

Being Sober and Becoming Happy

A weekend retreat with John MacDougall

This retreat is based on five themes from John MacDougall's book, "Being Sober and Becoming Happy:"

- **Staying Sober:** a review of what the essentials are for getting and staying sober.
- **Spirituality and Recovery:** the development of spiritual resilience that can support sobriety over the life span.
- **Surrender and Trust:** learning to surrender to a Higher Power, and learning to trust in God, in trustworthy people, and in life itself.
- **Spiritual Healing for Abuse and Trauma.**
- **Hope:** finding sources of hope regardless of one's life situation.

We will have a combination of lectures and discussions as we support each other.

\$350/person

includes lodging, food & materials.
Scholarship funds are available.

Aug 28-30, 2026

SCHEDULE

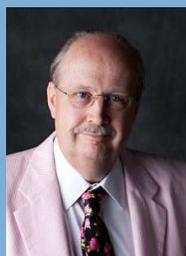
4:00pm - 5:30pm FRIDAY // CHECKIN
1pm SUNDAY // CHECKOUT

WHERE

The McIver Center at The Retreat
1351 Wayzata Boulevard East, Wayzata, MN

REGISTER

Complete the reverse side of this flyer. Space is limited. For those who struggle with substance use, a minimum of 30 days of continuous sobriety is required to attend our spiritual retreats.



John MacDougall, D.Min., has served in parish ministry, and also worked with Hazelden for twenty years, ultimately as Director of Spiritual Guidance, directing the Spiritual Care Department and the Family Program. He came to The Retreat in 2014, as the Spiritual Care Coordinator. He was the co-author with Bowen White, M.D. of "Clinician's Guide to Spirituality", and is the author of "Being Sober and Becoming Happy". He is married to Priscilla, and they live in Alamo Heights, TX. Since his move to Texas he has still been actively engaged at The Retreat, offering lectures, facilitating groups, and hearing 5th Steps. John and Priscilla have both been active in Twelve Step programs for over 30 years.

ATTENDEES WILL EXPERIENCE

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- **Connection** with others on this spiritual path, including group discussion
- Exploration of **spiritual practices**
- **Nourishment**, with meals prepared by our award-winning chef

FOR MORE INFORMATION CONTACT

Jen at jsamet@theretreat.org or
Sherry at sgaugler-stewart@theretreat.org
952.476.0566 | TheRetreat.org

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If e-mailing this form, please do not include credit card information. We will send you a link to process your payment.

PLEASE SIGN ME UP!

LAST NAME _____ FIRST NAME _____

ORGANIZATION _____ TITLE _____

ADDRESS _____

CITY / STATE / ZIP _____

DAY PHONE _____ MOBILE PHONE _____

EMAIL ADDRESS _____

\$350/person includes lodging, food & materials. Scholarship funds are available.

\$75 of this fee is a non-refundable/non-transferrable deposit

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX \$

CREDIT CARD # _____ EXP/ DATE _____

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE _____

If mailing, please send payment, along with the completed Registration Form, to this address:

The Retreat

1221 Wayzata Boulevard East
Wayzata MN 55391
952.476.0566 or 1.877.446.9283
theretreat.org

Being Sober and Becoming Happy

Weekend retreat with John MacDougall

Friday, August 28 - Sunday, August 30, 2026

Check-in 4:00 – 5:30pm on Friday | Check-out at 1pm on Sunday

The Mclver Center at The Retreat 1351 Wayzata Blvd. E. | Wayzata, MN

SPONSORED BY : The Retreat

