



McIver Center for Family and Spiritual Recovery

~ Open to all 12 Step Fellowships ~

“Being Sober and Becoming Happy”

Weekend Retreat with John MacDougall

Friday, August 28 – Sunday, August 30, 2015

(Check-In 4:00 p.m. Friday – Check-Out 2:00 p.m. Sunday)

This retreat is based on five themes from in 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.



Weekend Leader: John MacDougall, Spiritual Care Coordinator

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

The cost for the weekend is \$225, including lodging, meals & materials.

Scholarship funds are available.

To register call **The Retreat at 952.476.0566** or complete the form on the reverse side and mail to The Retreat at the address on the form.



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Registration Form

Date & Name of Retreat Weekend you are registering for: _____

Last Name:	_____	First Name:	_____
Address:	_____	City:	_____
State:	_____	Zip:	_____
Day Phone:	_____	Evening Phone:	_____
Cell Phone:	_____	Email:	_____
Emergency Contact Name & Phone #:	_____		

Other special needs-such as dietary restrictions, food allergies, etc.? _____

Briefly, what is your experience with the 12 Steps? _____

Please mail 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

Payment information: (*\$50 of your payment is non-refundable and non-transferrable*)

My check made payable to The Retreat for \$ _____ is enclosed.

Please charge my VISA/Mastercard/Discover/AMEX:

C/C#: _____ Exp. Date: _____

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