

Seasons Of Recovery Flyer

An EA Retreat: July 16-18 2021 – See enclosed Registration Letter

In person in Buffalo, MN. And on Zoom [Virtual EA July 2021 Retreat](#)



What seasons are going on inside us?

Summer is almost here. But what season of recovery are *we* in today? What weather systems are passing through us, influencing the climate of our hearts? What are we feeling as we move back into the world? And how can we best navigate our experience, whatever it is, in wise sobriety?

Please join us for a weekend retreat which leads us from recognizing *where we are* to *where we're being called to* and what tools of recovery we'll need in our hands. **We strongly encourage you to purchase the EA pamphlets below at \$0.40 each (#55, 92, 93, 89, 91, 53, 48, 94, 52, 95,76 50).** Click on the link for information below. These will also be screen-shared during the virtual retreat.

[Emotions Anonymous Online Store](#)

Pamphlets will also be available for sale at the Kings House

Winter

We'll read and share on the new **GRIEF** pamphlet (5 ways to face your grief) #55. Read and share on the new **REAL LISTENING** pamphlet #92 Read and share on the new **PUSHING AWAY OUR FEELINGS** pamphlet #93.

Spring

We'll read and share on the new **TRUST** pamphlet #89. Read and share on the new **COMFORT ZONE** pamphlet #91. Spring can be a time for openness to trust, getting out of our comfort zone, and loving. We will also read the **EXPERIENCING LOVE** pamphlet #53.

Summer

We'll read and share on the newly revised **ANGER** pamphlet #48 / Read and share on the newly **GUILT** pamphlet #94. read and share on the newly revised **SUICIDE** pamphlet #52. Summer can be an emotional time where we deal with challenging emotions involving being mad, feeling bad, and even despairing.

Autumn

We'll read and share on the newly **GRATITUDE** pamphlet #95. Read and share on the new **HIGHLY SENSITIVE PEOPLE** pamphlet #76. Read and share on the newly revised **PERFECTIONISM** pamphlet #50. The Fall season can be a great time for being thankful, attending to heightened sensitivity, and dealing with perfectionism.

We look forward to being with you soon!