



# Central Minnesota TEC

## A TEC retreat is unlike any other.

It's more easily described in feelings. Feeling loved, accepted, freed, seen, and so much more— for exactly who you are today. Who you become tomorrow is limitless.



## Meet Kelly!

**CM 651**

Sacred Heart | Sauk Rapids, MN

When I first heard about TEC, I was very hesitant to go. Some of my friends kept suggesting it to me, and honestly, the more and more they pried, the more and more I pushed away the idea. It wasn't that I didn't love my faith or a good retreat. I just felt that it was too much of a time commitment for my busy life and was happy with Jesus' role in a tidy box in my life. And I will admit, my stubbornness of sticking with "no" seemed easier than having to face the possibility of truly being vulnerable in my faith.

It was a few weeks before the June 2025 TEC retreat, and I had officially decided that I wasn't going to go...or so I thought. I was going to be on a work trip for the entire week leading up to the retreat, and there was no way I was going to have the energy or time to spend an entire weekend on a retreat. Just when I had made the decision not to go, I received a call from a friend that wanted to attend that weekend, who was making a last-ditch effort to convince me to go. During that call, I was on my way to adoration and told my friend I would pray about it there, having no intention of changing my mind. The minute I walked into adoration, my entire perspective changed. It was in that moment, staring at the face of Jesus, I knew I had to go. Not worrying about what others thought of me being on my phone in a sacred space, I submitted my application. That one moment was the beginning of something more beautiful than I had ever imagined.

Driving up to the TEC center that warm June morning, I appeared happy to be there, but on the inside, I was heartbroken. The past year had been a difficult one for me, and I felt like every step I took toward that building demanded every last bit of energy I had. My heart was heavy with emotions, feeling lost, unworthy, and generally undeserving of others' and God's love. I was afraid these strangers would see my brokenness and run, but boy, was I wrong. Instead of seeing me as someone who was too broken to fix, they entered into my suffering and loved me as God's beloved and worthy child. The vulnerability, the laughs, the tears, the joy was everything I needed that weekend, and I will never forget the way that those short three days have forever changed my life. Looking back, I now realize that I may have given up a weekend of my normal life, but I gained a love and community that will last a lifetime.

**Central Minnesota TEC** (Together Encountering Christ) is a three-day retreat weekend structured on the Paschal Mystery. We are rooted in the Catholic faith, but 20–30% of our participants each retreat weekend are not Catholic.

Central Minnesota TEC has had over 40,000 participants since 1978. We are endorsed and supported by the Diocese of St. Cloud.

**Where are retreats held?** Just north of Little Falls on Hwy. 371.

**Who can attend?** Anyone 16 years of age or older.

### Upcoming Weekends:

- Dec. 27-29, 2025
- Jan. 17-19, 2026
- Feb. 14-16, 2026
- Mar. 13-15, 2026
- Apr. 17-19, 2026
- June 27-29, 2026
- Jul. 31-Aug. 2, 2026

**REGISTER TODAY  
AT CMTEC.ORG**



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