

**PLEASE REGISTER
EARLY TO HELP US
WITH THE PLANNING!**



70th Semi-Annual
MEN'S RETREAT

“Spiritual Progress For Men in Recovery”

Sept. 27,28,29, 2024

Retreat Master: Brendan D. Seattle, Washington

At St. Anthony's Retreat House: 3351 Kalihi St., Honolulu, HI

Cost: \$175 per person: Community Building

\$190 per person: to share private room with 2 beds

\$250 per person: For private room

Four meals, endless coffee and lodging included in the costs.

There are only 18 private rooms available so send in your check right away!

(first come first served)

Please bring: Your own sheets, pillowcase, towel and soap.

We also recommend you bring a coffee mug, notebook and pen to help save on supplies.

This event was created by the Men of Alcoholics Anonymous for the men of AA and others in recovery.

The only requirement for membership is a desire to stop drinking.

Registration form: (Mail in with check to reserve your spot.) Make checks payable to Men's Retreat

If you plan on paying at the door please send us a text or email so we can have an accurate number for the retreat staff

Name: _____

Address: _____ Apt #: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

Mail to: Men's Retreat, PO Box 628, Kaneohe, HI 96744

Please contact Dave H. with any questions at (808) 781-6875 or email us at MensRetreatOahu@gmail.com

**“I know I must get along without liquor, but how can I?
Have you a sufficient substitute?”**

Yes, there is a substitute and it is vastly more than that.

It is a fellowship in Alcoholics Anonymous.

There you will find release from care, boredom and worry.

Your imagination will be fired. Life will mean something at last.

The most satisfactory years of your existence lie ahead.

Thus we find the fellowship, and so will you.

Big Book, Fourth Edition, Page 152

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About our retreat master:

Brendan D has been continuously sober since October 18th, 1991 with the understanding that wherever he goes God is. After a few years of being sent to many counselors and psychotherapists to address his anger and erratic behavior he found himself in several out-patient and multiple in-patient treatment centers, including a wilderness survival program, when he stumbled into a Big Book workshop. While going through the book line by line and putting into practical application the spiritual program of recovery he experienced a freedom he had never known before. He began sponsoring other men, facilitating workshops, served in the AA service structure as a GSR, DCM, and in the Western Wa Area 72 as an appointed member, and founded an annual conference focused on the recovery program as outlined in the Big Book. Brendan has spoken all across the US, Canada, and Iceland.

With the recent passing of Kenny D who was his sponsor for the last 26 1/2 years he is now sponsored by Don L. Brendan spoke with Don P. at his last talk at the Putt n Sober event in Colorado. Don was a great mentor and friend and he still attends the Fellowship of the Spirit conference that Don co-founded every July in the Colorado Rockies.

Brendan lives in the Seattle area and has 2 beautiful daughters that have only known the loving and sober man he is today. From the juvenile delinquent to the Dean's honor roll list and a graduate of UW with two degrees Brendan worked in the insurance industry for many years, started his own insurance agency and sold that after 10 years. Brendan is now moving into a new position as the COO of a local company looking to expand. Brendan utilizes the same spiritual principles in business that can be found in the AA recovery program.

Brendan believes that all who will be there in attendance, are the people that are supposed to be there; It could not be any different. Please bring a big book, notebook, and pen. "I am here to comfort the disturbed, and disturb the comfortable". -Don P.

About the retreat:

We furnish our own food and snacks for Friday's potluck. Bring what you like and bring some Tums. It's pretty massive!

All other meals (Saturday breakfast, lunch and dinner, and Sunday breakfast) are furnished by the Retreat Staff. No complaints or you'll be the first one voted off the island. You know who you are :)

The Men's Retreat will furnish all coffee, tea, and decaf. If you want soda or bottled water, please bring your own.

Also, bring your own sheets, pillowcases, towels, bathroom supplies, notebooks, pens and coffee cup.

Bring a friend! Bring a newcomer. Bring your sponsor or sponsees. It's your spiritual retreat and you won't want to miss it!

Contact Dave H. with any questions:

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