ZOOMING INTO WHOLENESS
Finding our way Through the EA Stages of Recovery

An EA Zoom Retreat July 17-18 2020
Using our EA Workbook “Welcoming the Spiritual Awakening Within Me”

Being hosted as Minnesota’s 104th EA RETREAT WEEKEND and EA’s 1st Worldwide Virtual Retreat Weekend
EA of Minnesota has hosted 103 previous retreat weekends at our treasured King’s House Retreat Center in Buffalo, Minnesota. Because of Covid-19 social distancing recommendations, we are hosting our first-ever virtual retreat now open to the world. We wish all our friends to share some of the wholesome safety and connection we have in the past.

DATES: July 17th -18th, 2020
PLACE: From your home phone, cell phone or computer via Zoom
REGISTRATION: None Required
LITERATURE: Welcoming the Spiritual Awakening Within Me
(recommended, not required) – Purchase here: EA Workbook $20
FEE: “Please consider a donation of $50 or more to Emotions Anonymous International if you are able to do so - but give only what you can.”
Donate here (PayPal & other methods) https://emotionsanonymous.org/donate/

HOW TO JOIN: No Zoom app is necessary
Phone – USA – 1-929-436-2866 Meeting ID: 838 3559 0830
World Phone number list - https://us02web.zoom.us/u/kdUuQ6tyUV
Computer - https://us02web.zoom.us/j/83835590830
Meeting ID: 838 3559 0830

SESSIONS: SESSION 1 - Stage 1 Recovery – Surrender and Stabilization
SESSION 2 – Reflection Time
SESSION 3 - Stage 2 Recovery – Understanding
SESSION 4 - Stage 3 Recovery – Thriving
BREAKS: Without disruption, join and break away as you please

Our Intentions:
May we connect authentically with our EA friends and see each other truly.
May we have gratitude for each person and appreciate what is said.
May we stay in our hearts and create a safe place to do our work together.
May we bring compassion into all our time together and allow gentle space for each other.

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<tr>
<th>Start Time - Day 1</th>
<th>7:00 p.m. Fri. Minnesota</th>
<th>8:00 p.m. Fri. New York</th>
<th>5:00 p.m. Fri. California</th>
<th>1:00 a.m. Sat. London, UK</th>
<th>10:00 a.m. Sat. Melbourne, AUS</th>
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<tbody>
<tr>
<td>Session 1 – 2 ½ hours</td>
<td>Introduction</td>
<td>Small Group Breakout</td>
<td>Large Group</td>
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<tr>
<th>Start Time - Day 2</th>
<th>9:00 a.m. Sat. Minnesota</th>
<th>10:00 a.m. Sat. New York</th>
<th>7:00 a.m. Sat. California</th>
<th>3:00 p.m. Sat. London, UK</th>
<th>Midnight. Sun. Melbourne, AUS</th>
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<tbody>
<tr>
<td>Session 2 - 1 hour</td>
<td>Session 3 - 3 hours</td>
<td>Session 4 - 3 ½ hours</td>
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WEEKEND RETREAT SCHEDULE – ZOOMING INTO WHOLENESS - July 17 – 18, 2020

Friday Evening (USA) - – 7:00 p.m. to 9:30 p.m. CDT, July 17, 2020
SESSION 1 - 7:00 p.m. CDT - Co-Leaders – Sharon H. and Charlie B.
Stage 1 Recovery…Surrender & Stabilization
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Recalling the Stages of Recovery
Overview of Recovery Stage 1
Small breakout group session: Talking about the last few challenging months and where we’ve been in recovery.
A Compassionate Step One Break: The practices Mindful Self Compassion
Large group discussion:
How have we & how have we not practiced self-compassion + how do we keep practicing self-compassion?

Saturday Morning (USA) – 9:00 a.m. to 1:00 p.m. CDT, July 18, 2020
SESSION 2 - 9:00 AM Co-Leaders – Sharon W. and Bobbie L.
Reflection Time - Readings, meditation, and silence.
Computer - https://us02web.zoom.us/j/83835590830 Meeting ID: 838 3559 0830
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SESSION 3 - 10:00 AM CDT – Co-Leaders – Scott J., Karen G., & Charlie B.
Stage 2 Recovery...Understanding
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Remember from Session 1: Sharing Experience, strength and Hope from the last few months.
What is stage two recovery and what tools do we practice there?
Focusing on Steps 6 and 7 as places to examine, accept, and release the past.
The 4 A’s as a Daily Inventory for Changing our Thinking Exercise
Small group breakout discussion:
What stages have I been in and what has been working to surrender, stabilize and understand?

Saturday Afternoon, July 18, 2020 – 1:00 p.m. to 4:30 p.m. CDT
SESSION 4 - 1:00 p.m. CDT - Co-Leaders – Sharon H., Charlie B., and Michael K.
Stage 3 Recovery…Thriving
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Overview of recovery stage 3; Thriving
Mindfulness and Kindness in my daily inventory
Small Group Check in on how we’re practicing thriving and mindful self-compassion.

The Practices of Wholeness
Small group Higher Power check in What is my Higher power’s New Vision for My Life?
Recognizing our Spiritual Awakening - 12 signs of a Spiritual Awakening
Small group check in: How am I thriving?
Gratitude the Doorway to Happiness
Large Group Check-in: What are you taking away from the day – the whole Virtual Retreat Experience?