

**REGION 1 EA RETREAT**  
**101<sup>ST</sup> RETREAT WEEKEND**  
*For emotional health through the 12 step program.*  
*\*Please share this with your EA group\**

*Come gather with others working the EA 12 step program for a time of special growth.  
This is a time away from daily responsibilities, home, family and work.  
Come share a delightful, inspiring weekend with open, receptive and understanding people.*

Our retreats are unlike any other experience in their depth of feeling. The weekend unfolds in relaxed, thoughtful participation, unhurried by what must be done next. There are planned activities and meetings or the option of free time. It is all individual - work the program your own way - at your own pace!! Share growth in the program through meditations, open sharing, and theme talks. *Take what you like and leave the rest!!*

**THEME: AWAKENINGS 101**

**DATE:** February 15<sup>th</sup>- 17<sup>th</sup>, 2019 (Starts 7:45 p.m. Friday; ends 1:00 p.m. Sunday)

**PLACE:** King's House, Buffalo, MN. <https://kingshouse.com/facilities/conference-rooms/>

**WEB LINK:** <https://emotionsanonymous-org.presencehost.net/what-we-offer/event-calendar.html/calendar/2019/2>

**SESSIONS:** *What are the stages of recovery?...Bringing Compassion to myself and my daily inventory...Setting aside unhealthy understandings of powerlessness...Transforming negative thinking to positive...Recovering from the habits of codependency with EA steps and tools...Visualizing my own joyful life...Gratitude practices for deepening joy and connection to Higher Power...Optional morning Yoga*

**SPECIAL OPPORTUNITY:** You can do a 5<sup>th</sup> step with one of the Fathers or Sister Brenda Rose. If you are ready to do this, *please sign up on the registration form.* You must sign up before hand and come ready with your 4<sup>th</sup> step.

**AUCTION:** We will have a "Silent Auction" with proceeds going to fund scholarships. **Please bring an auction gift.** We encourage you to bring handmade or home baked items. Do you knit or crochet? Do you have a great recipe? (There is a refrigerator to keep your item in until the raffle if necessary).

**VARIETY SHOW:** Please share your special gifts or talents on Saturday night! Be it arts/crafts, a song to sing, a musical instrument to play, or a story to tell - we want to share all of these during the retreat. Please share in the fun! *Please sign up below on this registration form.*

**ATTENDANCE:** We strongly encourage you to come for the entire weekend. If it is possible for you to only attend part of the weekend, *pre-registration and full payment is required.*

**LITERATURE:** EA Literature will be available for purchase Friday night – Sunday morning.

**DRESS:** Casual and comfortable attire.

**SNACKS:** Coffee, cocoa, tea, water and some fruit and cookies are available in the snack room at all times. Consider bringing a snack to share. A refrigerator is available in the snack room.

**MEALS:** Five meals will be served as part of the retreat. Saturday at 8 a.m., noon and 6 p.m. and Sunday at 8 a.m. and noon. **\*There will be a \$3 per meal charge for special diet requests – vegetarian, gluten free, etc.** If you are on a doctor prescribed diet, please give a written notice to the kitchen staff as soon as possible. Call the King's House (763-682-1394) for the weekend menu. You can provide your own food to supplement meals served. Refrigerator is available in the snack room.

**ACCOMMODATIONS:** If you have to have a private room to attend, let us know on the registration form.

## WEEKEND RETREAT SCHEDULE

**Rooms:** <https://kingshouse.com/facilities/conference-rooms/>  
**Friday Evening, February 15, 2019**

- 6:00 p.m. Sharon W. and Bobbie L. Check-in Welcome
- 7:45 House Rules (House staff) – Blue Room
- 8:00 Scott J. Welcome and Introductions
- 8:15 Scott J. & Sharon H. Present Conference  
 Theme: *Thriving and welcoming our next awakenings*
- 8:30 Charlie B. Fun Exercise: Welcome Game

**Saturday, February 16, 2019**

- 7:00 a.m. Optional: Yoga – Blue Room
- 8:00 a.m. Breakfast – Dining Room upstairs
- 9:00 a.m. Scott J. - Chapel Meditation
- 9:45 a.m. Charlie: Bringing compassion to our daily inventory  
Sharon H: Exactly what do we mean when we say, “We’re powerless over our emotions”?

Charlie: Transforming Negative Thinking

12:00 P.M. Lunch – Dining Room upstairs

1:00 Two Tracks to choose from:

**Track 1: Small Groups**

Russ F: Blue Room

Awakenings 101: The Four A’s Questions

**Track 2: New Awakenings Workshop**

Charlie & Sharon: Break Room

Recovering from the habits of codependency with EA steps and tools

3:00 p.m. Free Time

Small groups, Walk, Read, Rest, Journal

4:30 Sharon B. - Renewal Service Practice

5:00 Planning Meeting – Blue Room

6:00 Dinner – Dining Room upstairs

7:00 Sharon B. -Renewal Service Chapel

8:00 Karen G. -Silent auction or raffle

8:20 Brad - Variety Show

9:15 Small Groups or Games

**Sunday Morning, February 17, 2019**

- 7:00 a.m. Optional: Yoga – Blue Room
- 8:00 a.m. Breakfast – Dining Room upstairs
- 9:00 John W. Chapel Meditation: Gratitude
- 10:00 Charlie B. and Sharon H. – Blue Room  
 Three Windows: Looking for the good by imagining a joyful future
- 11:30 Affirmations
- 12:00 p.m. Lunch – Dining Room upstairs
- 12:45 Goodbyes – Closing Circle

**EMERGENCY PHONE #:** The number to leave with your family - **763-682-1394**

**Main Coordinators:**

Charlie B. 651-399-0214 Dave Q. 651-434-0162

We thank all who have volunteered to help.

Bobbie L (Registration & Treasurer)

email: [labobbie1002@msn.com](mailto:labobbie1002@msn.com)

**DIRECTIONS:**

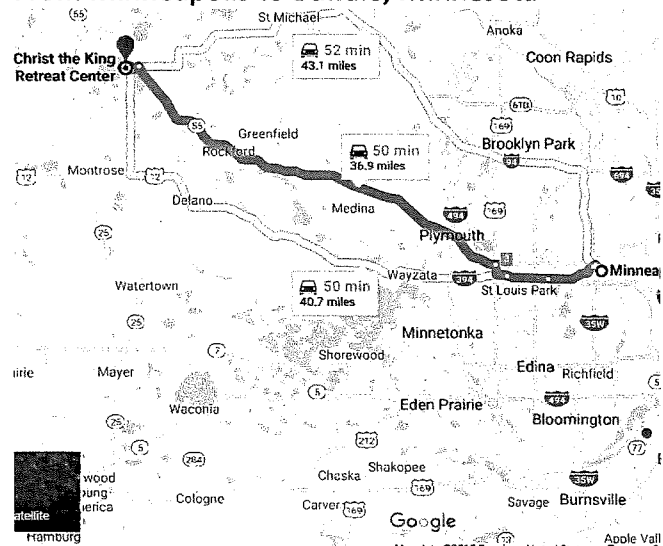
Christ the King Retreat Center

621 First Ave. South Buffalo, MN 55313

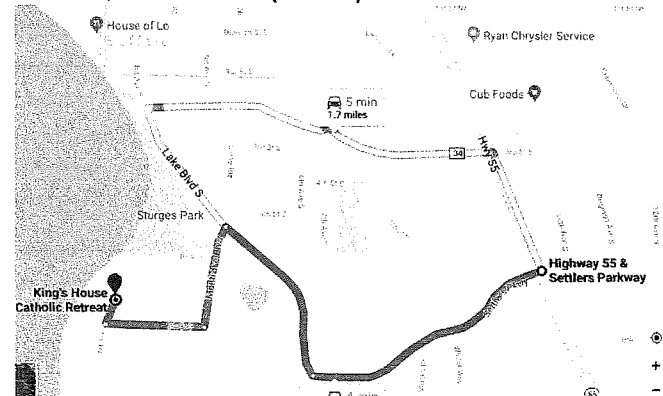
**From the Twin Cities Metro Area:**

1. Take State Highway 55 West to Buffalo.
2. Take a left onto Settlers Parkway (at intersection of Target).
3. Continue on Settlers Parkway until roundabout onto State Highway 25 North.
4. Continue on 25 North to three way stop (Take a Left onto Montrose Blvd/Cty Rd 12.
5. Follow to 7th Street.
6. Take a right on 7th street and follow down to the “T”. Take a right and follow into our parking lot.

**From Minneapolis to Buffalo, Minnesota**



**Buffalo, Minnesota (Detail)**



**REGISTRATION**

**\*\* (Note \$5 increase to Kings House) \*\***

- Step 1:** Complete Registration Form
- Step 2:** **\$160.00 - Check made out to Kings House** (Cashed after retreat)  
(Friday & Saturday lodging + 5 meals -- 3 Saturday & 2 Sunday)

**\$7.00 Cash or Check made out to EA Special Account**  
(Registration fee \*non-refundable\*)

**(\*\* Note 2 separate payments\*\*)**

- Step 3:** By **Feb. 8, 2019**, Mail **\$160.00** check, **\$7.00** cash or check and registration form to:  
**Bobbie Lawrence** Phone: **612-408-4512** email: **labobbie1002@msn.com**  
**3854 120th Ave NW**  
**Coon Rapids, MN 55433**

**Limited Scholarships:** Scholarships may be available –priority given to first-time retreatants. Follow steps 1-3 below. You will receive a reply by mail or phone.

- 1) Submit **Registration Form**
  - 2) **Written request** for Scholarship
  - 3) Send **\$80.00** Check payable to Kings House and **\$7.00 cash or check** (EA), registration fee.
- (Payments returned if no scholarships are available.) Cancellations: For emergencies call Bobbie 612-408-4512

**REGISTRATION OR UPDATE FORM**

*Even if you can't attend the retreat, please send or email us any updates on your contact information on the form below at least once a year please. (Check one below please.)*

\_\_\_\_\_ **Weekend Registration Form**                      \_\_\_\_\_ **Mail Update Form**

**(Check all that apply to you)**

- \_\_\_\_\_ This is my first EA retreat
- \_\_\_\_\_ I plan to share a room with \_\_\_\_\_
- \_\_\_\_\_ I don't have a roommate, assign me one please.
- \_\_\_\_\_ I would prefer not to share a room if possible,  
But will share if necessary.
- \_\_\_\_\_ I need a private room or I can't attend
- \* \_\_\_\_\_ I would like to be on the list for **an hour** for my 4<sup>th</sup> & 5<sup>th</sup> Step\*
- \* \_\_\_\_\_ I am going to share my talent of \_\_\_\_\_ in the talent show.\*

Reg # \_\_\_\_\_  
 Paid \$160 \_\_\_\_\_ \$7 \_\_\_\_\_  
 Date \_\_\_\_\_  
 Conf. sent \_\_\_\_\_

NAME: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: Area Code (\_\_\_\_) \_\_\_\_\_ Group \_\_\_\_\_

EMAIL: \_\_\_\_\_ Send my registration letter via email \_\_\_\_\_

I need a ride to the retreat \_\_\_\_\_ I can give a ride to the retreat \_\_\_\_\_

**\*\*MAIL \$160.00 & \$7.00 AND FORM TO ADDRESS ABOVE\*\***

***CAN YOU HELP, PLEASE! (Circle one or more)***

- Theme talk - Meal Meditation - Chapel Meditations - Renewal Service Planner -Renewal Service Helper -
- Sell Literature - Snack room organizer - Emcee - Welcoming - Retreat planning - Mailing - Registration - Small group leaders -
- Workshop leaders - Store snack room supplies and bring to next retreat -
- Pick up literature at EA Service Center and bring to retreat - Return Literature to EA Service Center
- Sound person (make sure microphones and tape players are on in each session) – Sell Raffle Tickets