

# May 2023 EA Pamphlet Retreat

Saturday May 13<sup>th</sup>, 2023

7 AM – 12:30 PM, PDT | 8 AM – 1:30 PM, MDT

9 AM – 2:30 PM, CDT | 10 AM – 3:30 PM, EDT

**Time Zone Converter Link:** <https://www.timeanddate.com/worldclock/converter.html>

*Remotely by Phone & Virtually Online Through Zoom*

## Join Virtually Online —

**Link:** <https://us02web.zoom.us/j/86314029741?pwd=cndPKzdXNUF6a1JJWDg4eWUxOXMzdz09>

**Zoom Meeting ID:** 863 1402 9741

**Online Passcode:** 996455

## Join Remotely by Phone —

**Phone Number:** +1 646-931-3860

**Phone Access Code:** 996455#

**Find your local number here:** <https://us02web.zoom.us/u/kgBPHEVZO>

## Retreat Schedule (Central Daylight Time) —

- 9 AM - 9:15 AM: Welcome. Preamble. Zoom etiquette
- 9:15 AM - 10 AM: Serenity Prayer & Read the “Yellow Pamphlet” ([FREE PDF](#))
  - Reflection Question: “How would EA meetings be different if the 72 Tools of Recovery were not read?”
- 10 AM - 10:20 AM: Read Suicide Pamphlet (#52)
- 10:25 AM - 11 AM: Share on reflection questions
- 11 AM - 11:20 AM: Read Comfort Zone Pamphlet (#91)
- 11:25 AM – 12 PM: Share on reflection questions
- 12 PM - 12:45 PM: Lunch
- 1 PM - 1:20pm Read Healthy Boundaries Pamphlet (#100)
- 1:25 PM - 2 PM: Share on reflection questions
- 2 PM - 2:30 PM: Closing by the St. Cloud Group. Reflection on the effort to make the time to gather as a Fellowship. Share one Gratitude. Serenity Prayer.

If you have any questions please contact Kathleen E. at [kathleene.engel@gmail.com](mailto:kathleene.engel@gmail.com) & +1 320-267-2040.