeed, on their shoulders) and they can be an inspiration to us. Our time together provides the opportunity to learn more about some of the remarkable women who came before us and to understand what the women of yesterday can say to the women of today. 9 am to 3 pm; Lunch included.

### May 2-4 / Fr. Bob Rossi, OSC (\$325)

*“Discovering My Suffering’s Meaning”*

*Men & Women’s Silent Weekend*

**\*\* NEW \*\***

Retreatants will hear wisdom, Christian and human, to help them

- candidly face personal suffering
- understand the “secret” that the Cross reveals
- and prayerfully make a passage from affliction to revival.

Fr. Robert Rossi, O.S.C., is a member of the Crosier Fathers and Brothers, retreat director, and author of *The Crosier Spiritual Exercises*. The Order’s spirituality focuses on the Paschal Mystery of Jesus and sees its ministry as touching suffering with hope.

### Jul. 18-20 / Fr. Matt Linn (\$325)

*“Don’t Run From Problems, Run To Emmaus”*

*Men & Women’s Silent Weekend*

What keeps you from feeling really good right now? Whatever the difficulty, someone has found a way to grow in it and we can too. If we share hearts with Jesus at Emmaus, our heart becomes His heart so we grow in life and love as Jesus did in every moment. Whatever we face, we are promised *“God works in all things for the good of those who love Him. . .”* Rm 8:28. And whatever we fear in the future no longer will be an overwhelming fear but rather another opportunity to share hearts and grow again. So run to this Emmaus retreat and all your life will run with infinite Life.

### Aug. 1-3 / Fr. Ronald Rolheiser (\$375)

*Men & Women’s Silent Weekend*

### Aug. 22-24 / Fr. Charles Lachowitzer (\$325)

*“Fingers Crossed”*

*Men & Women’s Silent Weekend*

Hope is not a fingers-crossed wish upon a Bethlehem star that nothing bad happens or something good happens. The virtue of hope is something beautifully different. With the virtues of faith and love, hope is in the mystery of the Cross of Jesus Christ. With hope, there is a joy that grows and perseveres no matter our past circumstances, present challenges or future fears. These days, it is most helpful to be more hope full.

### Oct. 3-5 / Ruth Hoenick (\$325)

*“A Pilgrimage Through the Doors of Hope”*

*Serenity (12-Step) Retreat for Men and Women*

A pilgrimage is a spiritual journey. Retreatants will reflect on their pilgrimage through several doors. First, they will enter the door of looking within to see the hope for a new life. Secondly, stepping over the threshold and traveling with a Higher Power as a guide in recovery. Third, examining how to walk through transformation with self and others in hope rather than fear. Lastly, entering the door of exploration & hopes of our relationship with self, others and the God of our awareness. This weekend will focus on welcoming ALL: the unexpected, the challenges, and the blessings of a hopeful pilgrimage in recovery.

### Oct. 31-Nov. 2 / Fr. Joseph Nassal, C.P.P.S. (\$325)

*“Autumn Triduum: Snapshots of Sanctity & Habits of Holiness”*  
*Men & Women’s Silent Weekend*

When we look through the photo album of our faith, family, and community life, we see many snapshots of sanctity. Often those we call “saints” are no longer with us. Look closely at these holy cards, these pictures of priestly people, and you will see how they are all dressed in the garment of grace. Their habit is holiness. Trace the threads in these habits of holiness and you will see woven into the fabric of their lives the qualities described in *The Beatitudes (Matthew 5:1-12)*. This weekend when we celebrate All Hallows Eve, All Saints, and All Souls, we remember how it is God who makes us worthy to be saints by calling us children of God. When we take off our masks and deepen our desire to live as children of God now, we find sanctity is not for a chosen few but for all. We invite you to bring pictures of those in your life whose holiness inspired you on your journey of faith.

### Nov. 14-17 / Presented by Art Pingolt (\$325)

**\*\* NEW \*\***

*“THE BIG MIDDLE: Midlife as an Invitation*

*to a Deeper Relationship with God”*

*Men’s & Women’s Retreat*

THE BIG MIDDLE explores the nudges, limits and, at times, bewildering feelings of what we call “midlife” and makes a case for this being a time of invitation and discovery. Borrowing from the richest of Catholic mystics and present-day spiritual writers, THE BIG MIDDLE guides the participant through the questions of this time in ones life and explores how to establish a sustainable practice of a personal connection with God. Individuals in their 40s, 50s and 60s will find the retreat valuable but the content is also applicable to spiritual seekers both younger and older. Artie Pingolt will share his own midlife story, influenced by his own diverse background, as a husband and father, investment banker, missionary and student of Ignatian spirituality.

A \$50 deposit is required for overnight retreats. The value of the overnight retreat is listed in parentheses and includes 2 nights’ private accommodations and 5 meals. We ask that retreatants prayerfully consider their donation to assist us in meeting the ongoing needs and upkeep of the retreat center. *“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*

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

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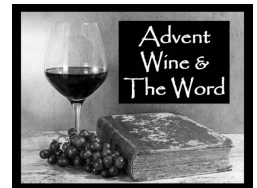
## DECEMBER 2024 NEWSLETTER

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### STILL IN 2024

#### Dec. 3 - Advent Wine & The Word / 7-8pm in the Dining Room

Join us to reflect on the season of Advent as we compare the stories of the Birth of Christ in the Gospels of Matthew and Luke. Serving wine from Buffalo Rock Winery, non-alcohol beverages and light snacks. Free-will offerings accepted. Call to let us know you are coming at 763-682-1394 or register online.



#### Dec. 4 - Midweek Advent Day Away / Wednesday

Join us for a day of silent prayer and reflection. This is YOUR time with the Lord. The meditations and liturgies are offered as optional events should you choose to attend. Lunch included. 8:30 to 4 pm. Suggested donation \$30-60 per person.

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

Donating is simple and easy!  
Go to [www.kingshouse.com](http://www.kingshouse.com) and  
click "Donate" in the top tool bar  
or scan this QR code!



### 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](http://www.kingshouse.com)**