



Breathtaking Sunset over Buffalo Lake taken by an EA member

JULY 14-16, 2017 EA RETREAT - BUFFALO, MN

HONORING OUR PAST AND EMBRACING OUR FUTURE REGION 1 EMOTIONS ANONYMOUS RETREAT

Weekend Retreat at King's House – Buffalo MN

This summer's retreat theme "Honoring Our Past and Embracing Our Future" will feature long-time EA members who have worked the program with patience and persistence to achieve deep serenity and lives of greater joy.

Don't miss out !

**Take time to renew
yourself**

Magical serenity

Inspiring Speakers

**Warm and
accepting
fellowship**

Laughter and joy

King's House
Retreat Center
621 S. First Avenue
Buffalo, Minnesota 55313

Questions and Registration
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<http://emotionsanonymous.org>

RETREAT SESSIONS:

Our sessions will be based on our theme "Honoring Our Past and Embracing Our Future". Our second EA promise states that I do not regret the past nor wish to shut the door on it. This is applicable to the EA program as a whole. We invite long-timers with historical EA information to contact the planning committee and/or share at the retreat. We will then invite all retreat participants to share their experience of moving into lives of wellness, wholeness, and happiness. We can move forward in EA to better embrace a promising future for ourselves and for EA as a whole.

Friday Night July 14, 2017 – 7:45 PM – Opening Remarks by EA Director Elaine, Theme talk by Scott J

Saturday & Sunday Mornings July 15 & 16, 2017 – 9:00 AM – Chapel Meditations after breakfast

Saturday Morning July 15, 2017 – 9:45 AM – Honoring the EA Past Theme talks

Saturday Afternoon July 15, 2017 – 1:00 PM – Embracing the EA Future Theme talks and Workshop

Saturday Afternoon July 15, 2017 – 3:00 PM – Free Time Options*: Small Groups, Fellowship

Saturday Evening July 15, 2017 – 7:00 PM – Renewal Service, Raffle, Talent Show

Sunday Morning July 16, 2017 – 10:00 AM – Theme talk and Group sharing

***Just Arting Around Optional Painting Party – Saturday Afternoon July 15, 2017 around 3:00 PM**

This July's retreat is "Honoring Our Past, Embracing Our Future," and in keeping with that, attendees will have an opportunity to discover and enjoy our own past and future creativity through "Just Arting Around," a Private Painting Party to take place on Saturday afternoon during free time. We will paint an adorable owl, whose head can swivel so far it can see behind it and its far-flung future.

Easels, paint brushes, acrylic paint, aprons, and canvases will be provided for up to 10 people to participate in painting an easy-to-create masterpiece. For just \$25, (checks may be made out to Just Arting Around), you'll receive up to three hours of instruction and get to keep your 11x14 painting. NO EXPERIENCE OR TALENT NECESSARY! NO PERFECTIONISM ALLOWED!! All you need is a desire to have fun and open yourself to new abilities you may not have known you possessed.

Sign up is required ahead of time, and four people are required to offer this class. So sign up soon! Remember, a maximum of 10 people can participate in this super-fun activity. Proceeds from the class (beyond the instructor's cost) will be donated to the EA Retreat scholarship fund!

To attend email Sid K. at sid@justartingaroundmn.com. Or call [612-369-6877](tel:612-369-6877)

For more information or to see my artwork, please visit www.justartingaroundmn.com