

2022 UP, UP, & AWAY
Minnesota's 106th 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: Up, UP, & Away

DATE: February 18th -20th, 2022 (Starts 7:45 p.m. Friday; ends 1:00 p.m. Sunday)

PLACE: King's House, Buffalo, MN.

The 12 steps

*The first three steps taught me how to give up.
Four, five and six taught me how to own up.
Seven, eight, and nine taught me how to make up.
Ten, eleven and twelve taught me how to grow up*

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 provided the Kings House. At this time we won't be sharing snack from the outside. Keep snacks you bring yourself in your room. 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. Special meal requests must be received weeks before the start of the retreat or by February 1.** 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, Feb 18th, 2022

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. Giving Up to the HP (Joyce T)

Saturday, Feb 19th, 2022

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 – Owing Up/Trading Up
(Sharon B & Russ E)

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

*1:00 Blue Room - Making Up/Setting UP
(Russ F)

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 (Sharon B)
Tuning Up

"Music is what feeling sounds like"

8:00 Silent auction or raffle

8:20 Brad - Variety Show

9:15 Small Groups or Games

Sunday Morning, Feb 20th, 2022

7:00 a.m. Yoga – Blue Room ?

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

9:00 Chapel Meditation

*10:00 Season of Recovery – Looking
Up/Growing UP (Dave Q)

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: Buffalo Retreat – Dave Q. quastde62@gmail.com

Questions: Buffalo Retreat – Diana G. disguenth@gmail.com

Registration and Treasurer - Bobbie L. labobbie1002@msn.com

We thank all who have volunteered to help.

DIRECTIONS:

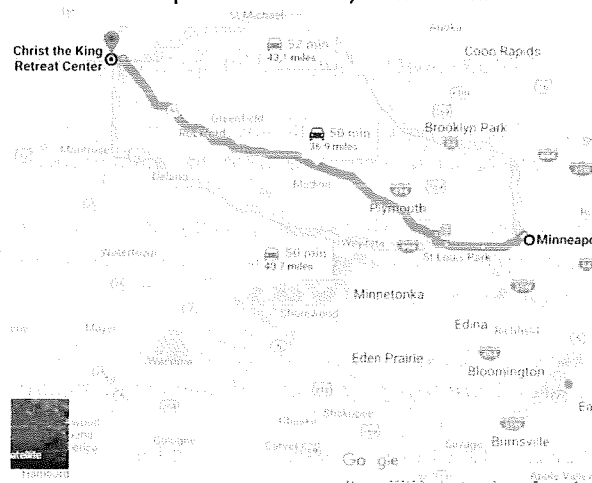
Christ the King Retreat Center

621 First Ave. South Buffalo, MN 55313

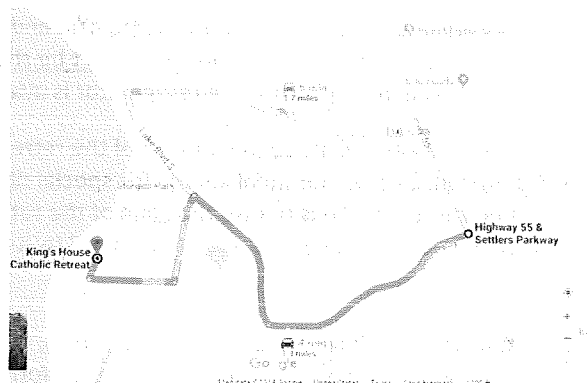
From the Twin Cities Metro Area:

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)



REGISTRATION -- FIRST COME FIRST SERVE -- 31 ROOMS
NOTE: 2 Checks both made out to EA SPECIAL ACCOUNT

Step 1: Complete Registration Form

Step 2: **\$184.00** - Check made out to **EA SPECIAL ACCOUNT** (Cashed after retreat)
(Friday & Saturday lodging + 5 meals -- 3 Saturday & 2 Sunday)
\$10.00 Cash or Check made out to **EA SPECIAL ACCOUNT**
(Registration fee *non-refundable*)

(** Note 2 separate payments**)

Step 3: By Feb 4th Mail \$184.00 check, \$10.00 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 **\$92.00** Check and **\$10.00 cash or check** (registration fee) payable to EA Special Account. 2 checks.
(** Note 2 separate payments**)

(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)

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 \$184 _____ \$10 _____
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 _____