

# SPRING Bi-Annual ACA Retreat

Benet Lake Retreat Center welcomes ACA members

THE STEPS WE TAKE TOWARD A BETTER LIFE

## “LIFE’S RELATIONSHIPS”

### PART 2 - TOOLS

*A weekend of reflection, renewal and fellowship*

March 1, 2 & 3, 2019



**Join us for a time of retreat to a place of recovery and explore ACA in the spirit of the traditions.**

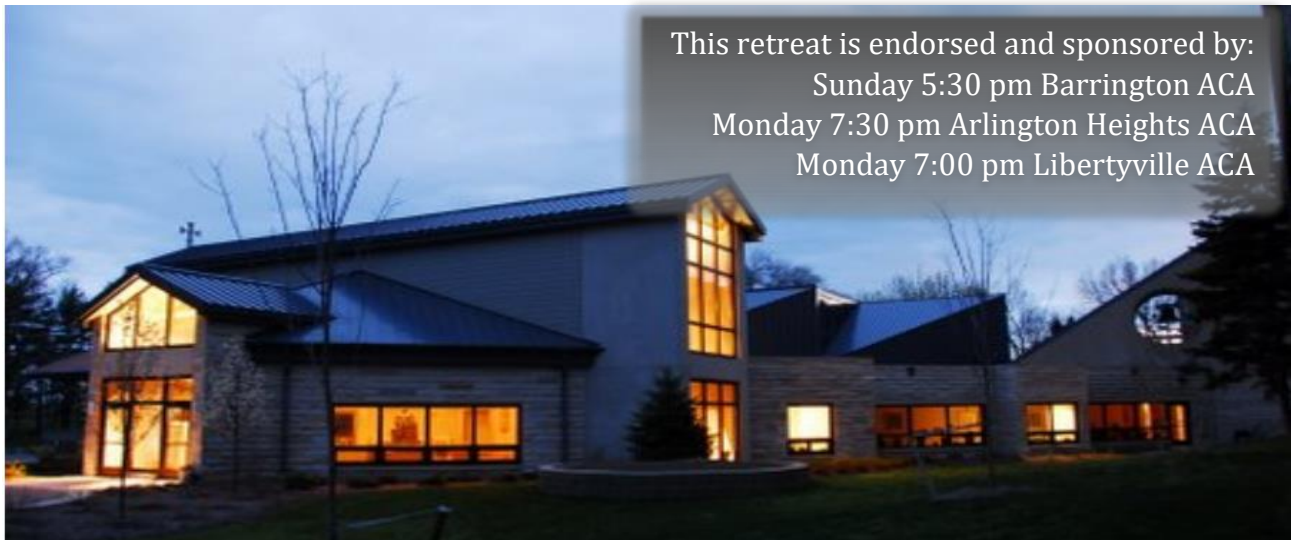
**We will focus on how to achieve emotional sobriety in all of Life’s Relationships. We will discuss the following topics: boundaries, recognizing feelings, the authentic self and forgiveness. The goal is to learn from each other the tools to help create fulfilling relationships with our spouse, partner, family, friends, co-workers, etc.**

Welcome to the 5th Northern IL ACA Retreat. The format includes 5 meetings: 1 Friday evening, 3 Saturday, 1 Sunday with a focus on tools and positive takeaways. All meeting topics will be taken from the Big Red Book, presented in the form of a lead given by a preselected attendee, followed by breakout groups for discussion.

There will also be time available for optional walk & talks, fellowship, journaling overlooking the lake, or reading in the quiet of your own private room or one of the beautiful meeting spaces.

Please join us for this special weekend at Benet Lake to grow in your personal recovery journey!

*- Bob S., Retreat Facilitator*



This retreat is endorsed and sponsored by:

Sunday 5:30 pm Barrington ACA

Monday 7:30 pm Arlington Heights ACA

Monday 7:00 pm Libertyville ACA

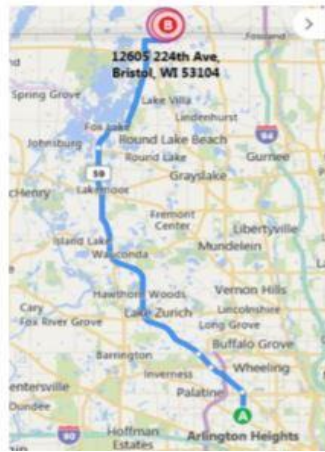
A heartfelt Thank You to Brother Pat at the Villa Desiderata for making it possible for me to facilitate recovery retreats for the past 25 years. I am looking forward to continue working closely with Benet Lake Retreat House to facilitate the best possible programs.



# BENET LAKE RETREAT CENTER

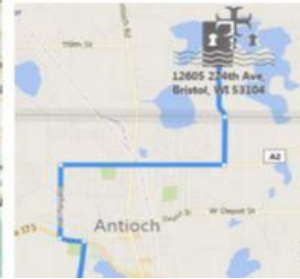
12605 224<sup>th</sup> Avenue  
Benet Lake WI 53102

[www.benetlake.org/retreat-center](http://www.benetlake.org/retreat-center)



From the Northwest Suburbs, take  
12 N Rand Road / IL-59 into Antioch

- Turn left onto IL-173
- Turn right onto Tiffany Rd
- Turn right onto North Ave
- Turn left onto Nelson / 224<sup>th</sup> Ave



## THE STEPS WE TAKE TOWARD A BETTER LIFE

# “LIFE’S RELATIONSHIPS PART 2 - TOOLS”

Benet Lake Retreat Center welcomes ACA

## March 1, 2 & 3, 2019

- The weekend fee of \$195.00 includes a **private room with washroom**, delicious buffet meals & program for 3 days and 2 nights.
- Includes Friday night dinner at 6:00 pm; three meals on Saturday, and breakfast on Sunday.
- Bring your Big Red Book, journal & writing materials, and meditation books that you use to support your recovery. ACA Literature will be available for purchase.
- Feel free to contribute snacks, fruit, pop or bottled water for our Hospitality Table.
- Check in at Registration with Laura F. between 4pm - 6pm on Friday. Laura will see that you are settled in comfortably to ensure the best possible retreat experience.
- Please arrive in time for the Welcome Dinner on Friday at 6:00 pm.
- 50/50 Raffle at the retreat – tickets (cash only) will be sold Fri & Sat; drawing on Sunday morning. Winner receives 50% of proceeds, other 50% goes to assist with retreat expenses.
- The event concludes at 12:00 pm on Sunday. We are self-cleaning, your participation is important.
- Please help us spread the word by [circulating this flyer](#) at meetings and inviting your fellow ACA travelers!

-Thank you, Bob

***This is a safe & sober event!***

**Weekend Fee: \$195.00**

***Non-refundable after 2/22/19***

*Postdate your check to 2/22/19*

**\*\*Check holds your spot\*\***

**Make check payable to:**

**St. Benedict's Abbey  
Retreat Center**

Detach & Mail form & check to:

**Bob S.**

**103 S Rohlwing Rd.**

**Palatine, IL 60074**

**847-800-3137**

***Call/Txt Bob for Last Name prior  
to mailing to ensure delivery.***

**Do not mail to Retreat Center**

<b>Name:</b>		
<b>Address:</b>		
<b>City:</b>	<b>State:</b>	<b>ZIP:</b>
<b>Phone:</b>		
<b>Email:</b>		
<b>Amount Enclosed:</b>	<b>\$</b>	<b>What meeting is your home group?</b>
<b>Dietary Restrictions:</b> <input type="checkbox"/> Vegetarian <input type="checkbox"/> Pescatarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten Free <input type="checkbox"/> Other:		
<b>Emergency Name/Contact:</b>		