



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 Gavan!

CM 632

St. Francis Xavier Church | Sartell, MN
St. Mary's University | Winona, MN

I am originally from Sartell, MN and a 2023 graduate of Sartell High school where I was involved in various different activities and athletics throughout my time. Currently I am finishing up my BI and Data analytics degree from St. Mary's university in Winona, MN and playing my senior year of baseball there!

TEC has had a profound impact on my spiritual and daily life in multiple ways and I was introduced to TEC at a pivotal point in my life. I attended my first TEC retreat in February of 2023 as a senior in high school, with an unlit soul in need of Christ's love. On my first TEC weekend I was able to witness that agape love of Christ through the communion of the people I shared that weekend with. I came into TEC thinking it would be a good opportunity to learn about myself, but I left knowing that it is no longer I who live, but Christ who lives in me! What an uplifting and fulfilling experience that is! Throughout the three day retreat I experienced "Metanoia" or a changing of heart, and this was truly a maturing experience for my young self!

TEC showed me that Christ's unconditional everlasting love for us; is where we find happiness and joy in life. As a senior in high school in desperate need of something deeper and more delivering than secular promises, it was the TEC experience that helped jolt me into a deeper and profound connection with the giver of true happiness.

To this day, the TEC community and family has been a constant source of life giving moments for me. It is this group who challenges one another to grow closer in communion with the living God, and calls each other to use those spiritual gifts that are a backbone in my faith community. As a current leader of the program I have seen countless times a spiritual ignition in both young and old souls, as well as I could not recommend enough for anyone striving for something deeper, in need of companionship, or looking for a true source of happiness to try the TEC program.

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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