Emotions Anonymous®

Region 1 Retreat Program

February 16-18, 2018
99th Weekend Retreat
621 1st Avenue South
Buffalo, Minnesota 55313

763-682-1394

http://kingshouse.com/
https://www.facebook.com/christthekingretreatcenter/King's House

hEAling through the

Twelve Steps

Overlooking Lake Buffalo

Friday afternoon February 16, 2018

6:00 p.m.   Check-in begins – Welcoming – Bobbie and Sharon
7:45 p.m.   House Rules – Blue Room - King's House Staff
7:55 p.m.   5th Step Sign-Up Sheet Review –Sister Brenda Rose, Father Lon or Jim will be available for one hour sessions – each have three openings

Friday Evening, Feb. 16, 2018

8:00 p.m.   Joyce T -Opening Remarks, Honoring those who have passed in 2017-18, and Icebreaker

8:10 p.m.   hEAling through the 12 steps
　　　　　　　Step 1 – Betty L
　　　　　　　Step 2 – Katy H
　　　　　　　Step 3 – Dave Q
9:00 p.m.   Optional: *Small Group EA meetings*

Blue Room

All sessions take place here

Dining Room

All meals served here
8:00 a.m. Sat. & Sun.
12:00 noon Sat. & Sun.
6:00 p.m. Sat.

Saturday, February 17, 2018

8:00 a.m.   Breakfast

9:00 a.m.   Chapel Meditation

9:45 a.m.   hEAling **– Russ E – Blue Room**

Steps 4&5 Katy H

New potential literature – Russ E

12:00 p.m.   Lunch

1:00 p.m.   hEAling **– Russ F – Blue Room**

Steps 6 & 7

3:00 p.m.   **Free Time**

3:00 – 5:00   **Just Arting Around**
Painting $25 (see below)– Break Room next to Blue Room (proceeds to scholarship fund)

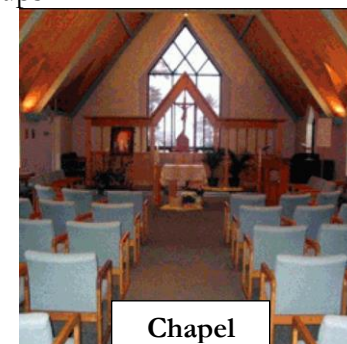**Coloring (Free) - Break Room next to Blue Room**

4:30 p.m.   Renewal Service Practice

5:00 p.m.   **Planning Meeting – Blue Room**

Saturday Evening, Feb. 18, 2018

6:00 p.m.   Dinner

7:00 p.m.   ***Renewal Service – chapel Steps 10-12***

Remembrance

8:00 p.m.   **Raffle – Donated prizes from EA members – proceeds go to scholarship fund**

8:30 p.m.   Talent Show

9:30 p.m.   Optional EA small groups

Garden Room

Chapel

Sunday Morning, Feb. 18, 2018

8:00 a.m.   Breakfast

9;00 a.m.   Chapel Meditation

10:00 a.m.   Steps 7,8,9 – **Sid**

Small Group Activity – amends letters to self

11:00 a.m. Open Sharing – Describe your hEAling

11:30 a.m. Feedback on this retreat

12:00 p.m.   Lunch

12:45 p.m   Goodbyes