

**Recovering Couples Anonymous
Of Southern Minnesota
Twelfth Annual Couples Retreat, October 20-22, 2017**

**Holy Spirit Retreat Center
3864 420th Avenue, Janesville, MN 56048
www.holyspiritrc.org**

We look forward to another fulfilling weekend retreat with fellow RCA members!

Schedule of Events

October 20, 2017	Registration begins at 3:00 pm Room assignment (select upon arrival) Supper 5:30 pm Welcome/Opening Activity
October 21, 2017	Breakfast begins at 9:30 am Opening/Meditation Topic 1:00 pm: Couple Communication, by Bob & Rita Free time 5:30 Supper Free time/12 Step Group gatherings.
October 22, 2017	Breakfast begins at 9:30 am Cleanup Discussion of Retreat Closing 11:00 am

Registration

A suggested donation of \$75 per couple per night/\$150 per couple per weekend. To register, please send a \$50 registration check payable to **Holy Spirit Retreat Center** to Gary or Velma Rowles, 538 Nicollet Ave., North Mankato, MN 56003, **before October 13, 2017**. Deposit is non-refundable after October 13, 2017. If you are financially fortunate, please consider an extra donation with your registration to help support others who come with minimal financial means.

To attend Saturday only (no over night) \$50 donation per couple.

Late registrations and/or walk-ins are welcome if space is available.

Questions or more info? Please call:

Gary or Velma 507-387-7859 or cells Gary: 507-340-7319, or Velma: 507-327-2816

Or Bob: 507-304-3167, or Rita: 507-304-2236

Retreat Center Services and Accommodations

Holy Spirit Retreat Center is located on beautiful Lake Elysian with 35 acres of wooded shore land with walking paths. The Center includes a dining room overlooking the lake, conference room, chapel, library, lounge, private meditation room, and a fully equipped kitchen. The Retreat Center is a smoke-free facility.

The Retreat Center has 18 bedrooms, sleeps 35. Rooms have either 2 twin beds, or 1 double, or 1 queen bed. Two rooms have 1 single bed. Rooms are first come, first served. Pillows and blankets are provided, however **please bring your own sheets/sleeping bags and towels.**

Men's and women's bathrooms with showers are centrally located on each floor.

Meals

Food is provided by the generous donation of the Owatonna RCA group. Free-will donations to help cover the food expense will be gratefully accepted. Beverages (milk, coffee, tea, juice) will be provided. You may bring soft drinks, treats, snacks, etc., for your own consumption or to share. Meal preparation and cleanup is voluntarily done by attendees.

Directions to Holy Spirit Retreat Center

Coming from the East on Highway 14: Follow four lane Highway 14 to first Janesville exit. Turn right at top of exit ramp into the center of Janesville. Turn right (East) at the 4-Way Stop. Go to BP Expressway Gas Station at the East edge of Janesville. Turn Left (North) onto Waseca County 3 (also called East Elysian Lake Road.) Go North 3 ½ miles to 42x Avenue. Turn Left at the Retreat Center Sign. Continue 2/10ths of mile.

Coming from West (Mankato): Take U.S. Hwy.14 East to the second Janesville exit, Waseca County 3, to the center of Janesville. Turn Right at the 4-Way Stop. Go to BP Expressway Gas Station at the East edge of Janesville. Turn Left (North) onto Waseca County 3 (also called East Elysian Lake Road.) Go North 3 ½ miles to 42x Avenue. Turn Left at the Retreat Center Sign. Continue 2/10ths of mile.

Coming from North (Minneapolis/St. Paul): Take I-35 South to Exit 56 (2nd exit) at Faribault. Go West on Hwy 60 about 20 miles to Waseca County 3 (also called East Elysian Lake Road.), just east of the town of Elysian. Note: DO NOT take LeSeur Couty 3 near Waterville. Turn Left onto Waseca County 3 and go South 3 miles to 420 Avenue. Turn Right at the Retreat Center Sign. Continue 2/10ths of mile.

A Vision for Two

Many couples have found in RCA the 'missing link' in their personal and couple recovery. Most of them find that: We no longer need to hide and medicate our feelings through our addictive/compulsive behavior. We can express our feelings. We are learning to ask for what we need, both individually and as a couple. Being together brings us joy and happiness. Being sexual enhances our relationship (increases our intimacy). We can play and have fun together.

We are learning to express our true feelings about larger issues, and we are learning to resolve conflict. We are learning to deal with conflict and to fight fairly. We are learning to accept our individual responsibility. We are recognizing and breaking the patterns of dysfunction from our families-of-origin. We accept our limitations as parents. We are proud of ourselves as a couple.