



## Message From Our Director!



Welcome to our newsletter and happy 2020! Can you believe that we just started a new decade? Some of us are saying 'oh please don't remind me.' I'll be honest; I do say that some days especially during the winter months when the days are colder and darker. The great news is that the days are getting longer, and we have some incredible programs coming up this year that will have you coining the phrase, 'new year, new me!'

A few weeks ago, I had the opportunity to head down to New Jersey and embark on a silent Ignatian men's retreat that truly fed my soul. If we are using an example of a cup of water to describe my soul, it was overflowing with God's goodness. I also went on this retreat because Dr. Joann Heaney-Hunter was leading it. Dr. Joann is leading our Ignatian Women's Retreat April 24-26 and we're in for a treat! If you're a woman and you're looking to see how Ignatian Spirituality can change your life, I strongly encourage you to check out this retreat!

We also have a lot of other tremendous retreat opportunities that will feed your soul this year that I encourage you to check out. Our Clergy Retreat led by Fr. Peter Cameron, former editor-in-chief of *Magnificat*, will be incredible coming up this June 8-11. That retreat will be centered on living as a Priest during a time of crisis. I'm enthused that I'll have the opportunity to be on retreat with our young adults on June 12-13, as we dedicate 24 hours to the Lord! Fr. Jason Hage, who currently serves as the Director of Vocations for the Diocese of Syracuse, will lead that retreat. We have Br. Don Bisson FMS who will be leading us in a silent preached retreat from July 12-17. His focus will be on our spirituality through the lens of St. Thomas Merton. Our other silent preached retreat will be led by Fr. John Quigley from July 19-24. Please take the opportunity to review our list of programming and all the ways that your soul can be fed this year!

*Continued on page 4*

## Programs and Events

**Reservations are highly recommended for all events & programs.** Please call the Retreat House at 315-446-2680, email us at [ctkretreat@syrdio.org](mailto:ctkretreat@syrdio.org) or register on our website at [www.ctkretreat.com](http://www.ctkretreat.com)

### FEBRUARY



#### Valentine's Day Dinner and Cabaret

**Friday, February 14**

Enjoy a delicious dinner and be entertained by local talent: including our own Chris Spilka, Fr. Jason Hage, Danielle Mensing, Alice Olom, Chris Wagner and Tom Andino. Social at 6 pm followed by dinner and entertainment. **Offering: \$35 per person, \$60 per couple. Reservations required.**

#### Ash Wednesday Day of Prayer, Sr. Donald Corcoran, OSB

**Wednesday, Feb. 26, 10 am - 3 pm**

"How to get "on track" for a serious - and joyous - Lent". The retreat will focus on the Paschal Mystery in our lives and will include talks, reflection time, guided meditations and suggestions for contemplative living. **Offering: \$30 includes lunch.**

*Sister Donald is a native of Minnesota and has been a Benedictine nun for over fifty years. Her doctorate is in theology from Fordham. For three years she was co-director of the Institute of Religious Formation at St. Louis University.*

#### Young Adult Ash Wednesday Evening of Reflection with Fr. Nate Brooks

**Wednesday, Feb. 26, 5:30 pm - 8:30 pm**

*Free Will Offering. Reservations required.*

### MARCH

#### Mass and Fish Fry

**Friday, March 13, 5 pm, Mass and Dinner to follow**

It's Lent, so what better thing to do on a Friday during Lent than praise God at Mass and have a fish fry. We will begin with Mass at 5pm and after Mass a delicious fish fry will be served. Dinners will also be available "to go." Please register ahead of time so we have an accurate count of fish. **Offering: \$17 per person.**

# THANK YOU

## for Being Our Guest!

We would especially to thank Upstate Printing for printing our program book.

**Thank you to our Gift Basket Donors:** Colony Wine and Liquor, Lewis & Tanner Paints, Lowe's, Stella's Diner, Carol Rojek, Barb Shepard, CTK Board of Directors, Wegman's Dewitt, Syracuse Stage, Freedom of Espresso, Sweet Frog, Carolyn Sabloski. Wonderworks, Syracuse Crunch, Syracuse Mets, Steve and Diana Meier, Delta Sonic, Syracuse Crunch.

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## APRIL

### Holy Thursday Day of Reflection-with Dc. Nathan Gunn

**Thursday, April 9, 12:30 pm - 4 pm**

Come and walk alongside Jesus and the JOY He experienced and shared as He gave His life for the world. This day will begin with lunch at 12:30pm and conclude with prayer. **Offering: \$25.**

*Dc Nathan Gunn: Is a Catholic Deacon in the Diocese of Syracuse. While Nathan serves as the Associate Regional Director for Young Life in Central New York, his ordination into the permanent diaconate of the Catholic Church in 2016 provided a quantum leap in his ability to build bridges between Young Life and Catholics today.*

### The Annual Day of Renewal for Separated and Divorced

**Saturday, April 18, 8 am - 3:30 pm**

This day is for anyone who is affected by separation or divorce. Those who attend will enjoy an uplifting keynote with practical ways to move forward. Also, there will be empowering workshops on timely topics such as: "Helping Our Children", "Discerning a Path Forward", "The Dating Game", and "Coping with Grief". Retreatants will be able to talk One on One with a Priest. The day will culminate in an uplifting Closing Liturgy. A light breakfast and delicious buffet style lunch will be served. Registration Fee is only \$50 and includes all activities. Tuition sponsorship is available to help those in need. For more information or to register, reach out to **Deacon Dean Brainard, dbrainard@syrdio.org, 315-472-6754.** All are welcome!

### CTK Women's Ignatian Retreat Discerning your life through the Spiritual Exercises of St. Ignatius with

**Dr. Joann Heaney-Hunter**

**Friday - Sunday, April 24 - 26**

The Spiritual Exercises are recognized as an inspired guide to the development of a deeper Christian spirituality ever since St. Ignatius completed them in 1533. Great saints and countless ordinary people have been spiritually shaped through this powerful experience. This system of meditation and prayer continues to be the backbone of Ignatian retreats, where seekers come to examine their lives,

contemplate their futures, face their decisions, and revitalize their souls. **Offering: \$200, Commuters: \$110, \$50 non-refundable deposit required.**

*Dr. Heaney-Hunter has served as a full-time member of the theology*



*faculty at St. John's University in New York since 1987. She holds a Ph.D. in theology from Fordham University and an M.S. in Mental Health Counseling from Long Island University. She is a National Certified Counselor, a Fellow of the American Association of Pastoral Counselors (AAPC) and is licensed to practice mental health*

*counseling in New York State. In addition, she trained as a spiritual director and has served in that capacity since 2004. Dr. Heaney-Hunter specializes in the integration of spirituality and psychotherapy and providing spiritually integrated psychotherapy to individuals and couples through the life cycle.*

## MAY

### Mother's Day Mass and Breakfast

**Sunday, May 10**

Mass begins at **10 am** with breakfast following Mass. Gather the "Family" together to join in the Liturgy, and then treat Mom and the rest of the family to a delicious brunch. Avoid those lines at the restaurants. Bring Mom to the peaceful atmosphere of the Retreat House and have a relaxed meal. Walk the grounds together after a delicious breakfast! **Offering: \$15 per adult; \$10 for children under 12. Under 5 year of age-no charge. Reservations required.**

### Ascension Day of Reflection with Chris Spilka, Director

**Thursday, May 21, 10 am - 3 pm**

Why do you keep looking at the sky? So many times, we look to the sky and wonder when God is going to guide us to where we need to be. What if God's answer is right in front of you? Come and enjoy a day of reflection and prayer as we look to approach the end of the Easter season in style! **Offering: \$30.**



**We need your help to get our grounds in shape after the cold, hard winter months. If you have a sports' team, a company or a group that is looking for a service project, give us a call at 315-446-2680. We have over 32 gardens, paths and walkways that need tender, loving attention. We would be most appreciative of your service!**

### Recovery Retreat

**Friday - Sunday, May 22 - 24**

For all those working a 12-Step Program, this weekend will provide a spiritual perspective. Activities include conferences, small group meetings, times of fellowship and quiet time for prayer and reflection. Directed by **Paul Curtin, Alcohol Counselor**. Registration begins at 5 pm on Friday with dinner at 6 pm. Retreat ends after brunch on Sunday. *Offering: \$160, Commuters: \$80. \$25 deposit required.*

### Pentecost Fire of the Holy Spirit with Fr. Chris Celentano

**Thursday, May 28, 5:30 pm - 8:30 pm**

An evening for young adults. Come and experience where the Holy Spirit can guide you when you truly pray for guidance in your own life! Dinner is provided. *Free Will Offering. Reservations required.*

*Fr. Chris Celentano currently serves as the Pastor of St. Rose of Lima Church in North Syracuse. Fr. Celentano has a tremendous background in cultivating strong youth and young adult programming within parish communities. He also serves within the Diocesan Vocation office.*

### Yoga and Prayer Retreat

**Sunday - Thursday, May 31 - June 4**

We will explore poetry, prayer and spirituality through yoga and movement. Body awareness exercises, breathing techniques and gentle yoga postures will be offered daily as well as time at the pool, walking on the paths and exploring the beautiful grounds of CTK. Rest your mind, relax your body and rejuvenate your soul with yoga and presence. Retreat begins on Sunday at 5 pm with Dinner at 6 pm. Retreat Ends after breakfast on Thursday. Mass will be offered Monday-Thursday. *Offering: \$525, \$100 deposit required.*

*Nancy Plumer, M.S., has been a yoga instructor for over 30 years. She is the co-founder of Women with Wisdom and has a private spiritual counseling practice in Stone Ridge, NY. Karen Suppries lives and teaches therapeutic yoga along the shoreline in CT. Her focus is to embrace the spiritual and healing aspects of yoga through movement, prayer and meditation.*

## RETREAT REGISTRATION FORM

Name of Retreat

Name

Date of Retreat

Address

First Floor Accommodations Needed

Email

Dietary Restrictions

Phone

Check # Enclosed

Check Amount

*Please call 315-446-2680 with credit card info.*

Please return this form with the required deposit to:

**Christ the King Retreat House**

500 Brookford Rd., Syracuse, NY 13224

## A Message from our Director! continued

Also, I wanted you to know that I have communicated with our board of Directors a desire to revisit the idea of doing a capital campaign soon. We have assembled two separate committees that will diligently review the necessities of our beloved House on the hill. Please know that we will do everything in our power to provide a realistic plan that supports specific goals that target enhancing our mission. We want to do everything possible to provide all individuals that come through our doors an environment that recharges, renews and refocuses. We ask for your prayers and support in the coming months.

As we embark on the new decade, we are enthused about the future of the Retreat House. My invitation still stands from our previous newsletter. If you have not been to our House in a while, or if you'd like to come and share your thoughts, my door is always open. This is your House and I'm excited at the opportunity to create some new memories together! Peace be with you and those you love!



Christopher Spilka

## JUNE

### DeMello Retreat with Sr. Ellie Martinez

**Saturday, June 6, 10 am - 3 pm**

Father Anthony DeMello believed that spirituality was waking up to fresh ideas and recognizing the attachments that hinder our relationship to God. In this retreat we will use 2 of his videos: Life – an examination of ways to become more alive, and How to Love – a description of the myths of love; an explanation of the differences between love and desire; and offerings of what true love is. You do not



have to be present at previous retreats to enjoy this one and this retreat is not a repeat of any previous one. **Offering: \$35 includes lunch.**

*Sr. Ellie Martinez is a Grey Nun of the Sacred Heart and has given numerous lectures and workshops on Anthony DeMello and his works.*

### Young Adult Retreat Weekend with Fr. Jason Hage

**Friday - Saturday, June 12 - 13, 5:30 pm**

“24 Hours for The Lord” We know you're busy and at times it's hard to dedicate your time to extended retreats. Come and experience a retreat where you can give your everything to God in just 24 hours. **Offering: \$50.**

*Father Jason Hage currently serves as the Director of Vocations in the Diocese of Syracuse. He is the Pastor of St. Mary's Church in Hamilton, NY and St. Joan of Arc Mission in Morrisville, NY respectively. With his pastoral assignments he also serves the Colgate University students and has years of experience in working with young adults.*

### Clergy Retreat with Fr. Peter Cameron “Cut to the heart” (Act 2:37): Living the Priesthood in a Time of Crisis

**Monday - Thursday, June 8 - 11**

Retreat will include key aspects of faith life/priesthood that get overlooked, which can result in sadness, anxiety, or despondency in the believer/priest. Some of these topics include:

- the human need for the Infinite
- seeing vulnerability as a gift
- dealing with our woundedness
- “rejection is like rocket-fuel” (The Wall Street Journal)
- banishing the blackmail of sin
- living true authority
- what it means to be a credible witness, especially in preaching
- authentic fatherhood and priestly fatherhood

Check-in begins on Monday at 5 pm with dinner at 6 pm. Retreat ends at 11 am on Thursday. **Offering: \$475, Commuters: \$250, \$100 non-refundable deposit required and \$50 deposit for Commuters.**



*Father Peter John Cameron, O.P., was ordained a Dominican priest in 1986. He holds a Licentiate in Sacred Theology with a concentration in New Testament theology from the Dominican House of Studies, and a Master of Fine Arts Degree in playwriting from the Catholic University of America. Fr. Cameron is the founding editor-in-chief of Magnificat, where he worked from 1998-2018. Fr. Cameron now serves as the director of formation for Hard as Nails Ministries, whose mission center is here in Syracuse.*

## Welcome to New Board Members

**Deacon Robert Fangio** was a general dentist in private practice for over 30 years. He was ordained a Catholic deacon in 2014 and is currently assigned to Holy Family Parish in Syracuse where he leads a group of seniors called, “Young at Heart”. He also is co-director of Amaus Dental Services, a ministry of the Cathedral Parish that provides free dental care to the homeless, uninsured, and unemployed in the community. He has recently been named as Director of the Permanent Diaconate Program for the Diocese.

**Fr. Nate Brooks** has experience working in hospitality prior to entering the seminary. He holds a degree in Business Administration from SUNY Oswego and has done an internship at Walt Disney World. He also worked as a manager at Hampton Inn and Target. Recently, He graduated from St. Mary's Seminary and was ordained a priest on June 1, 2019 for the Diocese of Syracuse. Fr. Nate is currently serving the communities of St. Anthony's and St. Mary's in Cortland NY.

**Kevin Frank** is the Executive Director of the Brady Center, a non-profit ecumenical mission of the Catholic Church. The center works with the homeless. Formerly the pastoral associate at St. Lucy's Church, Kevin brings extensive experience working in the urban community to the Board. He has a Masters in Divinity from St. Bernard's School of Theology and Ministry and an undergraduate degree from Cornell University.

**Linda Zimmerman**, Director, Ignatian Volunteer Corps at LeMoyné College. She was also employed as a nonprofit management consultant and adjunct instructor designing courses for both online and classroom platforms. Additionally, she was employed by Niagara Mohawk/National Grid for thirty years where she held various managerial positions in the quality, performance improvement and customer service arena.

**Spiritual Reflection with Brother Don Bisson FMS**

**Saturday, July 11, 10 am - 3 pm**

“Decontaminating our Images of God” We are invited to let go of our distorted and broken images of God which can propel us into a dark night. Instead, we are welcomed into the light of healing and loving God more deeply. This retreat intends to weave together contemporary psychology, spirituality, spiritual direction and elements of the mystical journey in order to ultimately help participants love and feel more deeply loved by God. *Offering: \$30 includes lunch.*

**Silent Preached Retreat with Brother Don Bisson FMS**

**Sunday - Friday, July 12 - 17**

“Marinated in Merton-Deepening our Spirituality through the Life and Writings of Thomas Merton” This conference will study Thomas Merton’s writings, messages and prophetic vision for our times. We are living in a climate of political chaos and a regression on many of the issues of the 1960’s. By staying with his own words, we will be challenged, in this new generation to face racism, violence, political shadows and war. Come and create a spiritual community to engage our world in the light of wisdom. Check-in begins at 5 pm on Sunday and retreat concludes on Friday at 11 am. *Offering: \$475, Religious: \$450, Commuters: \$250. A \$100 non-refundable deposit required and a \$50 non-refundable deposit for commuters is required.*



*Brother Donald Bisson FMS, D. Min., is a Marist brother, Jungian Psychologist, Spiritual Director, Trainer Supervisor of Directors. He has graduate degrees in liturgy, spirituality and transpersonal psychology. Brother Don is widely respected as a retreat and workshop leader on the inter-relationship of spirituality and Jungian Psychology. His wide range of Audio CD’s will be available for sale.*

**Silent Directed Retreat**

**Sunday - Friday, July 12 - 17**

Open to clergy, religious and laity with an opportunity to meet with an individual experienced director. Directors: **Sr. Mary Ellen Schopfer, CSJ, Gerry McKeon, SJ, Margaret Babcock, Brother Joseph Jazwiak, FSC.** Please specify retreat director preferred when booking. Check-in begins at 5 pm on Sunday and retreat concludes on Friday at 11 am. *Offering: \$475, \$450 religious, \$100 non-refundable deposit required.*

**Silent Preached Retreat with Fr. John Quigley**

**Sunday - Friday, July 19 - 24**

“Our Changing Understandings of God, our Source and our Home.” Scripture gives us many different and even conflicting images of God. History of religious beliefs also give us different ways to describe and to approach God. Even within the Catholic tradition there are different theologies (God-talks). We relate to God in very different personal ways throughout our lives. How can we differentiate and discern true from false or incomplete images of God? Fr. John will look at stories from the Bible and the history of Christianity to help us have a stronger belief in God who is all Merciful, Beauty, Peace and Simple Goodness. Check-in begins at

5 pm on Sunday and retreat concludes on Friday at 11 am. *Offering: \$475, Commuters: \$250 (\$100 Non-refundable deposit required.)*



*Father John Quigley is a Franciscan Friar who lives in Cincinnati. He has a double ministry of preaching retreats and painting. He worked in Cincinnati with the New Jerusalem Community for 8 years and the Jesuits at Milford Ohio for two years. John has extensive experience in working for justice, peace and the protection of the environment.*

**Silent Directed Retreat**

**Sunday - Friday, July 19 - 24**

Open to clergy, religious and laity with an opportunity to meet with an individual experienced director. Directors: **Sr. Marise May, OSF, Fr. Lou Sogliuzzo SJ, Ann Derr, Kathleen Owens.** Please specify retreat director preferred when booking. Check-in begins at 5 pm on Sunday and retreat concludes on Friday at 11 am. *Offering: \$475, \$450 religious, \$100 non-refundable deposit required.*

AUGUST

**Ignatian Discernment of Spirits Conference with**

**Fr. Jason Hage**

**Sunday - Friday, August 2 - 7**

This course will be framed around Fr. Timothy Gallagher’s breakdown of St. Ignatius’ “Rules for Discernment” and how their insights are essential for spiritual growth! By integrating the Rules and the experience of contemporary people, Gallagher shows the precision, clarity, and insight of Ignatius’s Rules, as well as the relevance of his thought for spiritual life today. This course would count as continuing education for catholic school teachers, DRE’s, youth and young adult ministers, etc. Check-in begins at 5 pm on Sunday and retreat concludes on Friday at 11 am. *Offering: \$475, \$450 religious Commuters: \$250 (\$100 Non-refundable deposit required.)*

**Senior Picnic (No Minimum age)**

**Thursday, August 13, 11:30 am**

Mass and lunch following. We will gather for Mass followed by a picnic lunch. There will be time to enjoy a garden stroll. *Offering: \$15.*

**Wine Tasting**

**Thursday, August 27, 5 pm - 7 pm**

A wine tasting evening on our newly remodeled patio. Featuring premium Finger Lakes wines hand-crafted by O-Neh-Da and Eagle Crest Vineyards of Hemlock, NY. *Offering: \$10 per person includes light hors d’oeuvres and wine tastings.*

**UPCOMING RETREATS IN OCTOBER**

**Recovery Retreat, Friday-Sunday, October 9-11**

**Directed Retreat, Sunday-Friday, Oct. 11-16**



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## BOARD OF DIRECTORS

CTK would like to thank our Board of Directors for all their time, efforts and talents in bringing peace, opportunities for growth and renewal to our community.

### Our Board of Directors include:

**Joe Gaglia - President**  
**Cil Sindoni - Secretary**  
**Beth Broadway**  
**Fr. Nate Brooks**  
**James Corcoran**  
**Tom Driscoll**  
**Deacon Bob Fangio**  
**Kevin Frank**  
**Emilee Lawson Hatch**  
**Fr. John Manno**  
**Judge Fred Scullin**  
**Jim Snyder**  
**Linda Zimmerman**

*Thank you for your continued support!!*

## STAFF

### Retreat House Director & Manager:

Christopher Spilka

### Buildings and Facilities:

Steve Meier  
Rich Abbott

### Chef:

Michael Tetreault

### Assistant Chef:

Halina Joanna Dudek-Limanowka

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Tim Fandrich  
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### Housekeeping Staff:

Kevin O'Hara  
Mariana Black  
Stephen Black



## RECURRING EVENTS

### First Friday Reflections and Mass with Fr. Donald H. Karlen

**March 6**

**April 3**

**May 1**

**June 5**

**August 7**

**September 4**

**October 2**

**November 6**

**December 4**

**10 am-3pm**

The day will include an opening devotion, conferences and discussion, Mass with Anointing of the Sick, lunch and Holy Hour with Benediction.

Check our website out for theme for each month.

*Offering: \$25 (includes lunch)*