

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



71st Semi-Annual **MEN'S RETREAT**

"Spiritual Progress For Men in Recovery"

April 4,5,6 2025

Retreat Master: John M. from Fort Lauderdale, Florida

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 cups of coffee and all lodging included in the costs.

There are only 18 private rooms available! 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 us save on supplies.

This event was created by the men of Alcoholics Anonymous for the men of AA and 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.)

Name: _____

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

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

Please contact Dave H. with any questions 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

The retreat is April 4,5,6, 2025

About our retreat master:

In 1989, at just 29, John M., affectionately known as "J-Mac," walked into the Hermosa Beach Men's Stag in Los Angeles County and began his journey in sobriety.

Now residing in Fort Lauderdale, Florida, John actively guides others through the Twelve Steps of Alcoholics Anonymous and runs a successful business serving his community. He's the proud father of two daughters, ages 25 and 30.

Sponsored by Bill C., who is sponsored by Jay S., both very good friends of our retreat, John has immersed himself in the recovery community and attended countless retreats, sharing his experience both nationally and internationally.

This will be his very first time leading a retreat, and he is ready to bring the E.S.H. he's gained all of these years. He feels this a true honor and privilege and so do we, as John has been a familiar face to our retreat for many years. He is thrilled to reconnect with old friends and hopes to make a few more while he's back here on the island this coming April, as our retreat master.

John's theme this April will be "Self-Awareness; Leading an Observed Life"

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:)

TheMen'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!

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