

# Journeying On



September 2017

King's Fold Retreat and Renewal Centre

## SUMMER FACELIFT BRINGS BIG CHANGES TO KING'S FOLD

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For those of you who have been part of the King's Fold extended family, you know that over \$280,000 was raised from 2015-2016 in our *Place Matters* Campaign.

While we had previously undertaken major projects including Staff Residence renovations and a new Lodge roof, this summer saw the completion of eight new projects funded by donors. These included:

- Installing new flooring in Staff Residence #1
- Rebuilding two sets of stairs that lead to the north ground entrances, in order to lengthen the stair treads
- Carpeting the new stairs and landings
- Replacing 40 original windows and sliding doors in the lodge with new triple-pane energy-efficient ones
- Replacing a 38 year old furnace with a new high-efficiency one
- Replacing the pressure tank and outdated plumbing in the lodge, and installing an auto-chlorination system
- Replacing the median in the parking lot with a beautiful new fence, adding 3 feet in length to each parking space
- Trimming off half of the "island" in the parking lot to improve the turning radius
- The preliminary work to build the chapel bell tower.

As well, we were able to tackle some ongoing improvement projects like painting every washroom ; staining the decks of the lodge, greenhouse and residence; gardening and preparing 50+ evergreens for transplanting next year.

These projects were completed with the support of nearly 40 volunteers, each who gave between one and five days to support us in this massive renovation project. A total of 585 volunteer hours were logged over two weeks, which included gardening, painting, cleaning and outside work. We want to commend our summer staff team consisting of *Adam Koning, Nikki van der Molen, and Sydney Nydokus* for stepping into leadership roles in the absence of community members who were on vacation. As the weeks progressed, we gradually stopped calling them our **summer staff** and began calling them our **summer stars**. Our thanks go out to these staff and volunteers, and to each of you who provided financial support for our *Place Matters* campaign.

## WHEN GOD BREAKS THROUGH

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The next page features a list of all the volunteers who assisted during our closure in July. While the number of names is remarkable, it is the **God stories** of each volunteer that are even more remarkable. While it would be reasonable to think that *mission* and *ministry* might take a holiday when *muscle* takes over the facility, we were delighted to see the souls of volunteers nurtured and awakened by the Holy Spirit as they worked side by side painting, cleaning, digging, and cooking. Some of the most compelling stories came from volunteers who had never set foot on the property before. They came because... *"Joanie" never stops talking about this place... how beautiful and sacred it is.*

*I see the difference it makes in her life so I thought I would see what is so special about it.*

These guests later spoke of the power of the encounter they had with God as they served, ate, prayed, laughed, and talked together. As we gathered daily for prayer around the fireplace, we heard stories of guests learning to love

themselves as they experienced the overwhelming love of God, of healing for relationships, and how King's Fold was a place of *respite care* for a weary soul. Community was lived out as we worked side-by-side... people celebrating the fact that they would rather be *working, sweating, and hurting* at King's Fold than *resting* during their summer vacation. God was faithful to us in providing the people we needed, and faithful in meeting them while they were here. Our thanks to...

- |                       |               |                              |               |                  |
|-----------------------|---------------|------------------------------|---------------|------------------|
| Steven Cicman         | Lorraine Zinn | Daniel & Wanita Jerusalemiac | Marj Norris   | Em Roberts       |
| Sonya Grossklauss     | Kathy Dickie  | Corwin Neufeld Ruth Megli    | Joanne Lee    | Helen Schirok    |
| Rupert & Linda Wilson | Pavlina Barg  | Marlis Ruethmann             | Jeremy Check  | Irene Stauffer   |
| Ken Mclvor            | Tyson Knosky  | Bruce & Sherri Webber        | Heather Cowie | Cindi Banman     |
| Randy & Kim Wiens     | John Hiscox   | Laurie & Carla Newsham       | Roland Dueck  | Toni Newsham     |
| William Kricken       | Caleb Braun   | Alan McNaughton              | Deb Kryway    | Vern & Idel Roth |



*Kathy "gardening" with Cooper ☺*

*Alan ripping out the old stairs*

*The beautiful new stairs*

*Irene & Pavlina painting the new window trim*

*Toni preparing the trees*

*The median today*

*Removing old parking median*

*New window*

*Old window*

*The Chapel bell tower in its early stages*

**WHAT'S NEXT FOR KING'S FOLD?**

2018 will mark the 40<sup>th</sup> Anniversary of the founding of King's Fold by Bob and Janet Ball. To celebrate the effect this ministry has had on so many lives, we will be having a celebration in the spring to hear the stories of King's Fold, and its past and present impact. More details of this event will come in the December newsletter and on our website. Due to unrelenting demand (we're not kidding) we will be publishing a 40<sup>th</sup> Anniversary Cookbook featuring old and new favourites, gluten free options, salad dressings, desserts, and more! Thanks to the continuing support of donors for our *Capital Fund* (including two generous estate gifts) the Board of Directors plans to move ahead next summer with renovations and updates on guest rooms 1-14. This will take place during a summer closure in late July/early August.

**GETTING TO KNOW THE COMMUNITY - Alicia Dykstra**



*One of Alicia's beautiful creations*

In our last newsletter, we began a practice of introducing community members so you can know them in a deeper way. In this newsletter, we want to help you get to know *Alicia Dykstra*. Alicia and her husband Terry have served King's Fold since April 2016. Although she serves primarily in the kitchen, like everyone in our community, she helps everywhere. Alicia is so many things: an artist, quilter, writer, mother, spiritual seeker, leader, student, and lover of nature. She is like a patch-work quilt made of panels representing each part of her. Alicia was born in Holland, and developed her love of creation as she spent time exploring nature in a neighbourhood meadow. Just before University started, she was involved in a motor vehicle accident, and her need for



assistance brought out the *knight in shining armour* side of Terry, who became her helper, and later, a companion in sporting pursuits and other adventures. She graduated from Teacher's College with a degree in textile arts and sculpture, and worked to create a curriculum for nature awareness and leadership development for children. She and Terry were married in 1985. A need for new adventure and opportunities brought her and Terry to Calgary in 1989, where she worked as a Recreational Therapist... eventually replacing that role with one of a full time mother to three children. She volunteered at her church in diverse roles: choir, worship team, women's ministry, bible studies, children's ministry, church leadership, and the ESL program. When her children reached High School age, she realized she could once again ask the question, "What do I want to be when I grow up?" She jumped at the chance to pursue Biblical Studies and earned a Bachelor of Religious Education degree. Currently she is working on her Master of Arts in Spiritual Formation. Her favourite part of serving at King's Fold is leading retreats, where she can walk alongside people and watch them grow and flourish. She envisions King's Fold to be a place where Christian artists can gather to share life, inspiration, and creativity. In partial fulfillment of that, Alicia will be leading a retreat for writers in the fall of 2018. Say hi to her next time you're here. Listen for the laughter - she won't be far away!

## NEWSFLASH!

We are pleased to announce the addition of Randy and Kim Wiens to our community as of September 1<sup>st</sup>. They come to us from Calgary, where they have served in lay leadership in their church. They have wide-ranging career experiences including living cross culturally, and have deep hearts for God, service, and hospitality. Thank you to all of you who prayed for us through this long process! For the first time in a long time, we can say we are fully staffed.



**Randy & Kim**  
getting their hands dirty already

## THE WILDERNESS, by Michelle Newsham



It's dry and hot, and ever so still. It's one of the quietest places I've ever visited. There are actually snails that live there in these parched conditions. They intrigue me and I look for them every time I visit. This wilderness is one of my favourite places on earth - *the Judean Wilderness* - the setting for the **23<sup>rd</sup> Psalm**. When I first arrived, I wondered where all the green pastures and still waters were that were supposed to refresh and renew. That's what I thought Psalm 23 was all about. But it's not. It's not about abundant green pastures and large ponds of cool, still waters. It is about trusting the Shepherd to know where those places are. And where is the Shepherd? He's actually shepherding us from behind (that's the way they do it in much of the Middle East). This ensures he can see what's going on. The Shepherd particularly attends to those who are slow, and naturally end up at the back of the flock - generally the old, sick, wounded and young. He knows these ones especially well, since he spends so much time with them. This has brought great comfort to me. I don't have to *keep up* or *catch up*, to God. He's right there behind me, seeing every-thing that happens, tending to my wounds, carrying me when necessary. The *goodness* and *mercy* that will follow us all of our days is actually the *goodness* and *mercy* of God himself - the Great Shepherd of us all!

Need some deep rest, refreshment, or tending to by the Shepherd? Are you in need of green pastures and still waters? Perhaps God is inviting you to join us for one of these retreats at the **King's sheep Fold**... ☺ (or maybe you'd like to join Michelle and experience the Judean Wilderness for yourself on the 2018 Study Tour to Israel! Let her know if you are interested!)

### **INTO THE DARK ANNUAL PRAYER RETREAT** with **Jodi Lammiman** **September 22 - 24, 2017** **\$265 shared, \$295 single**

Where is God in the dark? What are the *gifts* of darkness? How does our experience of the Divine change when the lights go out? How can the dark become fertile ground to recognize what is growing beneath the surface of our lives? Come journey with us at this annual retreat while we ponder the beauty, mystery and uncertainty of the dark and what it's like to experience God in such times.

### **JOURNEY TOWARD WHOLENESS: A COURAGE & RENEWAL® RETREAT** with **Dan Hines** **November 24 - 26, 2017** **\$400/person**

Based on the work of Parker J. Palmer and the *Center for Courage & Renewal*, this retreat explores issues of transition, vocation, life passion, purpose, meaning, direction, aging, relationships, and underlying life patterns, to live in alignment with one's deepest values and the courage to act with integrity and authenticity. In a safe, quiet, nurturing, and confidential environment, this retreat promotes reflection, clarity and insight. We share periods of quiet self-reflection, and large and small group discussions, as well as

much laughter and lightness. Clearness Committees, a 16th century Quaker process of discernment, is the capstone of the retreat.

**GOD: CLOSER THAN WE CAN IMAGINE**

**January 19<sup>th</sup> - 21<sup>st</sup>, 2018**

**\$265 shared, \$295 single**

**with Doug Schroeder and Cherie (Tetz) Christensen**

The Apostle Paul declared to believers and unbelievers alike, that God is "the ONE in whom we live and move and have our being." God does not know how to be absent. Union with God is not something to be acquired by technique but is the grounding truth of our lives that gives rise to our very search for God. The more we realize we are one with God, the more we become ourselves, just as we are, just as we were created to be. This spacious retreat will include guided sessions, conversation, communal prayer and time for personal prayer and reflection.

## OTHER UPCOMING RETREATS & EVENTS

**INTRODUCTION TO IGNATIAN SPIRITUALITY RETREAT**

**April 13<sup>th</sup> - 15<sup>th</sup>, 2018**

**\$265 shared, \$295 single**

**with Charles Pottie-Pâté, sj, and Heather Cowie**

Come and explore some important elements of Ignatian spirituality - i.e. the vision of how to live the Gospel more deeply inspired by the experience and charism of *St. Ignatius of Loyola*. It will include input and discussion on the Spiritual Exercises as a school of prayer, of discernment and interior freedom; the vision of the world according to St. Ignatius and how God is present in all things; the affective dimension of Ignatian prayer; the role and significance of consolation and desolation; the awareness prayer exercise; the meaning and importance of mission as the fruit of prayer. The weekend will include teaching, practical exercises, silence/prayer and times of communal worship and fellowship in the setting of the beauty of God's creation.

**KING'S FOLD WOMEN'S RETREAT with Michelle Newsham**

**April 27<sup>th</sup> - 29<sup>th</sup>, 2018**

**\$265 shared, \$295 single**

More information coming soon!

**CONTEMPLATIVE PHOTOGRAPHY RETREAT with Linda and Rupert Wilson**

**May 25-27, 2018**

**\$265 shared, \$295 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.

**ASSOCIATES RETREAT with the King's Fold Community**

**July 6<sup>th</sup> - 8<sup>th</sup>, 2018**

**For Associates who have served in the last year.**

More information coming soon!

**7 DAY SILENT DIRECTED IGNATIAN RETREAT with Charles Pottie-Pâté, sj, and Heather Cowie July 15<sup>th</sup> - 22<sup>nd</sup>, 2018 \$1000/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.

**COLLAGE AS PRAYER Creative Retreat with Cheryl Lee Andersson**

**September 7<sup>th</sup> - 9<sup>th</sup>, 2018**

**\$265 shared, \$295 single**

Do you long for a safe and welcoming place where you can take time to pause and nourish your soul? Are you drawn to pray with the creative medium of Collage and Visual Prayer/Visio Divina? Want to explore God's presence through solitude **and** community? Join us for this quietly expressive prayer retreat and be renewed in this stunningly beautiful nature setting.

**KING'S FOLD STUDY TOUR TO ISRAEL with Michelle Newsham & Jerusalem University College October 20<sup>th</sup> - November 4<sup>th</sup>, 2018**

If you have not already done so, contact Michelle at King's Fold as soon as possible as plans are getting underway. There will be an information meeting at King's Fold on Sunday, September 24<sup>th</sup>, 2017 @ 4 pm. Commitment to the trip will be required in January.

**WORDS IN THE VALLEY - A Retreat for Writers with Alicia Dykstra**

**November 2<sup>nd</sup> - 4<sup>th</sup>, 2018**

**\$265 shared, \$295 single**

Our culture is fearful of facing into loss & disappointment. Grief can be overwhelming. But **Lament**, an *artful tool* in Hebrew culture, is an avenue for articulating life in hard times. Putting our loss and pain into words on paper may be a first step in the expression of grief. Through attentive writing we can often discover what is hiding in our soul, opening a path towards healing and wholeness.

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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