



Central Minnesota TEC



Meet Liz!

CM 610

St. Francis Xavier | Sartell, MN
Catholic Charities | St. Cloud, MN

When I look back on my first TEC weekend, I can clearly see how persistently God was already at work in my life. At the time, I was a junior in high school and felt comfortable with who I was. I was busy: coming off a successful volleyball season, involved in school activities, attending Mass regularly with my family, and recently confirmed. My faith mattered to me, but it fit neatly into the rest of my life—mostly at Mass and in Theology class. I felt content, and honestly unaware that God might be inviting me into something deeper.

The invitation to TEC came in a surprising way—through a family friend who called me into his office over the school loudspeaker. And by the way, he was our assistant principal! But sometimes, God really does need to call us over a loudspeaker. 😊 With no big plans the weekend after Christmas, I agreed to attend the December retreat without much thought. In the weeks leading up, people kept reaching out, telling me how excited they were for me to go. I couldn't understand what could possibly be so life-changing about a retreat. The night before the weekend, reality set in—and so did some regret. It was Christmas break, and waking up early to spend three full days with strangers sounded far less appealing than sleeping in and watching Hallmark movies. I questioned why I had signed up at all. Still, my parents—both past TEC participants—encouraged me to honor the commitment I had made. From the moment I arrived at the TEC Center, everything shifted. I was met with a warmth and joy that immediately put me at ease. The people serving that weekend were fully present, genuinely excited, and deeply welcoming. Any fears about not fitting in or not being “good enough” or “holy enough” quickly dissolved. Instead of judgment, I experienced acceptance. People met me exactly where I was and gently walked with me closer to Christ. As the weekend unfolded, I was surprised again and again by meaningful conversations, deep prayer, laughter, and unexpected friendships. By the final day, I felt an overwhelming sense of belonging and peace—and I didn't want to leave.

What I didn't realize then was just how profoundly that weekend would shape my life. Since my first TEC, my relationship with God, with myself, and with others has been transformed. Before, God was an important part of my life. Now, God is at the center of it. My faith no longer exists only on Sunday mornings—it shapes how I show up at work, in leadership, relationships, and everyday life. TEC taught me what it looks like to live a faith rooted in authentic, communal, and unconditional love.

Years later, TEC continues to form me. I've seen how God uses this program to ignite hearts, call forth leaders, and remind people of their inherent dignity. I am endlessly grateful for the ways TEC continues to help me grow and invite me deeper. Being part of TEC is not just something I once did—it continues to shape who I am becoming.

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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