



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

### TOPIC:

"Into the sunlight of the Spirit"

Main Speaker: Yasha H., St. Paul, 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 17th ANNUAL EMPTY CHAIR MEN'S RETREAT



August 17-19, 2018

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, 2018, 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 60 men. The cost is \$150 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. 10, 2018

*Payment plans are available.*

Now accepting electronic payments via PAYPAL:

[emptychairmensretreat@gmail.com](mailto:emptychairmensretreat@gmail.com)

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](mailto:emptychairmensretreat@gmail.com)

Donations for scholarships gladly accepted! ☺