

Compassion in Self Care





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

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

<u>Tuesday, October</u> 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 Room9:30 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

