

11TH STEP RETREAT

“There is a direct linkage among self-examination, meditation and prayer. Taken separately these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.”

(Pg 98, 12 &12)



September 3-6, 2020

facilitated by

JOHN BRUNA & PETER KUHN

Join us for our fifth annual weekend of contemplation and practice focused on the 11th step. We will spend our time in the peaceful, contemplative environment of **MERCY CENTER AUBURN** cultivating the tools of mindfulness to support our recovery. The retreat will include meetings, instruction and practice in sitting and walking meditation, as well as talks and discussion explaining the basics of mindfulness as a universal tool to enhance your ability to integrate the 12 steps into all aspects of your life.

JOHN BRUNA enjoys 33 years of recovery, is a counselor, educator, spiritual teacher, and former Buddhist monk. Currently he is the director of the Way of Compassion Foundation and co-founder of the Mindful Life Program and leads workshops and retreats throughout the USA and Canada.

www.wayofcompassion.org

PETER KUHN enjoys over 30 years of recovery, is active in 12 step service, and regularly facilitates meditation groups at Donovan State Prison. He also facilitates a monthly 12 Step Zen Group in San Diego and is ordained by Thich Nhat Hanh.

BEGINS: Thursday, September 3rd (check-in from 3:00 pm to 6:00pm); Dinner@6:00pm; ends Sunday, September 6th after lunch.

The cost of this retreat does not include any charge for the facilitators; they offer their services on a free-will donation basis. Please consider a donation for their services.

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card # _____

___ Visa ___ Mastercard ___ Amex Exp. Date _____ CID _____

\$225 Resident (\$75 non-refundable deposit) \$185 Commuter (\$75 non-refundable deposit)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ 530-887-2019

You may also call with a credit card number or register online at www.mercycenter.org