

The steps we take towards a better life

The Men's Summer Tune-up

August 9, 10 & 11, 2024

A men's A.A. weekend at Benet Lake Retreat House

Benet Lake welcomes A.A. members for a weekend of reflection, renewal and fellowship August 9, 10 & 11, 2024.

Join us for a retreat to a place of recovery as we focus on our program and our spirituality. The retreat will support the newcomer as well as the fellow who wants to tune-up his sobriety. The retreat includes five meetings, one on Friday evening, three on Saturday, and one on Sunday morning. Each meeting topic will be focused on a different step to support our growth in the program. Presented in the form of a lead given by a preselected attendee, each lead will be developed with information and encouragement to help attendees with a program tune-up over the weekend.

Friday evening:	First Speaker, Steps 1 & 2
Saturday morning:	Second Speaker, Step 3
Saturday afternoon:	Third Speaker, Step 7
Saturday evening:	Fourth Speaker, Step 11
Sunday morning:	Wrap up / what you got from the retreat

Additionally, there will be time available for walk and talks, or to gather your thoughts in the quiet of your own private guest room. Please join us for this weekend at Benet Lake to enhance and direct your spiritual journey.



**The spiritual life is not a theory.
*We have to live it.***

**Nothing has changed but our spiritual attitude,
therefore everything has changed.**

- Father Xavier

Benet Lake Retreat House

August 9, 10 & 11, 2024

12605 224th Avenue
Benet Lake, WI 53102
www.benetlake.org for directions



The group is limited to 25 men. It is imperative that as a group we respect and adhere to guidelines set out by Benet Lake. Failure to do so may result in the expulsion of the entire group, without refund.

- As a group we will follow the rules of the retreat house, out of respect for the four senior priests who live at Benet Lake.
- Bring your Big Book, journal, writing material, and meditation materials that you use to support your recovery.
- Please contribute snacks, fruit, pop or bottled water for the hospitality table.
- Bring a lawn chair, we might be able to have a meeting at the firepit down by the lake.
- Check in and registration is on Friday from 4:00 – 5:00 pm.
- Please arrive in time for a Friday night dinner at 5:00 pm.
- Check out on Sunday morning. We are self-cleaning, your participation is important. We need to be out of the building by 10:30 am.
- The weekend fee is \$235.00. This includes a private room, meals and program for three days and two nights. (Full breakfast Saturday, continental breakfast on Sunday)
- Checks can be returned up to two weeks before the event. No refunds after July 26th. (we commit to paying for food and rooms)
- Benet Lake charges a \$250 fine for smoking or vaping in the rooms, and for any spills on the carpet. You will be held personally responsible for paying this fine.



Checks are made payable to **St. Benedict's Abbey Retreat Center**, only your check will hold your spot.

Check must be received by July 26th.
The weekend fee is \$235.00

Detach and deliver this completed form
with your check to:

Bob Schwantz

847-800-3137

Please call and confirm
I received your check.

Name:
Email Address:
Address:
Phone:
Emergency Contact:

Please Print Clearly