

Positive Thinking VS Stinking Thinking

Minnesota's 109th EA 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. Share growth through meditations, open sharing, and theme talks. **Take what you like and leave the rest!!**

THEME: Positive Thinking VS Stinking Thinking

DATE: July 12th -14th, 2024 (Starts 7:45 p.m. Friday; ends 1:00 p.m. Sunday)

PLACE: King's House, 621 First Ave S, Buffalo, MN. 55313

"Once you replace negative thoughts with positive ones, you'll start having positive results" - Willie Nelson

*"Optimism is a happiness magnet. If you stay positive good things and good people will be drawn to you" -
Mary Lou Retton*

FIFTH STEP OPPORTUNITY: *Someone will be available for a 5th Step at \$50 an hour. *Sign up with the attached registration form by July 1 and come ready with your 4th & 5th 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. Share your gifts and talents.

TALENT SHOW: *We are eliminating the talent show portion of the Saturday night session due to lack of interest. For those who are interested in using your talents to participate in the renewal service, we are asking that it be in the form of music, reading, or skit pertaining to the theme. Please contact Sharon B, (507-403-3137) by 6-30-24 if you are interested or have any questions. Thank you!*

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 cookies are available in the snack room at all times provided by the Kings House. Water and pop are available for a fee. Optional: Bring a snack to share in the snack room. A refrigerator is available in the snack room. **No food or beverage besides water in sleeping rooms.**

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.** ****Persons needing gluten-free or vegetarian meals must include that on the registration form by July 1st.** Persons who have requested a special diet are to go through the buffet line and select items that fit their meal plan. They can also ask the staff member present how the items are prepared if they have any questions. **BEWARE:** They do not have a gluten-free kitchen so there is a risk of cross-contamination if you request gluten-free. A Refrigerator is available in the snack room to provide your own food..

ACCOMMODATIONS: We have 31 rooms available to us, first come first serve. If you would like to share a room with someone, please note it on the registration form.

WEEKEND RETREAT SCHEDULE
****BRING ALONG TO RETREAT****

Friday Evening, July 12th, 2024

- 6:00 p.m. Sharon W and Bobbie L. Check-in
Welcome
- 7:45 p.m. House Rules (House staff) – Blue Room
- 8:00 p.m. Welcome and Introductions
(Karen G and Kim B)

Saturday, July 13th, 2024

- 7:00 a.m. Yoga – Blue Room
- 8:00 a.m. Breakfast – Dining Room upstairs
- 9:00 a.m. Chapel Meditation -Bobbie L & Sharon W.
- 9:45 a.m. Blue Room – *Positivity via Gratitude!*
Guest Lloyd B. (Mary Beth)
- 12:00 P.M. Lunch – Dining Room upstairs
- 1:00 Blue Room - Small group Workshops
(Russ F)
- 3:00 p.m. - 6 Free Time
Small groups, Walk, Read, Rest,
Journal, Fourth & Fifth step,
Renewal Service Practice
- 5:00 **Planning Meeting – Blue Room**
- 6:00 Dinner – Dining Room upstairs
- 7:00 Renewal Service - Main Chapel
(Sharon B)
- 8:00 Silent auction - Snack Room
(Bobbie L & Sharon W.)
- 8:30 Small Groups or Games

Sunday Morning, July 14th, 2024

- 7:00 a.m. Yoga – Blue Room
- 8:00 a.m. Breakfast – Dining Room upstairs
- 9:00 Chapel Meditation (Dave Q)
- 10:00 *Positive Thinking Through working the
program – (Matt J)*
- 11:30 Affirmations
- 12:00 p.m. Lunch – Dining Room upstairs
- 12:45 Goodbyes – Closing Circle

****BRING ALONG TO RETREAT****

EMERGENCY PHONE #:The number to leave with
your family - **612-849-8050 Diana G OR**
612-408-4512 Bobbie L

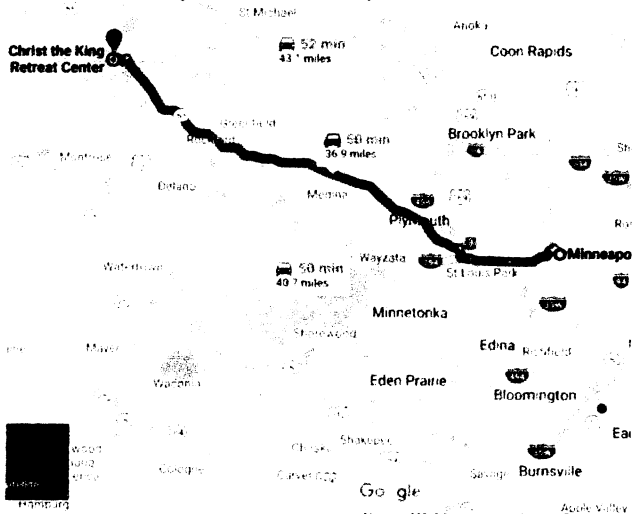
Questions: Buffalo Retreat – Diana G.
dlsquenth@gmail.com
Registration and Treasurer - Bobbie L.
labobbie1002@msn.com

We thank all who have volunteered to help.
DIRECTIONS: Use your GPS with this address -
Christ the King Retreat Center
621 First Ave. South, Buffalo, MN 55313

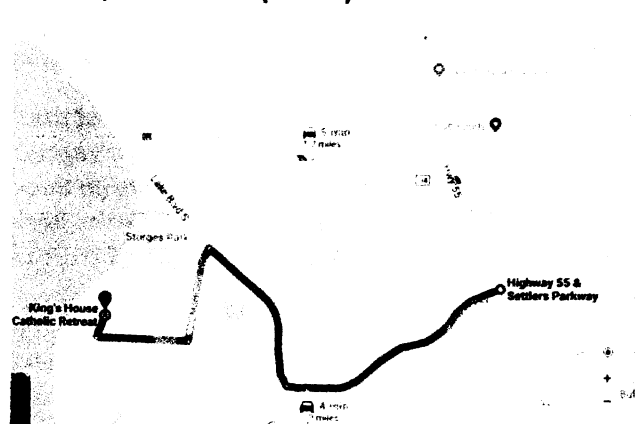
From the Twin Cities Metro Area:

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/County 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 — FIRST COME FIRST SERVE — 31 ROOMS

- Step 1:** Complete Registration Form
Step 2: **\$265.00** - Check made out to **EA SPECIAL ACCOUT** (Cashed after retreat)
(Friday & Saturday lodging + 5 meals -- 3 Saturday & 2 Sunday, and registration fee.)
In case of cancellation, \$20 Registration fee is *non refundable*.

Step 3: **By July 1st** Mail **\$265.00** check made out to **EA SPECIAL ACCOUT** and registration form to:

Bobbie Lawrence Phone: **612-408-4512** email: **labobbie1002@msn.com**
3854 120th Ave NW
Coon Rapids, MN 55433

Limited Scholarships: Partial Scholarships may be available – priority given to first-time retreatants. Follow steps 1-3 below.

You will receive a reply by e-mail, mail, or phone.

- 1) Submit **Registration Form**
- 2) **Written request** for Scholarship
- 3) Send **\$140.00** Check made out to **EA SPECIAL ACCOUT** (Cashed after retreat)

(Payments returned if no scholarships are available.) Cancellations: For emergencies call Bobbie 612-408-4512)

REGISTRATION OR UPDATE FORM

(PLEASE EMAIL TO LET US KNOW IF YOU NO LONGER WANT TO REMAIN ON THE MAILING)

Bobbie L - labobbie1002@msn.com OR Diana G - dlsquenth@gmail.com

Even if you can't attend the retreat, please send or email us any updates on your contact information on the form below 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 _____
_____ Private Room

EA Office: _____
Reg # _____
Paid \$265 _____
Date _____
Conf. sent _____

- * _____ I would like to be on the list for **an hour** for my **4th & 5th Step***
** _____ I need **gluten-free meals**
** _____ I need **vegetarian meals**

NAME: _____ Male _____ Female _____

ADDRESS: _____ CITY/STATE/ZIP: _____

PHONE: Area Code (____) _____ Group _____

EMAIL: _____ Send my registration letter via email _____