

REGION 1 EA RETREAT
99th RETREAT WEEKEND

Share this with your group (See attached flyer)

For emotional health through the 12 step program. Come gather with others working the 12 step program for a time of growth. This is a time away from daily responsibilities, home, family and work. It is 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 a relaxed, thoughtful participation, unhurried by what must be done next. There are planned activities and meetings or the option of free time. It is all individual - work the program your own way - at your own pace!! Share growth in the program through meditations, open sharing and theme talks.

Take with you what you like and leave the rest!!

THEME: "hEAling through the Twelve Steps

DATE: February 16-18, 2018

PLACE: King's House, Buffalo, MN.

SESSIONS: Our sessions will be based on our theme "hEAling through the Twelve Steps". We will focus our sessions on the different stages of healing, Friday night-healing through steps 1-3, Saturday afternoon-healing through steps 4-6, Saturday evening chapel service-healing through steps 10-12, and Sunday am.- healing through steps 7-9. Come and get your spirits nurtured and recharged!

"Special Opportunity" again this retreat to do a 5th step with one of the Fathers or Sister Brenda Rose. If you are ready to do this ***Sign up on the registration form.*** First come-first serve. You must sign up before hand and come ready with your 4th step.

RAFFLE: We will have a "Special raffle" with proceeds going to fund scholarships to help make it possible for more to attend. **This raffle is going to be for hand made items ONLY!** Bring an item that you made with your special God given talent. It can be anything from something you make to something you bake. Do you can vegetables? Do you knit or crochet? Do you have a killer recipe? There is a refrigerator to keep your item in until the raffle if necessary. Bring a handmade item to donate for the raffle if you would like. **(optional).**

TALENT SHOW: We all have special God Given Talent, "the light within" that we can share with others. Whatever your talent may be: arts, crafts, song, musical instrument, dance, skits, etc. we will be meeting in the Blue Lounge after the ecumenical service for the talent show. ***Sign up on the registration form.*** Share in the fun!

ATTENDANCE: Is strongly encouraged for the entire weekend. By attending part of the time, you miss the fellowship and impact of the retreat. If it is possible to only attend part of the weekend, ***pre-registration and full payment is required.*** 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. There is also a pop machine. Bring a snack to share – **(optional).** Refrigerator is available in the snack room.

NOTE *SPECIAL DIETS: NEW *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: 31 double rooms, 1 handicap accessible room with a double bed. We recommend you send in your registrations as soon as possible. We'd like to accommodate as many people as possible by using all the rooms as doubles but at the same time we don't want to exclude anyone who has to have a private room so it will be 1st come - 1st served. Retreat committee, speakers and meditators, etc. will be

guaranteed rooms so get involved.

SMOKING: King's House is now a SMOKE FREE FACILITY. There are areas outside to smoke. *

WEEKEND RETREAT SCHEDULE

**** BRING ALONG TO RETREAT ****

FRIDAY EVENING Sid K

6:00 PM Check In

7:45 **Welcome/House Rules (Blue Lounge)**

Get to know you time.

8:15 Overall Introduction of theme

Steps 1-3

Small groups

SATURDAY MORNING Russ E

8:00 AM Breakfast (Dining Room)

9:00 **Meditation** (Chapel)

9:45 **Theme talks** (Blue Lounge)

" hEAling through the Twelve Steps"

12:00 Noon Meal (Dining Room)

SATURDAY AFTERNOON Russ F

1:00 PM **Theme Talk** – (Blue Lounge)

Steps 4-6

3:00 **Free time** (Small groups, Library, Walk, Read, Rest, Journal, Ecumenical Practice, Etc.)

5:00 ***Planning Meeting***

Plan for the next retreat. Meet in the Blue Lounge. Everyone welcome, bring ideas & suggestions.

(Please Help Make Our Retreats Great!)

SATURDAY EVENING Sharon B & Kathleen E

6:00 PM Dinner (Dining Room)

7:00 **Ecumenical Service** (Chapel)

8:00 **Raffle**

8:30 **Talent Show** (Blue Lounge) **Brad L**
"Share your Talents"

9:30 Small groups/ Free time

SUNDAY MORNING

8:00 AM Breakfast

9:00 **Meditation** (Chapel)

10:00 **Theme Talk** (Blue Lounge)
Steps 7-9

EMERGENCY PHONE #: The number to leave with your family is – **763-682-1394**

RETREAT COMMITTEE:

(Main Coordinators)

Dave Q 651-434-0162

Betty L 651-238-6859

david.quast@metc.state.mn.us bettylotterman@gmail.com

Janet Z, Char Z, Sharon B, Russ F, Russ E, Brad L, Scott J, John W, Dave Q, & **all** who have volunteered to help.

Bobbie L. (Registration & Treasurer)

email: labobbie1002@msn.com

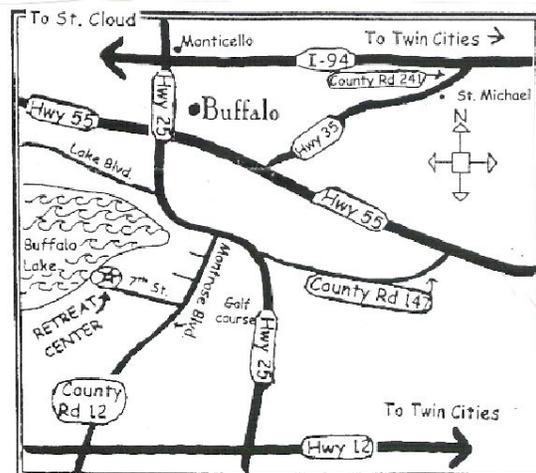
Christ the King Retreat Center
621 S. First Ave.
Buffalo, MN 55313-1399
763/ 682-1394 or 763/ 682-3453
(Both numbers are local and metro)
FAX : 763/ 682-3453

Getting there...

Christ the King Retreat Center...

...is located approximately 40 miles west of the Twin Cities of St. Paul/Minneapolis.

- From the Twin Cities, follow Highway 55 WEST to Highway 25.
- Go SOUTH on Hwy. 25 into the town of Buffalo.
- Continue on Hwy. 25 to County Road 12 (also called Montrose Blvd.).
- Go SOUTH (right) on Country Road 12 for 2 blocks.
- Go WEST (right) onto Seventh Street, for two blocks.
- The Retreat Center is located at the junction of 7th Street and 1st Ave.
- The parking lot is to the right of this junction.



NB: Map not shown to scale

****MAIL \$155.00, \$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