



Journeying On

King's Fold Retreat and Renewal Centre

Fall 2019

RENEWAL CONTINUES AT KING'S FOLD, by Frank Littel

As in every season at King's Fold, renewal is a key part of what has happened so far this year. Not many people know that our full name is The King's Fold Retreat and *Renewal* Centre, but we have been living into that name since our inception. Miriam Webster defines renewal as "*the state of being made new, fresh, or strong again*" and we can testify to the truth of that being experienced by our guests... and our facility.

Many of our guests make time for a personal retreat when they are in seasons of challenge, loss, transition, or grief. Time spent in the beauty of God's creation, in quiet reflection, and in openness to God provides an opportunity to transition from *what has been* to *what might be*. We as a community journey alongside our guests, providing meals, companionship, and a listening ear, as they are made new, fresh, and strong again through God's power at work.

Groups that book King's Fold for their retreats have similar outcomes, because naturally, these groups are comprised of *individuals*. Each person has an opportunity to experience and press into God's arms of love. In June, we hosted 12 Pastors and 5 Spiritual Directors from the Evangelical Covenant Church in the USA for a six-day retreat. Observing the changes in these guests as the week progressed, and hearing their stories of meeting God at King's Fold was very encouraging. We are the first choice of numerous church and parachurch leadership groups when they decide to hold visioning and planning meetings. Many of these ministry leaders express appreciation for the King's Fold Community as they renew vision and develop unity in their time spent here.

"At the Way of the Cross I met Jesus personally in a tangible way that I am now taking with me... I've been called to pick up my own cross and I know I'm not alone."

While we are overjoyed with renewal taking place in the lives of our guests, we also celebrate the renewal of our facilities. You may recall that last summer we took on several renovation and enhancement projects including the renewal of all seven main

floor guest rooms. Because of the continued generosity of donors, we are pleased to report that all seven *lower* guest rooms had their own renewal this summer. We are delighted to celebrate that God has given to our facilities what he has given to our guests, *the state of being made new, fresh, or strong again*.

Thank you for the part you play in the success of King's Fold, whether it be as guest, volunteer, donor, or prayer partner. We are stronger because of your support. As we enter a future that only God knows, we ask for your continued prayers for our Board and our Community, and for the guests who arrive at our doors seeking renewal. I share the gratitude a recent guest expressed: "*It's the most beautiful and intentional place I've ever been... I leave with a heart full of gratitude.*"

"Your love and care and hard work have created a space for me to receive such comfort and physical and emotional healing."

"The room renos are great! Beautiful choice on colours, finishes, and furniture!"

GETTING TO KNOW THE COMMUNITY - TERRY DYKSTRA

Continuing with the tradition of giving a more thorough introduction of each Community member in our newsletter, we would like you to get to know Terry Dykstra. Terry began working at King's Fold in April 2016, after working for 27 years in the technology sector in downtown Calgary. Even though he's still King's Fold's *I.T. Specialist* his primary role when he is not making or serving meals is in Facilities Maintenance.

Terry was born in Sarnia, ON to parents who had moved from Holland to Canada for his father's work in the chemical sector. At age three, his family moved to Belgium, and then at age eight, to Holland. Terry met Alicia in a college fellowship group, and their love for recreation, nature, music, adventure, and each other led to a marriage that has lasted for 34 years. This past spring they were able to fulfill a lifelong wish of visiting Taizé, France, partially in preparation for leading a Taizé-style retreat in September. Terry and Alicia have three adult children who live in the Calgary area.



Terry attended First Baptist Church in Calgary for 27 years, and sang in the choir all that time. He volunteered in a variety of service and leadership positions, including teaching ESL and Bible studies, serving as deacon, and as Chair of the church council. He and Alicia currently attend All Saints Anglican in Cochrane, where they're involved in leading worship.

Terry's passions include woodworking and music... especially guitar. He has been a part-time student at Carey Theological College and graduated this year with a Certificate in Ministry. His various skills have made him a valuable asset to our Community, as he can fix a computer, create a routed sign, write new software, or install a plumbing line. Terry is a standout in the kitchen, and is a wonderful, compassionate listener to our guests. He calls himself the "Town Crier" because he will be one of the first in the community to cry in sensitive situations. We love his tender heart, and the unique role he plays in the Community. This has been a challenging year for Terry, as Alicia was diagnosed with cancer in November 2018 and has needed surgery, radiation, and several rounds of chemo to achieve the best possible health outcomes. Despite that, he has courageously modelled hope and joy in challenging circumstances.

COMMUNITY NEWS

The resident Community has been under growing pressure to expand in size, as usage of our facility grows each year. Randy and Kim Wiens were the last to join our community in September 2017, and have slowly transitioned to living here full time. Randy and Kim sold their home in Calgary, and moved on site in April. They are celebrating the end of a long season of commuting.

In the first 6 months of 2019, there was a 20% growth in retreat revenues compared to 2018. This came in a season where multiple staff have had extended absences for medical reasons, including surgery and cancer treatments. Because of decreased staff capacity and increased usage, it has been hard for us to find time for those tasks outside our regular kitchen and housekeeping routines. However, in October we were delighted to invite Teresa Smith to become the 10th member of our community. Teresa served the last 6 years as Food Services Manager at Pioneer Camp, in Rocky Mountain House. Welcome Teresa! Another community member who joined us this year has brought abundant energy, pure extrovert-ism and unequalled enthusiasm. Leila - a Golden Retriever/Standard Poodle cross, joined us in May. She has brought new life (not to mention new invitations for patience!) to Cooper, Rocky, and the rest of the community. 😊 We love her.



Thank you to Angela Roberts and Madeline McKinley for giving your summer to serve alongside us so willingly and capably. You rock! We also want to express our gratitude to several of our faithful volunteers: Sharon Bell, Sonya Grossklaus, Mark Imbach, Virginia Janzen, Vern and Idel Roth, and Paul Sharp. Your timely support in this season of staff shortage is greatly appreciated.

SEASON OF UPGRADES CONTINUES AT KING'S FOLD

In 2016 and 2017, funds raised during the "Place matters" campaign were used to complete numerous upgrades including new shingles, windows, and stairs for the lodge. Last summer we completed our most ambitious renovations in recent history with more than \$100,000 spent renovating and furnishing the main floor guest rooms, building a wooden walkway, creating a circle drive at the main entrance, replacing siding damaged by woodpeckers, and removing some Spruce trees to enhance fire safety.

Due to the continuing generosity of individuals, foundations, and companies, this summer we were once again able to close for three weeks to complete the renovations on seven remaining guest rooms. Rooms 8-14 were sound insulated, dry walled, painted, carpeted, and had showers, tubs, lino, and bathroom fixtures replaced where needed. Room by room new furniture is being added as time and space allow.

We also tackled a large-scale replacement of siding on the prayer tower and on two sides of the south facing dining room exterior. Woodpecker activity has damaged our cedar siding, and we need to replace as much as we can each year, as funds allow. We are replacing the cedar with a colour matched cement board siding, which is bird, insect, hail, and fire resistant... and it looks terrific! When we replaced the prayer tower siding we also built a porch roof over the previously unprotected lower entrance.

As in previous years, we could not have completed these projects without the support of many volunteers, as well as businesses who donated or discounted services and materials. We celebrate and sincerely thank these people: Ken Austin; Lauren & Karen Bartell; Matt Dorozi; Roland Dueck; Isaac Froese; Shannon Froese; Sonya Grossklaus; Mark Imbach; Virginia Janzen; Daniel and Wanita Jerusalimiec; Giles Landry; Danny Legge; Kevin Legge; Ken Mclvor; Dennis Shierman; Bruce and Sherri Webber; Rupert and Linda Wilson; Norm & Patty - *Exterior Finishing Touches*; Wes Goertzen - *Roc Solid Interiors*; Home Depot (Beacon Hill); Michael Miller - *Hard Rock Plumbing*; and Nu-Way Floor Fashions.

CHRISTMAS OPEN HOUSE - Sunday, DECEMBER 1, from 2:00 - 4:00 pm

Join us for this celebration of Christmas; of *God with us*; of God's provision for our renovations. Take a tour of the lower level and see the upgrades; spend some time with Leila on a contemplative walk/run ☺; explore the new trail around the meadow where the crosses stand; sit under the bell in the bell tower and listen to it toll; and enjoy some friendship and refreshments together as we celebrate Christ's coming.

MY DELIGHT; GOD'S DELIGHT by Michelle Newsham

Have you ever thought about what you might see if you looked at God, looking at you? I believe God sees all of me, and lovingly smiles. This summer, as Leila's primary trainer and caregiver, I have spent A LOT of time with her (like last night when she wouldn't stop barking at the coyotes. I actually considered crawling into the doghouse and sleeping there!).



Mostly Leila has brought me incredible delight in her endeavor to live life to the fullest. Is she always obedient? No. Does she do things she shouldn't? Oh yes. Does she want to obey? I think so. But truly, in the hundreds of hours I have spent with her, my purest delight comes not from her obedience, but **from her own exuberant delight with life**. My delight comes as I watch **her** being fully Leila - chasing birds she'll never catch; biting at river water she'll never sink her teeth into; fearlessly blasting through dense forest scrub that beckons to something deep inside her. She is 100% fully dog, fully Leila, in her *doing* and in her *being*. She unashamedly embraces who she is.

I am fully human and fully Michelle. I have my own things I *chase*, *bite at* and *blast through*. The Holy One beckons to something deep inside of me, and all I can do is respond authentically from who I am. I think that's what brings **God** delight - when **I** delight in *being* and *doing* those things that are uniquely and effortlessly **me**.

Is there Someone calling to you deep on the inside? Have you noticed lately what God looks like when God is looking at you? (Do you want to spend some time with Leila? ☺) Perhaps you can find some rest, spaciousness, freedom and God's delight in **you** at one of these upcoming retreats.

MILK, HONEY AND WITHERED FIGS with Michelle Newsham November 22-24, 2019 \$265 shared, \$295 single

Why did Jesus curse the fig tree? What does a *land flowing with milk and honey* really look like? What's it like to *heap burning coals* onto my enemy's head? What does it mean to *turn the other cheek*? Can *Israel's story* speak to my story, of *God's story*? Join Michelle for this *Journey Through Israel* at King's Fold, where she will highlight some of the things she has learned during her study tours in Israel with *Jerusalem University College*. Michelle is passionate about understanding the original context and intent of the Scriptures; about seeing more than just the *words we read on the page*; about letting the culture, geography and history of that ancient land inform her experience of God's word today.

**ENNEAGRAM EXPERIENCE with Cherie (Tetz) Christensen and Doug Schroeder January 17-19, 2020 \$295 shared, \$385 single
Registration Deadline: January 8th**

Some of the best tools we have for describing our condition are psychological - the only healing from those conditions is God's capacity, power, and desire to transform our lives. The Enneagram combines these, bringing us to a place where we can begin to notice our "old self" we protect compulsively and largely subconsciously. Noticing is a precious step on the Godward path to being redeemed and transformed, a path that requires courage and affords freedom. This retreat is intended for those with no previous enneagram understanding.

**NAVIGATING CHANGE: THE SEASONS AND CYCLES OF LIFE AND LEADERSHIP - A COURAGE & RENEWAL® RETREAT
with Dan Hines March 12-15, 2020 \$535 shared, \$670 single**

The pace and demands of change are daunting. Voyaging in this turbulent ocean of dynamic weather and waves, we can lose track of where and we are. We can easily become lost. A time of transition calls for inner wisdom and for great courage. Whether we are facing the inevitable seasons of life in our vocations, our relationships, in aging, or in rediscovering our identity, we can join others to gain enhanced navigational skills. We can find our way to journey toward wholeness and authentic living. In this *Circle of Trust®* program, a safe and quiet space is provided by intentional small group practices of deep listening, evocative imagery and by the art of asking open questions. These practices are informed by the work and teaching of the well-respected social thinker, educator and writer **Parker J. Palmer**.

CONTEMPLATIVE PHOTOGRAPHY with Kim Wiens, Linda & Rupert Wilson April 24-26, 2020 \$295 shared, \$385 single

Do you long to approach your photography with greater openness, receptivity, presence, and curiosity? A contemplative approach to working with our cameras prompts us to slow down, pay attention, see more deeply, and be receptive to the essential nature of the world *around* and *within* us. It is a way of connecting us with creation and the Creator. Come and explore with us the qualities and practices that enhance this contemplative approach.

AWAKEN: A Retreat for Men at Mid-Life and Beyond with Frank Littel June 5-7, 2020 \$295 shared, \$385 single

Traditional men's retreats often focus on behavior modification. This retreat is unique in that it will focus on **Spiritual Formation**. A fully transformed life is awaiting its birth in us. Borrowing an analogy from the Matrix movie, retreatants are invited to awaken to a new reality by "*taking the red pill*." They will experience the serenity and sacredness of the King's Fold grounds and be encouraged to participate in solitude, conversation and shared experiences providing opportunities for renewal of the whole person. **Frank** is the Director of King's Fold and has a passion for helping people thrive. He has experienced both the joy and despair of living and loving on his 57 trips around the sun.

7 DAY SILENT DIRECTED IGNATIAN RETREAT with Charles Pottie-Pâté, sj, & Heather Cowie July 12-19, 2020 \$1100/person

We are pleased to offer a personally directed retreat that focuses on the life of Christ in Scripture following the tradition of St. Ignatius. The retreat is characterized by daily personal prayer on scripture passages, communion and common prayer, set in the context of silence and supported by daily individual spiritual direction.

At King's Fold we are committed to...

1. The person of Jesus Christ, the testimony of scripture, and the harmony of the collected witness of the church universal.
2. Hospitality as the expression of the open-hearted welcome of God, creating sacred space for spirit and body.
3. Spiritual practices as a means to nurture an ongoing receptivity to God's transforming grace.
4. Community that reveals God's invitation that intentional relationship is essential for personal wholeness.
5. Faithful stewardship of all our resources, which include nature, people, and finances.

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