



Compassion in Self Care

A 12-STEP PRE-CONFERENCE RETREAT FOR CLERGY

(Prior to the 2023 Addiction & Faith Conference,
open to all rostered/licensed ministers & seminarians)



OCT. 3-5, 2023—HILTON AIRPORT, MINNEAPOLIS

Tuesday, October 3 De-compress

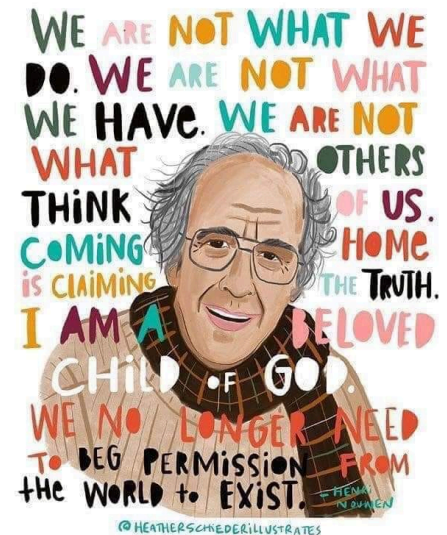
- 3:00 p.m. Welcome/ Introductions/Karen Treat, Lectio Divina
Minnesota Valley Wildlife Refuge
Assign Partners for the retreat for discussions
- 4:30 p.m. Prayer Walk with Partners, Minnesota Valley Wildlife Refuge
- 6:00 p.m. Dinner— (not provided) Blue Water Grill, Hilton Hotel
- 7:00 p.m. Evening Devotions – Blue Water Grill, Hilton Hotel. Glen Schacht

Wednesday, October 4 Steps 6 & 7

- 8:30 a.m. Grace Lutheran Church,
8700 Old Cedar Ave S, Minneapolis, MN.
(Meet there or carpool to the church from Hilton Hotel, front entrance 8:15).
Morning Meditation – Karen Treat
- 9:00 a.m. Breakfast (provided)
- 10:00 a.m. Recovery as Clergy through Step 6 & 7, Dorothy & Melanie
- 11:30 a.m. Break Time
- Noon Lunch (provided)
- 12:30 p.m. Truth Telling, Sharing our stories with Partners, Glenn Schacht
- 2:00 p.m. Self-care compassion without action is a waste of emotion.
Action: What would Self-Care look like for you? Karen Treat
- 3:00 p.m. Being quiet with God, Dorothy
- 3:30 p.m. Self-Care Time (visit mall, nap, exercise, dinner on your own)
- 7:00 p.m. 12-Step Meeting & Service of Communion, Hilton Board Room, Ed Treat

Thursday, October 5 Closing

- 9:00 a.m. Light Breakfast (provided) Hilton Board Room
- 9:30 a.m. Walking the Walk, Commitment to Action, Ed Treat
- 10:30 a.m. FRLC Annual Meeting/Optional Conference Volunteer Opportunities Otto Schultz, Ed Treat



Register Here: <https://www.eventbrite.com/e/682263176527>