

Seasons Of Recovery Flyer

An EA Retreat: July 16-18 2021 – See enclosed Registration Letter

In person in Buffalo, MN. And on Zoom [Virtual EA July 2021 Retreat](#)



What seasons are going on inside us?

Summer is almost here. But what season of recovery are *we* in today? What weather systems are passing through us, influencing the climate of our hearts? What are we feeling as we move back into the world? And how can we best navigate our experience, whatever it is, in wise sobriety?

Please join us for a weekend retreat which leads us from recognizing *where we are* to *where we're being called to* and what tools of recovery we'll need in our hands. **We strongly encourage you to purchase the EA pamphlets below at \$0.40 each (#55, 92, 93, 89, 91, 53, 48, 94, 52, 95,76 50).** Click on the link for information below. These will also be screen-shared during the virtual retreat.

[Emotions Anonymous Online Store](#)

Pamphlets will also be available for sale at the Kings House

Winter

We'll read and share on the new **GRIEF** pamphlet (5 ways to face your grief) #55. Read and share on the new **REAL LISTENING** pamphlet #92 Read and share on the new **PUSHING AWAY OUR FEELINGS** pamphlet #93.

Spring

We'll read and share on the new **TRUST** pamphlet #89. Read and share on the new **COMFORT ZONE** pamphlet #91. Spring can be a time for openness to trust, getting out of our comfort zone, and loving. We will also read the **EXPERIENCING LOVE** pamphlet #53.

Summer

We'll read and share on the newly revised **ANGER** pamphlet #48 / Read and share on the newly **GUILT** pamphlet #94. read and share on the newly revised **SUICIDE** pamphlet #52. Summer can be an emotional time where we deal with challenging emotions involving being mad, feeling bad, and even despairing.

Autumn

We'll read and share on the newly **GRATITUDE** pamphlet #95. Read and share on the new **HIGHLY SENSITIVE PEOPLE** pamphlet #76. Read and share on the newly revised **PERFECTIONISM** pamphlet #50. The Fall season can be a great time for being thankful, attending to heightened sensitivity, and dealing with perfectionism.

We look forward to being with you soon!

2021 Seasons of Recovery

Minnesota's 105th EA RETREAT WEEKEND and Virtual Retreat 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: Seasons of Recovery

DATE: July 16th -18th, 2021 (Starts 7:45 p.m. Friday; ends 1:00 p.m. Sunday)

PLACE: King's House, Buffalo, MN. (Sessions of this retreat will be virtually – see below)

SESSIONS – VIRTUAL [Virtual EA July 2021 Retreat](#) and IN-PERSON (King's House):

1. **Winter – 8:00 pm – 9:00 pm central time Friday July 16, 2021**
2. **Spring – 9:45 am – 11:45 am central time Saturday July 17, 2021**
3. **Summer – 1:00 – 3:00 pm central time Saturday July 17, 2021**
4. **Renewal Service 7:00 – 8:00 pm central time Saturday July 17, 2021**
5. **Autumn – 10:00 – noon central time Sunday July 18, 2021**

INFORMATION FOR IN-PERSON ATTENDEES ONLY

FIFTH STEP OPPORTUNITY: *Sign up with the attached registration form and come ready with your 4th 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.

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: 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. Sharing a room is at your own risk.

WEEKEND RETREAT SCHEDULE

BRING ALONG TO RETREAT

Friday Evening, July 16th, 2021

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

*8:15 p.m. Seasons of Recovery -Winter (SEE FLYER)

Saturday, July 17th, 2021

7:00 a.m. Yoga – Blue Room

8:00 a.m. Breakfast – Dining Room upstairs

9:00 a.m. Chapel Meditation -

*9:45 a.m. Blue Room – Spring (SEE FLYER)

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

*1:00 Blue Room -Season of Recovery –
Summer (SEE FLYER)

3:00 p.m. - 6 Free Time
Small groups, Walk, Read, Rest,
Journal, Fourth & Fifth step

4:30 Renewal Service Practice

5:00 Planning Meeting – Blue Room

6:00 Dinner – Dining Room upstairs

*7:00 Renewal Service Chapel

8:00 Silent auction or raffle

8:20 Brad - Variety Show

9:15 Small Groups or Games

Sunday Morning, July 18th, 2021

7:00 a.m. Yoga – Blue Room

8:00 a.m. Breakfast – Dining Room upstairs

9:00 Chapel Meditation

*10:00 Season of Recovery – Fall (SEE FLYER)

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**

Questions: Virtual Retreat – Dave Q. quastde62@gmail.com

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:

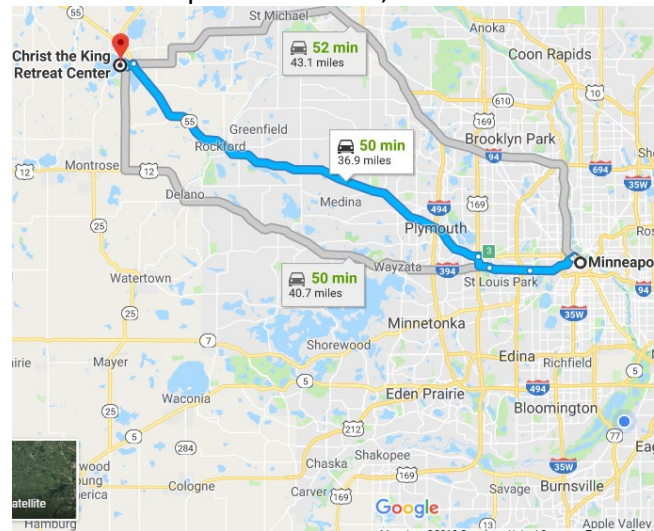
Christ the King Retreat Center

621 First Ave. South Buffalo, MN 55313

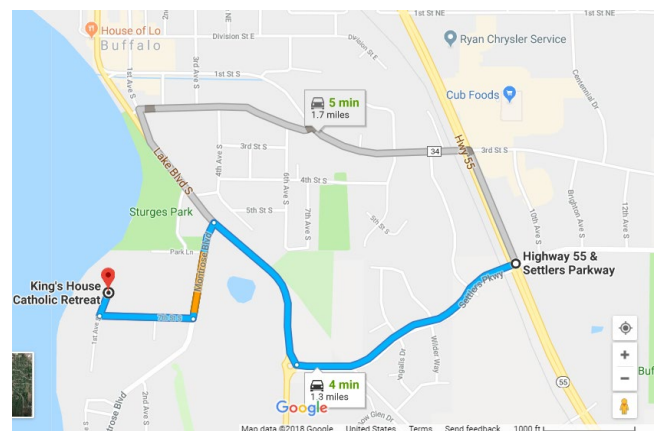
From the Twin Cities Metro Area:

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)



VIRTUAL RETREAT – NO PRE-REGISTRATION REQUIRED – Attend any or all sessions

Session 1: 7-16-21 8:00-9:00 pm CDT; Session 2: 7-17-21 9:45-11:45 am CDT; Session 3: 7-17-21 1:00 -3:00 pm CDT;
Session 4 (Renewal Service) : 7-17-21 7:00 -8:00 pm CDT; Session 5: 7-18-21 10:00 am- noon CDT

ZOOM LINK –[Virtual EA July 2021 Retreat](#) (No need to download Zoom. You can click “Join from your browser”)

Meeting ID: 984 905 917

Passcode: 044838 (enter passcode when prompted)

One tap mobile is +19294362866 (New York) Dial by your location is 1-312-626-6799 US (Chicago)

Suggested donation to EA: \$50.00 <https://emotionsanonymous.org/donate/>

REGISTRATION – IN PERSON ATTENDEES ONLY - FIRST COME FIRST SERVE – 31 ROOMS

Step 1: Complete Registration Form

Step 2: **\$186.00** - 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 July 9th** Mail **\$186.00** 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 **\$93.00** 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 _____

(at your own risk).

_____ Private Room

Reg # _____

Paid \$186 _____ \$7 _____

Date _____

Conf. sent _____

* _____ I would like to be on the list for **an hour** for my **4th & 5th Step***

* _____ I am going to share my talent of _____ in the talent show.*

NAME: _____ Male _____ Female _____

ADDRESS: _____ CITY/STATE/ZIP: _____

PHONE: Area Code (____) _____ Group _____

EMAIL: _____ Send my registration letter via email _____