

**Know yourself - Finding your gifts**  
Minnesota's 108th 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:** Know yourself - Finding Your Gifts  
**DATE:** July 14th -16th, 2023 (Starts 7:45 p.m. Friday; ends 1:00 p.m. Sunday)  
**PLACE:** King's House, Buffalo, MN.

*To be yourself in a world that is constantly trying to make you something else  
is the greatest accomplishment. Ralph Waldo Emerson*

*Stay close to friends who will encourage you to be yourself  
and who celebrate all of your gifts & talents. Ryan Help*

**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.**  
**Share your gifts and talents. 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 cookies are available in the snack room at all times provided by the Kings House. Water and pop are available for a fee. Optional: Bring a snack to share in the snack 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. **\*Call the Kings House (763-682-1394) for special diet requests -Gluten-Free, vegetarian and dairy-free. by June 26th.\*** Persons who have requested a special diet are to go through the buffet line and select items that will be labeled that fit their meal plan. BEWARE: They do not have a gluten-free kitchen so there is a risk of cross-contamination if you request gluten-free. A Refrigerator is available in the snack room to provide your own food..

**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.

## WEEKEND RETREAT SCHEDULE

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

### Friday Evening, July 14th, 2023

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. All Aboard the Energy Bus (Kim, Bobbie, & Sharon W.)

### Saturday, July 15th, 2023

7:00 a.m. Yoga – Blue Room ?

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

9:00 a.m. Chapel Meditation - Diana G

9:45 a.m. Blue Room – Finding your Gifts through working the EA Program, Change your Thought/Change your life.  
(Mike T & Matt J)

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

1:00 Blue Room - Small group Workshops  
(Russ F & Joan H)

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 - Chandelier Room  
Music - Nina & Brad

8:00 Silent auction

8:20 Brad - Variety Show

9:15 Small Groups or Games

### Sunday Morning, July 16th, 2023

7:00 a.m. Yoga – Blue Room ?

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

9:00 Chapel Meditation (Char & Janet Z)

10:00 Know yourself, Finding your gifts –  
(Joyce T)

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 – Diana G. [dlsquenth@gmail.com](mailto:dlsquenth@gmail.com)

Registration and Treasurer - Bobbie L. [labobbie1002@msn.com](mailto:labobbie1002@msn.com)

We thank all who have volunteered to help.

### DIRECTIONS:

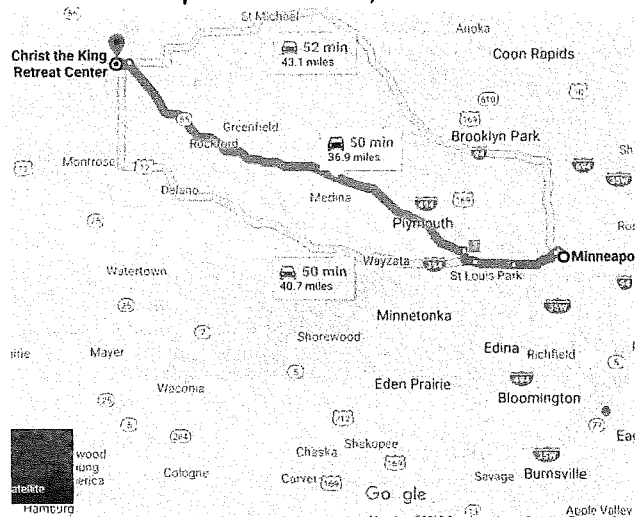
Christ the King Retreat Center

621 First Ave. South Buffalo, MN 55313

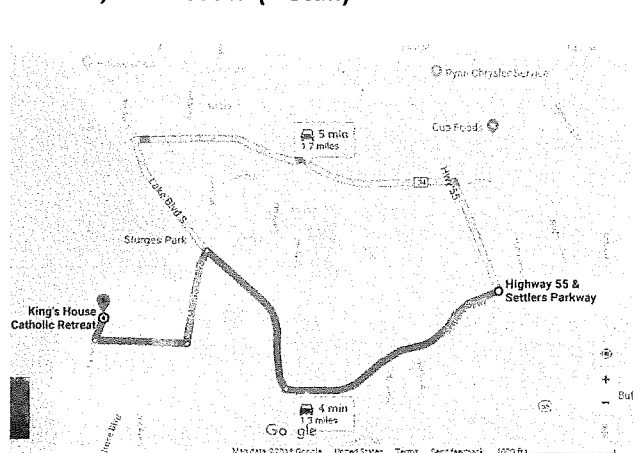
### From the Twin Cities Metro Area:

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**

**Step 1:** Complete Registration Form

**Step 2:** **\$239.00** - Check made out to **EA SPECIAL ACCOUT** (Cashed after retreat)  
(Friday & Saturday lodging + 5 meals -- 3 Saturday & 2 Sunday, and registration fee.)  
\$219.00 is for Room & Meals. \$20 is for Registration fee. In case of cancellation, registration fee portion is \*non refundable\*.

**Step 3:** **By July 3<sup>rd</sup>** Mail \$239.00 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 **\$140.00** Check made out to **EA SPECIAL ACCOUT** (Cashed after retreat)

(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 \_\_\_\_\_

\_\_\_\_\_ Private Room

Reg # \_\_\_\_\_  
Paid \$239 \_\_\_\_\_  
Date \_\_\_\_\_  
Conf. sent \_\_\_\_\_

\* \_\_\_\_\_ I would like to be on the list of 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 \_\_\_\_\_