

Christ The King Retreat Center

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MONTHLY NEWSLETTER

JANUARY 2025

Spiritual Resolution for the New Year

Resolve - from the Latin *resolvere* meaning to loosen, release.

Verb—1. Settle or find a solution to (a problem, dispute or contentious matter)

2. Decide firmly on a course of action.

Noun— Firm determination to do something.

Resolution—noun—a firm decision to do or not do something.



Making a resolution at the New Year is a common practice. “I’m going to get healthy this year.” We often have very high expectations with limited success over the course of the year. Sources have many tips and tricks to change old habits into new. One might consider this year to make a spiritual resolution, where you can **approach your spiritual life with the same intentionality that you approach the rest of your life**, giving your spirit as much attention as your body and mind. There are many ways to grow and enhance your spiritual life, however when making these goals we often need support from our faith friends and family to hold us accountable and help us through the struggles we have to keep the resolution going.

In the definition of resolve as above, it only says to “Decide” firmly on a course of action. It doesn’t say how to achieve this. It’s usually the processes and life events that trip us up and we lose momentum. Not achieving a resolution is not a failure. This is life happening. We take each opportunity for change to our Lord in prayer and ask Him about how to proceed. Seeking the Lord’s guidance through prayer, spiritual direction, talking with your priest or pastor, other faith friends and family is sometimes needed to find clarity.

We create manageable steps to learn more about our personal relationship with God, Jesus, and the Holy Spirit. We have the Blessed Mother and Communion of Saints as a support to intercede for us. Try keeping a journal of your prayer life and include events from your daily life. Review it periodically to see how God is working in your daily life at home, work, with friends, with family.

The Latin word *resolvere*, meaning to *loosen* or *release*, gives us the opportunity to let go of some of the things that are keeping us from furthering our relationship with God, and others. This is something to explore with a faith counselor, spiritual director or even a grief counselor. Letting go of things that have gotten in the way is never easy and can be a scary time as one moves from the normal into the unknown territory of living without the things of the past. We must trust that the Lord may have a “new normal” for us with His guidance and support leading us to a deeper relationship with Him.

Whatever you decide to do as a resolution in this New Year, remember that God created you and He is present in all things at all times. When you come to the end of 2025, remember yourself reading this newsletter and thank the Lord for the ways you resolved some things and how you have grown in your relationship with God. Blessings and peace for 2025.

St. Eugene De Mazenod is the founder of the Missionary Oblates of Mary Immaculate and the Patron Saint of Dysfunctional Families. St Eugene, Pray for Us!

2025 Pilgrims of Hope Retreats

...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 is a Jubilee Year proclaimed by Pope Francis, the chief shepherd of the flock. This is a Holy Year, and 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 Holy 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
 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 (Ash Wed)
 Jun 9-12 (4-day); Jul 15-17
 Sep 16-18; Oct 7-9; Nov 11-13

Married Couples Weekends (not silent): Mar 7-9 and Oct 17-19

Men & Women’s Silent Lenten Midweek: Apr 1-3

SPECIAL – Pilgrims of Hope Retreats

May 30-Jun 1: Men & Women’s SPANISH Wknd

Jun 2-7 Sisters’ Intercommunity Retreat

The value of this retreat is \$275. A registration fee of \$50 is required to reserve a room. During retreat, retreatants are asked to prayerfully consider and discern how much they can offer to cover retreat costs. Any amount given above the value helps those unable to make a full donation. We are grateful for any and all donations and keep our retreatants and their petitions and intentions in our daily prayers.

Registration form is on page 3 —>—>—>

Join us to reflect on the season of Lent.

Tuesday, April 8, 2025

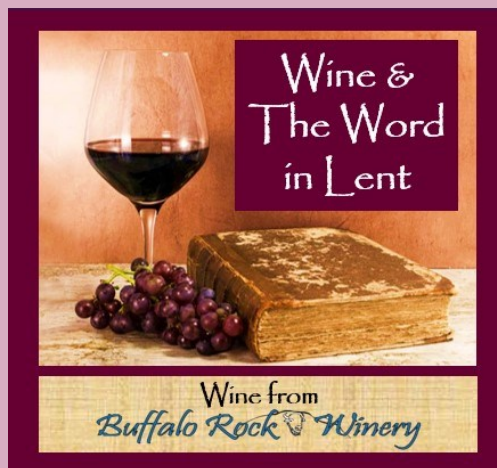
From 7 to 8 pm

621 First Avenue South, Buffalo, MN

Enter at Main Entrance

RSVP to agoth@omiusa.org

Or call 763-682-1394.





Photos from Summer & Fall 2024



REGISTER for Retreats ONLINE:
at
<https://kingshouse.com/events/>

Using your smart phone to Make a Donation:

1. Scan this QR code with your phone.
2. Open the secure link.
3. Follow the prompts.
4. Thank you!!



Registration Form: Name of Retreat and Dates: _____

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

PER PERSON: Deposit of \$50 enclosed _____ OR Retreat Donation Enclosed _____

_____ Gluten Free _____ Vegetarian _____ Regular Menu

NOTES: _____

Emergency Contact Name: _____ Phone Number: _____

Please make Checks Payable and mail to: Christ the King Retreat Center, 621 First Ave S, Buffalo, MN 55313