

# KING'S HOUSE RETREAT & RENEWAL CENTER



King's House is nestled in 47 quiet, wooded acres in Belleville, Illinois, just 20 minutes from downtown St. Louis or the JB Bridge. We are sponsored by the Missionary Oblates of Mary Immaculate, a religious congregation of priests and brothers who are dedicated to walking with people in their search for God. People of all faith traditions are welcomed with warm hospitality and opportunity for spiritual and personal growth.

## 2010 QUIET RETREAT SCHEDULE

### Retreats for Men

- |                |                   |
|----------------|-------------------|
| (A)* Jan 8-10  | (G) Apr. 1-3      |
| (B) Jan. 15-17 | (Holy Week)       |
| (C) Jan. 22-24 | (I) Apr. 30-May 2 |
| (L) Jan. 29-31 | (R) Nov. 5-7      |
| (D) Feb. 5-7   |                   |

### Retreats for Women

- |                 |                                    |
|-----------------|------------------------------------|
| (V)* Feb. 19-21 | (U) Sep. 24-26                     |
| (E) Mar. 5-7    | (N) Sep. 28-30                     |
| (H) Mar. 12-14  | (Midweek)                          |
| (Z) Mar. 19-21  | (O) Oct. 1-3                       |
| (ZZ) Mar. 23-25 | (P) Oct. 8-10                      |
| (Midweek)       | (W) Oct. 15-17                     |
| (F) Mar. 26-28  | (Q) Oct. 22-24                     |
| (Y) Apr. 16-18  | (X) Nov. 12-14                     |
| (K) Apr. 23-25  |                                    |
| (M) Sep. 17-19  | * (Letters designate retreat code) |

### In 2010!

#### Quiet Retreat weekend for married couples.

**April 9-11, 2010**

Would you like to experience a quiet retreat weekend with your spouse? This retreat is open to married couples and will follow the theme and format of our weekend Quiet Retreats. Please call King's House to register or check with your parish captain. All of our rooms are single rooms and we will assign spouses next to each other. Captains: Please forward any reservations from your parish to King's House as soon as possible. (Code: CR)

#### Other Retreats in 2010:

**Serenity Retreat for men and women in recovery.**

**November 19-20, 2010**

Call King's House for details and information. (Code: TSR)

Quiet Retreats attract individuals and groups of men and women from parishes and the Dioceses of Belleville and Springfield, Illinois; Jefferson City, Missouri, and the Archdiocese of St. Louis. Contact us for the name of the "captain" nearest you.

### Directions to King's House from major freeways:

#### FROM I-255 Northbound (South St. Louis, JB Bridge, Columbia, IL)

Follow I-255 NORTH to Exit # 17A for IL RTE 15.  
Take IL RTE 15 EAST to Belleville. Go 4 Miles.  
Turn LEFT onto 74th ST. at the stoplight. Go 2.2 miles.  
Turn RIGHT on JUDITH. (Note blue "King's House" sign on pole.)  
King's House Parking Lot is 2 blocks up on the right.

#### FROM I-255 Southbound (Alton, Edwardsville, I-255/270)

Follow I-255 SOUTH.  
Take I-64 EXIT EAST towards Louisville.  
Continue directions below . . .

#### FROM I-64 Eastbound (Downtown St. Louis, Poplar St. Bridge)

Follow I-64 East towards Louisville.  
Take EXIT # 9 for IL Hwy 157.  
Turn RIGHT onto 157 at end of ramp. Go 1.9 miles.  
Turn LEFT onto MAIN ST. (called "State Street" if you look to the right). Go 2.2 miles.  
Turn LEFT onto 74th ST. at the stoplight. (Note blue "King's House" sign on pole.) Go 0.5 miles.  
Turn RIGHT onto JUDITH. (Note blue "King's House" sign on pole.)  
King's House Parking Lot is 2 blocks up on the right.

#### FROM I-64 Westbound (O'Fallon, IL & points East)

Follow I-64 West.  
Take EXIT #16 to O'Fallon/Shiloh.  
Turn LEFT on GREENMOUNT. Go 0.5 miles.  
Turn RIGHT onto FRANK SCOTT PKWY. (portions also called 'Thouvenot', 'Drake', or 'Flanagan'). Go 6.4 miles.  
Turn RIGHT onto MAIN ST. Go 0.6 miles.  
Turn RIGHT onto 66th ST. (Note blue "King's House" sign on pole.)  
66th Street ends in 0.5 miles at our front gate.

#### FROM IL 159 Northbound (Red Bud, IL & points South)

Turn LEFT (West) onto IL RTE 15. Go 4.7 miles  
Turn RIGHT onto 74th ST. at the stoplight. Go 2.2 miles.  
Turn RIGHT onto JUDITH. (Note blue "King's House" sign on pole.)  
King's House Parking Lot is 2 blocks up on the right.

Check our website for a picture map:  
[www.kingsretreatcenter.org](http://www.kingsretreatcenter.org)

**700 North 66th Street • Belleville, IL 62223**  
**(618) 397-0584 (metro east) • (800) 779-7909**

**FAX: (618) 397-5123**

**E-mail: [info@kingsretreatcenter.org](mailto:info@kingsretreatcenter.org)**

**[www.kingsretreatcenter.org](http://www.kingsretreatcenter.org)**

Visit our website to learn about other programs at King's House.

# Believing is seeing: Take a closer look



**KING'S HOUSE**  
RETREAT & RENEWAL CENTER  
BELLEVILLE, ILLINOIS

**Quiet Retreat Schedule 2010**  
Retreats for Everyone

Missionary Oblates of Mary Immaculate

## 2010 RETREAT THEME

### *Believing is seeing: Take a closer look*

We've all heard the phrase, "seeing is believing" but Jesus asks us to believe so that we might see. Christ turned the world up-side-down with His teachings and the example of His life. When we look through the eyes of faith at our neighbor, our world and ourselves we are asked to see what God sees. We are asked to widen our perspective and deepen our understanding of how great is God's love.

During this year's Quiet Retreat we will examine life through the lenses of faith. We'll appraise the view that we have right now. Who and what have influenced our perspectives of the world? Are there spiritual optical illusions that I must overcome in order to see the real face of God?

Using the microscope of the Spirit we will explore our own inner world. Perhaps we will be surprised by the light that lives in our shadows or by the joy that comes from discovering that God is not just "out there" but within us.

Our world is an explosion of color, shapes and sizes of people and experiences so we'll put our eye up to God's kaleidoscope to see how God is manifested in every event and person. Holding people and spaces of our lives up to the light will perhaps offer us a glimpse of hidden beauty.

In our Reconciliation service we'll try to discover what interferes with our seeing clearly. Cataracts of pride, selfish short-sightedness or broken lenses of love might be uncovered. In this beautiful sacrament of liberation we will be offered the opportunity to see with new eyes.

Finally with God's telescope we'll expand our vision beyond our personal world. We will begin to see the big picture of God's enduring love of the universe and how we unfold this love to our neighbor.

- Sr. Janis Yaekel, ASC

### **WHAT IS A QUIET RETREAT?**

Everyone needs a space to take their deepest questions. A retreat gives you the quiet and solitude to reflect on those questions. During a retreat we offer a quiet atmosphere, inspirational talks, time for solitude and prayer, and the opportunity to talk with our qualified staff. All retreats are presented by a team.

### **WHAT DO I DO WITH PERSONAL TIME?**

There are various periods for "creative solitude" each day. Use these times of quiet to allow God to speak with you in prayer. Here are suggestions for personal solitude:

- Private prayer reflecting on the scriptures
- Walk the prayer labyrinth and the stations
- Rosary and other prayers
- Walk in the woods
- Private consultation with the staff
- Spiritual reading and tapes
- Rest and relaxation
- Visit chapel and other devotional areas
- Journal your thoughts & feelings

### **WHAT IS A QUIET RETREAT?**

Many people register through their parish recruiting "captain" and attend a regular retreat each year. A list of parish captains is available on our website or by contacting King's House directly. Individuals may call King's House for availability. While some retreats may have a waiting list, we find that most everyone is able to attend a retreat of their choice.

## SAMPLE RETREAT SCHEDULE

### **Friday**

4 - 6 p.m. Arrival and registration  
6:15 p.m. Dinner  
7:30 p.m. Opening conference  
Night prayer (Chapel) followed by quiet time

### **Saturday**

7:45 -  
8:30 a.m. Breakfast buffet available  
8:40 a.m. Morning prayer  
9:00 a.m. Conference  
Creative solitude  
11:00 a.m. Eucharistic Liturgy (Chapel)  
12:00 p.m. Lunch  
Creative solitude  
2:30 p.m. Conference  
Creative solitude  
5:00 p.m. Discussion time  
5:30 p.m. Dinner  
7:00 p.m. Sacrament of Reconciliation  
followed by quiet time

### **Sunday**

7:45 -  
8:30 a.m. Breakfast buffet available  
8:40 a.m. Morning prayer  
9:00 a.m. Business meeting  
9:20 a.m. Conference  
Creative solitude  
11:00 a.m. Eucharistic Liturgy (Chapel)  
12:00 p.m. Lunch and departure

**How much is the retreat fee?** The retreat fee is handled through an anonymous donation by envelope, making it affordable for everyone. The current suggested amount is \$155 which reflects our actual costs. If you are able to give more we appreciate it. If you cannot give as much, we understand. One person helps another to be here and no one is turned away due to financial circumstances.

*"I have lived too long where I can  
be reached."*

- Rumi