

“Being Sober and Becoming Happy”

- Date:** Friday, January 26th – Sunday, January 28th, 2018
- When:** Check-in from 4:00 p.m. – 5:30 p.m. on Friday
Check-out at 1PM on Sunday
- Where:** The Mclver Center at The Retreat
1351 Wayzata Boulevard East, Wayzata, MN
- Fee:** \$250 per person, which includes lodging, food and materials.
Scholarship funds are available.
- Register:** Complete the reverse side of this flyer. Space is limited.

A Weekend Retreat with John MacDougall

This retreat is based on five themes from John MacDougall’s book, “Being Sober and Becoming Happy”:

- Staying Sober – a review of what the essentials are for getting and staying sober.
- Spirituality and Recovery – the development of a spiritual resilience that can support sobriety over the life span.
- Surrender and Trust – learning to surrender to a Higher Power, and learning to trust in God, in trustworthy people, and in life itself.
- Spiritual Healing for Abuse and Trauma.
- Hope – finding sources of hope regardless of one’s life situation.

We will have a combination of lectures and discussions as we support each other.



John MacDougall, D.Min., joined The Retreat in 2014, as the Spiritual Care Coordinator. He has served in parish ministry, and previously worked for Hazelden for twenty years, ultimately as Director of Spiritual Guidance, directing the Spiritual Care Department and the Family Program. He is co-author with Bowen White, M.D. of “Clinician’s Guide to Spirituality”, and is the author of “Being Sober and Becoming Happy”. John lives in St. Paul and has been active in Twelve Step programs for over 25 years.

Attendees will experience:

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- **Connection and community** with others on this spiritual path, including group discussion (personal disclosure is optional)
- Time for **reflection** to create space for healing
- **Nourishment**, with meals prepared by our award-winning chef



the retreat

Retreat Weekend Registration Form “Being Sober and Becoming Happy”

Last Name: _____ First Name: _____

Organization: _____ Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Cell Phone: _____

E-mail: _____

Retreat Fee: \$250 (\$50 of this fee is a non-refundable/non-transferrable deposit)

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX \$ _____

CC#: _____ Exp. Date: _____

Name and Address of Cardholder (if different from above):

Please make your payment along with the completed Registration Form to the address below:

The Retreat | 1221 Wayzata Boulevard East | Wayzata | MN | 55391

952.476.0566 or 1.877.446.9283

Fax: 952.404.7208 www.theretreat.org

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Check-in 4 – 5:30 PM on Friday– Check-out at 1PM on Sunday

The McIver Center at The Retreat, 1351 Wayzata Blvd. E., Wayzata

Sponsored by: The Retreat