



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

TOPIC:

"There Is a Solution"

Camp Knutson
11169 Whitefish Avenue
Cross Lake, MN 56442
Camp 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.

From Minneapolis, take Hwy 169
North, around the west side of
MilleLacs Lake to the town of
Garrison. Turn left on Hwy 18 SE
FOR LESS THAN 1 block and
keep to the right, turning onto
MN-18 W. Go 4 miles and turn
right (North) on state Hwy. 6.
Follow Hwy. 6 through Bay Lake,
Deerwood, Crosby, **STAYING ON**
HWY 6 all the way up to Emily,
MN. At Emily, turn left on
Co.Hwy. 1 and go 9 miles (through
the town of Fifty Lakes) to Co. Rd
66, where you turn left, go
through Manhattan Beach to
Manhattan Point Blvd (Co Rd 140),
where you turn right at the
Manhattan Beach Lodge sign. Go
2.5 miles and the Camp Knutson
driveway is on the right.

**THE 16th
ANNUAL
EMPTY CHAIR
MEN'S RETREAT**



August 18-20, 2017

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, 2017, a group of AA Men from all over Minnesota 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 50 men. The cost is \$130 per person, or if you pay by June 30th, it is \$120. 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

(Driving directions to Camp Knutson are on the back of the brochure.)

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 (Hot food at 10 am)
- 1:00 - 1:20 pm: Speaker Meeting
- 1:30 - 5:30 pm: Fish/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

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

Payments must be received in full by Aug. 12, 2017

Payment plans are available.

Name _____
Address _____
Phone number _____
Sobriety date _____
E-mail _____

Make your check payable to:
Jamie M and send to him at:

Jamie M
3845 12th Ave. S
Minneapolis, MN 55407
(612) 227-9747



Questions?

Call Adam (651) 260-1131
adamwick651@gmail.com

Donations for scholarships gladly accepted! ☺