

Emotions Anonymous Saint Cloud, MN Virtual Retreat

February 26th, 2022

9 AM – 2:30 PM, CST

To uphold Tradition Number 7, “Every EA Group ought to be fully self-supporting, declining outside Contributions.” We ask that if you are able, please support EA through donations online here (<https://emotionsanonymous.org/donate.html>), mailing a check, or contacting the office directly to use a debit or credit card over the phone. There are no dues or fees to be a part of EA.

Please confirm attendance by February 21, 2022. You will receive additional information and the Zoom link once you confirm you will be attending.

The pamphlets that will be used during the retreat are EA’s 12 Step Program (#1), From Surviving to Thriving (#26), Trust (#89), and Gratitude (#95). These pamphlets can be purchased online here (<https://emotionsanonymous.org/eai-literature/online-store.html>) or you can contact the EAI office.

Retreat Schedule

9 AM – 9:15 AM, CST	Welcome by the St. Cloud Group. Zoom etiquette and breakout sessions.
9:25 AM – 10 AM, CST	Say the Serenity Prayer & Read the EA’s 12 Step Program Pamphlet (“Yellow Pamphlet”)
10 AM – 10:20 AM, CST	Read the Gratitude Pamphlet
10:25 AM – 11 AM, CST	Split into breakout groups to share on the Gratitude reflection questions
11 AM – 11:20 AM, CST	Read the Trust Pamphlet
11:25 AM - 12 PM, CST	Split into breakout groups to share on the Trust reflection questions
12 PM – 12:45 PM, CST	Lunch
1 PM – 1:20 PM, CST	Read the From Surviving to Thriving Pamphlet
1:25 PM – 2 PM, CST	Split into breakout groups to share on the Surviving to Thriving reflection questions
2 PM – 2:30 PM, CST	Closing by the St. Cloud Group. Reflection on the effort to make the time to gather as a Fellowship. Share one Gratitude. Serenity Prayer.

To confirm attendance or ask questions please contact Kathleen E at kathleene.engel@gmail.com