



Look for us on Facebook at
The Men's Empty Chair Retreat
And ask to join the group!!!

TOPIC:

"A profound alteration in our reaction
to life"

Main Speaker: Garrett S.,
Minneapolis MN

Camp Knutson
11169 Whitefish Avenue
Crosslake, MN 56442
Phone: 218-543-4232

Camp Knutson is located 2.5 miles
outside of Manhattan Beach, MN.

It's approximately a 3 hour drive from
the Twin Cities to the camp.

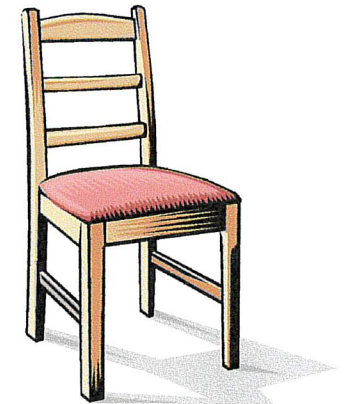
**THINGS YOU NEED
TO BRING:**

- Sleeping bag and pillow
- Towel / toiletries / earplugs

Other things to bring

- Big Book & Twelve & Twelve
- Other spiritual literature
- Your favorite healthy snacks to
share
- Bikes, swimsuit, running shoes
- Fishing Gear
- Flashlight

**THE 18th
ANNUAL
EMPTY CHAIR
MEN'S RETREAT**



August 16-18, 2019

Hosted by The Tuesday Night Men's
Problem Solution Meeting,
The Men's Empty Chair Retreat
was named for the
alcoholic who still suffers.



On the 3rd weekend in August, a group of AA Men from all over the country, will host a men's retreat at beautiful Camp Knutson in Cross Lake, Minnesota.

The retreat is open to all men who have a desire to stop drinking.

The purpose of the retreat is to escape the routine of our everyday lives, to reconnect with nature, strengthen our spiritual condition and have some fun.

Space is limited to the first 60 men. The cost is \$160 per person. Includes two nights of clean and very comfortable accommodations, and all meals.

- Handicapped accessible
- Central smoking court
- Carpooling available
- Basketball and volleyball
- Foosball, Ping-Pong
- Games and cards
- Pontoon boat rides
- Paddle Boarding
- Fishing dock
- Campfires

Tentative Schedule:

Friday Night:

5:30 - 9:00 pm: Check-in, Dinner
9:00 - 9:30pm: Orientation/AA Meeting

Saturday:

7:00 - 9:00am: Coffee / Cereal
9:00 - 9:30am: Main Speaker
9:30 - 10:00 am: Break-out / Discussion
10:00 - 10:30am: Brunch
1:00 - 1:20 pm: Speaker Meeting
1:30 - 5:30 pm: Boat Ride/Free Time
5:30 - 6:00 pm: Steak Dinner
7:00 - 9:00 pm: Campfire AA Meeting
After Meeting: Cribbage Tournament

Sunday:

9:00 - 9:15am: Breakfast
9:30 - 10:15 am: Wrap-up Meeting
10:00 - 12:00 pm: Fellowship, Pack and Head Home

Payments must be received in full by
Aug. 9, 2019

Payment plans are available.

Now accepting electronic payments!

Make your check payable to:
Andrew H and send to him at:

Andrew H
5145 44th Ave s
Minneapolis, MN 55417
(763) 213-3388



Questions?

Call Adam (651) 260-1131
emptychairmensretreat@gmail.com

Donations for scholarships gladly
accepted! ☺