

# Thrivers' Education

## Minnesota's 102nd 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.  
Some workshops are from "Welcoming the Spiritual Awakening Within Me" EA's new workbook.  
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:** Thrivers' Ed

**DATE:** July 19<sup>th</sup> -21st, 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:**

1. **An overview of the three stages of recovery in EA:** A survey of stage two recovery...What is spiritual awakening? How do we know we're thriving in our recovery?
2. **Thrivers' Ed small groups.**
3. **Recognizing our Spiritual Awakening:** We must accept gifts from our Higher Power if we are to keep them. We can actually become happy people. How do we be both humble and confident?
4. **Optional morning Yoga**
5. **FIFTH STEP OPPORTUNITY:** Sign up with the attached registration form 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.

**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.

**Rooms:** <https://kingshouse.com/facilities/conference-rooms/>

## WEEKEND RETREAT SCHEDULE

### Friday Evening, July 19th, 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. Buckling up, checking your mirrors, and getting in gear with your program

### Saturday, July 20th, 2019

- 7:00 a.m. Optional: Yoga – Blue Room
- 8:00 a.m. Breakfast – Dining Room upstairs
- 9:00 a.m. Chapel Meditation
- 9:45 a.m. Charlie B Stages of Recovery and how do we know we're thriving.
- 12:00 P.M. Lunch – Dining Room upstairs
- 1:00 Russ F Blue Room  
Thrivers' Ed  
Small groups
- 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, July 21st, 2019

- 7:00 a.m. Optional: Yoga – Blue Room
- 8:00 a.m. Breakfast – Dining Room upstairs
- 9:00 Chapel Meditation: Gratitude
- 10:00 Dave Q.  
Recognizing our spiritual awakening.
- 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:**

Russ F. 320-253-6870 John W. 612-760-0313

We thank all who have volunteered to help.

Bobbie L (Registration & Treasurer)

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

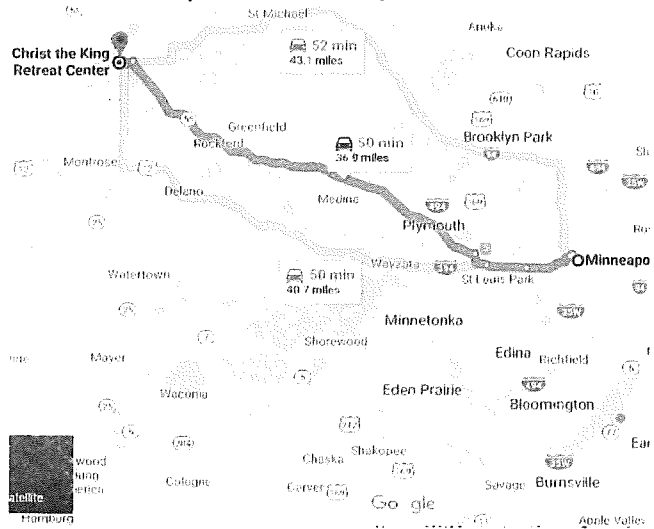
**DIRECTIONS:**

Christ the King Retreat Center  
621 First Ave. South Buffalo, MN 55313

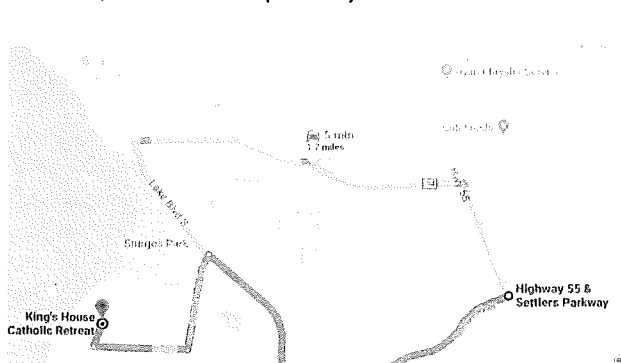
**From the Twin Cities Metro Area:**

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**

**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 July 12<sup>th</sup> 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 Special Account), 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

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

- \* \_\_\_\_\_ 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.\*

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