

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

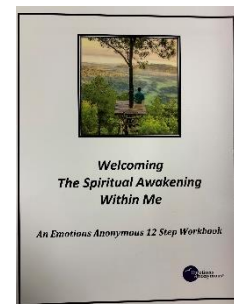
PLACE: From your home phone, cell phone or computer **via Zoom**

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/j/83835590830>
Computer - <https://us02web.zoom.us/j/83835590830>
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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.*

<p>Start Time - Day 1 Session 1 – 2 ½ hours Introduction Small Group Breakout Large Group</p>	 7:00 p.m. Fri. Minnesota	 8:00 p.m. Fri. New York	 5:00 p.m. Fri. California	 1:00 a.m. Sat. London, UK	 10:00 a.m. Sat. Melbourne, AUS
<p>Start Time - Day 2 Session 2 - 1 hour Session 3 - 3 hours Session 4 - 3 ½ hours</p>	 9:00 a.m. Sat. Minnesota	 10:00 a.m. Sat. New York	 7:00 a.m. Sat. California	 3:00 p.m. Sat. London, UK	 Midnight. Sun. Melbourne, AUS

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.*

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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?*