

REGION 1 EA RETREAT
100th RETREAT WEEKEND

Share this with your group

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: MILESTONES and MOMENTUM

DATE: July 20th - 22nd, 2018

PLACE: King's House, Buffalo, MN.

SESSIONS: Our sessions will be based on our theme "Milestones and Momentum". We will focus our presentations and center our conversations on why it is important to understand and to celebrate our past which lets us be "in the present" so the future can be promising. Come and get your spirits nurtured and recharged!

"SPECIAL OPPORTUNITY": You can 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!** It can be anything from something you make to something you bake. Do you knit or crochet? Do you have a great recipe? (There is a refrigerator to keep your item in until the raffle if necessary.) **Optional:** Bring a handmade item to donate for the raffle if you would like. **Note:** We'll plan a time-limited portion of our retreat for this raffle, in terms of picking the winning tickets, in order to keep things moving.

VARIETY SHOW: Some of us have special gifts that we like to share with others when we gather. If you have a special something that you want to share - be it arts/crafts, a song to sing, a musical instrument to play, or a story to tell - we will be sharing these during the retreat. Please **Sign up on the registration form.** Share in the fun! We'll make sure to keep this variety show limited so there's time for fellowship and perhaps a small group session, if people are interested.

ATTENDANCE: As you consider attending, we strongly encourage you to come for the entire weekend. By attending part of the time, you will miss the fellowship and full impact of the retreat. If it is possible for you to only attend part of the weekend, **pre-registration and full payment is required.** Thank you for your understanding.

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. 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: There are 31 double rooms, 1 handicap accessible room with a double bed. We recommend you send in your registrations as soon as possible. If you have to have a private room to attend, let us know - it'll be 1st come - 1st served situation. 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 Russ E, Soleil, Luann

- 6:00 PM Check In
- 7:45 **Welcome/House Rules** (Blue Lounge) **Honoring King's House for being here for us all these long years!**
"Get to know you time."
- 8:15 Overall Introduction of theme/ Small groups

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

RETREAT COMMITTEE: (Main Coordinators)

Russ E. 612-964-9350 Soleil 715-220-2862
Luann 715-514-4418

We thank all who have volunteered to help - too numerous to mention.

Bobbie L (Registration & Treasurer)
email: labobbie1002@msn.com

SATURDAY MORNING Scott J/Matt J

- 8:00 AM Breakfast (Dining Room)
- 9:00 **Meditation** (Chapel)
- 9:45 **Theme talk:** Setting healthy Boundaries in working our program well (Blue Lounge)
- 12:00 Noon Meal (Dining Room)

SATURDAY AFTERNOON Russ F

- 1:00 PM **Small groups Workshop** – (Blue Lounge)
Discussion time based on guided-questions

- 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 & Matt J

- 6:00 PM Dinner (Dining Room)
- 7:00 **Renewal Service** (Chapel)
- 7:45 **Raffle** (20-25 minutes)
- 8:30 **Variety Show** (Blue Lounge) **Brad L**
"Sharing of gifts in our community"
- 9:30 Small groups/ Free time

SUNDAY MORNING Betty L

- 8:00 AM Breakfast
- 9:00 **Meditation** (Chapel)
- 10:00 **Theme Talk** (Blue Lounge)
- 11:30 Open Sharing & Affirmations
- 12:00 PM Noon Meal (Dining Room)
- 12:45 **Closing Circle** (Deck or Lounge)
"Happy Trails to You Until We Meet Again"

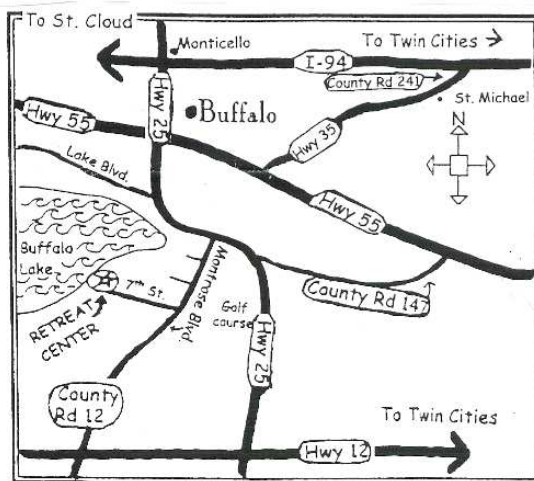
Getting there...

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.

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



NB: Map not shown to scale

We're excited to have implemented specific changes in this years retreat format and schedule based directly on the specific feedback and suggestions shared with us in last years evaluations. We are grateful that people are open to change and have made clear suggestions to improve the retreat to make it even better!

REGISTRATION

(** Note 2 separate payments**)

Step 1: Complete Registration Form

Step 2: **\$155.00** - Check made out to **Kings House** (Cashed after retreat)
(Friday & Saturday lodging + 5 meals -- 3 Saturday & 2 Sunday)

\$7.00 Cash or Check made out to **EA Special Account**
(Registration fee *non-refundable*)

Step 3: By **July 13**, Mail **\$155.00** check, **\$7.00** 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 – new retreatants first. Follow steps 1-3.
You will receive a reply by mail or phone.

- 1) Submit **Registration Form**
- 2) **Written request** for Scholarship
- 3) Send **\$77.00** Check payable to Kings House and
\$7.00 cash or check (EA), registration fee.
(Payments returned if no scholarships are available.)

Cancellations: For emergencies call Bobbie 612-408-4512

REGISTRATION OR UPDATE FORM

(Check One) (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)

_____ **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 _____
_____ I don't have a roommate, assign me one please.
_____ I would prefer not to share a room if possible,
But will share if necessary.

_____ I need a private room or I can't attend

Reg # _____
Paid \$155 _____ \$7 _____
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 _____

I need a ride to the retreat _____ I can give a ride to the retreat _____

****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