

# “Sought Through Prayer and Meditation: An 11<sup>th</sup> Step Retreat”

- Date:** Friday, September 29<sup>th</sup> – Sunday, October 1<sup>st</sup>, 2017
- When:** Check-in from 4:00 p.m. – 5:30 p.m. on Friday  
Check-out 1:00 p.m. on Sunday
- Where:** The McIver Center at The Retreat  
1351 Wayzata Boulevard East, Wayzata, MN
- Fee:** \$250, which includes lodging, food and materials.  
Scholarship funds are available.
- Register:** Complete the reverse side of this flyer. Space is limited.

## Weekend Retreat with Sherry Gaugler-Stewart

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

Step 11 speaks of improving our conscious contact with our Higher Power, which isn't easy to do if we don't take time and space to intentionally focus on and strengthen that relationship. This retreat will be an opportunity to renew and deepen our commitment to this Relationship and our program by focusing on Step 11 – practicing prayer, meditation, and quiet reflection throughout the weekend.

### Attendees will experience:

- An opportunity to **retreat** from the daily distractions in our lives
- **Connection** with others on this spiritual path
- Exploration of **spiritual practices**
- Time for **reflection** and contemplation
- **Nourishment**, with meals prepared by our award-winning chef



### Sherry Gaugler-Stewart, Director of Family & Spiritual Recovery

Sherry has worked with the Family Program at The Retreat since it first started, is a trained Spiritual Director, and a meditation teacher. She has been personally involved in her own recovery journey for close to two decades. Sherry has led 11<sup>th</sup> Step retreats locally and in Bermuda. She is passionate about the topic of meditation and about helping others explore and experience meditation for themselves.





**Residential Retreat Registration Form**  
**“Sought through Prayer and Meditation: An 11<sup>th</sup> Step Retreat”**

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](http://www.theretreat.org)**

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**Weekend Retreat with Sherry Gaugler-Stewart**

**Friday, September 29<sup>th</sup> – Sunday, October 1<sup>st</sup>, 2017**

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

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

**Sponsored by: The Retreat**